

Sample Team Building programme 1

90 minutes: Teams of 10 rotate around 4 challenges.

Teams must navigate their way around site using an orienteering map to reach the activity zones. Activities can be taken in any order, with each team completing each challenge. Teams are scored on completion, team work and communication, with fines for rule breaking!

- **Golden Shot** – archers take 5 shots at a target, with points awarded for scores.
- **Something's Burning** – receive a short brief & light a fire capable of burning through a piece of twine. Points awarded for fire starting and twine breaking.
- **Carry it Home** – using ropes and bucket provided, teams must carry water around our assault course as safely as possible. Points awarded for water carried and number of team members blindfolded.
- **Toxic Waste** – groups work together using ropes to remove “toxic waste” from the contaminated zone, the ultimate test of communication.

Final challenge

Teams spend points gained on the initial challenge on equipment for the final challenge, which can take several forms:

- **River race** – all members of each group must complete the river race, starting it in one vessel and completing it in another. Swimming is not permitted. Spend your points wisely as you select from canoes, paddleboards and paddles. Don't worry, safety equipment is free. Teams will race to retrieve their flag from the middle of the river or on our enclosed lake.
- **Flag pole raising** – spend your points wisely as you select kit to construct your flag pole. Poles must stay upright for 5 minutes, but don't let the pressure of the other teams building their constructions affect you....