

Ring Toss

There are various ways of playing ring toss.

There are toss games that can be purchased or you can use large cans or bottles of soda or juice.

Scatter them in a pattern on the floor (easier for wheelchair participants) or you can scatter them on a table.

Mark a line with masking tape from which the toss must be made.

Give each participant three rings (easily made using sisal rope; cut a 18" piece of rope, bring the ends together to form a circle and secure the ends with duct tape). Two rings out of three earns the participant a prize.