

Building Stick Stilts

The wood 1¼" closet rod is light enough for small students and strong enough for most. The most difficult part is cutting the notch. A 2"x2" is a bit hard on the hands and heavier than the closet rod.

1"x2" works very well for really small students (under 100 lbs.). If there is only 50" above the step, taller/heavier students can not easily use the stilts. The stilt will pass under the arm not allowing them to lock in at the top. With hardwood and/or clear boards the height may be increased to 55" or so. The advantages of this material are ease of building and lighter weight for the smaller student.

I have also used 1"x6" square aluminum tubing. Substitute ¼" lag screws and washers in place of the #10 FH (Flat Heads). If you need crutch tips (walking on gym/slick floors), stay with the closet rod as the aluminum will quickly cut through the tip.

Pattern for step cut from a 2x4

Made from Yellow Pine or equivalent.
White Pine needs to be approximately an 1" taller.

