



How to make a Rula Hoop

MATERIALS:

2 metres of 1/2 inch standard water pipe (brands like hydrodeare normally cost 75cent per metre - you can get it cut to your needs eg 20m for a group of 10 participants)

<https://www.diy.ie/departments/pipelife-blue-polyethylene-pe-push-fit-barrier-pipe-l-25m-dia-25mm/5391536810528> BQ.prd

12mm wooden dowel (sold in long lengths approx 2 m)

<https://www.diy.ie/departments/oak-dowel-doweling-l-2400mm-dia-12mm/3663602429944> BQ.prd

Electrical tape comes in green red, white, blue, yellow, brown

<https://www.diy.ie/departments/diall-multicolour-electrical-tape-l-10m-w-19mm-pack-of-5/1635823> BQ.prd

Pipe cutter (<https://www.diy.ie/departments/manual-26mm-plastic-pipe-shears/5059340003634> BQ.prd)

Normally done in pairs but if you have budget each participant can make their own. For small children, use 1.5 m length of pipe.

Typically each Rula Hoop costs less than €2 and there last longer than the real thing!

1. Cut into lengths using a pipe cutter rather than knife as its safer and gives a cleaner cut.
2. Cut a 30mm length of wooden dowel - this acts as a joiner
3. Wrap the wooden joiner ends with one round of electrical tape to give a tight fitting
4. Insert into the open ends of the pipe
5. Tape the joint securely
6. Let the participants decorate
7. Make up lots of games and enjoy!





If you come up with any new games email me some photos please
martin@playstrategist.com

