



Appendix 3

SUGGESTED ADDITIONAL EQUIPMENT FOR RBT

The following equipment can be used for task-specific activities:

- Hand balls (varying sizes)
- Soccer ball
- Foam mat (e.g., thickness of yoga mat or ~2.5 cm gym mat)
- Set of 6 multi-colored agility dots
- Pylon cones
- Steps (varying height)
- Thick foam pad
- Foam obstacles (e.g., pool noodles or half-round foam rollers)

