

Sample team building programme 2

Times	Activity 1	Activity 2	Activity 3
0900-0915	Introduction & activity briefing		
0915-1000	All Change & Tyre Progress	Blind Trail	Six-in-a car
1000-1045	Stream Crossing	Magic Wand & Marble Run	The Bomb
1045-1100	Refreshment break		
1100-1145	Crate Challenge	Bull Rings & Water Torture	A-frame Challenge
1145-1230	Low Ropes Course	Forest Options	Marble Run & Magic Wand
1230-1330	Lunch		
1330-1415	Archery	Climbing	Spiders Web & Human Knot
1415-1545	Raft Challenge		
1545-1600	Review		

- Total group size of 24 delegates will split themselves into 3 groups for each activity time slot.
- Teams will be scored out of 10 on each activity for teamwork (where applicable) and activity completion. The points gained are then used to purchase pieces of kit for the final Raft Challenge.
- Additional points can be gained by completing mental puzzles and finding orienteering posts between activities.
- Delegate must wear suitable clothing that they don't mind getting dirty. A change of clothes is also suggested.
- Showers available in Sports Hall

Activity descriptions

Archery (Physical)	Each team is given a safety briefing and then aim to achieve a target score (Sports Hall).
All Change (Mental & Physical)	Your team is split into 3 and placed on 3 firmly secured barrels. Each group must move to the next barrel along using the planks provided, but don't bend the rules!
Tyre Progress (Mental)	Can you cross the swamp only using tyres to cover the distance?
Blind Trail (Mental)	After we've taken away one of your senses, you must manoeuvre your team around the course using good touch and communication skills.
'A' frame challenge (Physical)	Can your team walk the 2.5m high wooden A-frame around the obstacle course using only ropes, good communication and teamwork skills?
Bull Rings (Mental)	A simple balancing exercise to move a tube with an object on the top across a set distance. The only catch is you are holding the tube by lengths of rope.
Climbing (Physical)	A test of nerve where the group attempt to conquer the 40foot wall.
Human Knot (Mental)	The team will be put into a knot that they have to work out how unravel.
Magic Wand (Mental)	Can the team get the wand to the ground? That's the question that most groups ask when doing this problem. Good communication is the key to this
Marble Run (Mental & Physical)	Transport a marble between two points using plastic piping and your teamwork skills. But be careful, drop it and you must return to the start.
Low Ropes (Physical)	Get your team from one end of the assault course style challenge to the other without touching the ground, by means of teamwork, co-operation and gumption!
Six-in-a-car (Mental)	A lateral thinking problem in which you must work out where people are sitting, and what they do, from a series of statements
Stream Crossing (Mental & Physical)	Get the team from one bank of the stream to the other using the equipment provided, hopefully staying dry.
Spiders Web	A number of ropes which are tied between two trees to form lots of holes of differing shapes and sizes. The aim is to get the team through the web by using a different hole for each person and without touching the rope.
The Bomb	Remove the dirty bomb from the centre of the hazard zone using the equipment provided; just don't step into the hazard zone of you will perish....
Crate Challenge	Build a crate tower and climb as you build, but be sure to use your balance, co-ordination and team building skills to ensure you stay upright.
Water Torture	There is a good chance the team might get a little damp as they try this problem - fill up a container with water, sounds easy...