



Team Challenge

Session Guidelines

The following exercises are about teamwork. They are designed to:

- Help all participants to overcome physical challenges in the elements
- Improve confidence in all team members through the completion of challenges
- Ensure all team members are physically engaged in the tasks
- Encourage discussion of ways to help each other complete the tasks

Cable Cars

Time: Minimum 15 minutes

Objective

3 boxes, 1 plank, the idea is to get the group across all 3 boxes with the plank - which isn't long enough!

Safety rules

- Be aware that the plank will need to be weighted effectively and evenly at one end either by one guest or more.

Nitro Crossing

Time: Minimum 15 minutes

Objective

Participants must transport their team from one side of the 'river' to the other, using only the rope swing located above the river. Participants are not allowed into the river.

Too easy?

- Move the platforms further away to widen the river.

Safety rules

- Show participants a suitable 'catching' technique so they can help with dismounts
- One participant at a time permitted on the swing
- One participant at a time in the 'river' area

Acid River

Time: Minimum 15 minutes

Objective

Similar to cable cars. 2 planks and wooden stumps, guests need to get the group across the course using the planks of wood that do not meet all of the blocks.

Safety rules

- Ensure wooden planks are placed on the stumps evenly before individuals attempt to cross them.

Session review

The group review the session to see what they have learnt, achieved, improved and if they have met the aims and objectives of the session.

Fortunately/Unfortunately

The group stands in circle and is asked to think of one thing that was 'fortunate' and one that was 'unfortunate' Ask for fortunate and unfortunate things regarding their objectives.

or

One Word

This is a simple review and can be done for individuals or groups, they must be asked questions regarding the objectives and can only answer with one word.