

## NorthBay Teambuilding Option #2 Amazing Race

This program can be facilitated with groups using a map and compass. This will be set up ahead of time during the initial booking.

**Introduction:** Your NorthBay facilitator will meet your group and provide an overview of the day's program. Facilitators will then present the philosophy of Challenge by Choice, as well as safety precautions. The group will then have a brief discussion of what they hope to get out of the day as individuals and as a group.

Teams will learn how to navigate from one point to another, and how to use their maps to help them navigate. If the group has chosen to use a map and compass, groups will learn the ins and outs of finding their way from one point to another, and how to use their map to help.

**Warm Up and Stretches:** Following the introduction and the establishment of your goals for the day your facilitator will start the next step of the program with a few exercises to help the group loosen up, both physically and mentally. This will be followed by group ice breakers.

**Practice:** Teams will have a chance to familiarize themselves with their navigational device, and under the guidance of a facilitator practicing moving from one point to another.

**On Your Mark, Get Set, Go!:** Teams set off using their new skills to find their way from one marker to another. Along the way though, teams will be faced with challenges and will have to decide how to respond. Find the canoe paddle to reach the next marker, walk through the water, or take a penalty. Teams will need to rely on their mental strength and stamina as they make their way to the end of the adventure.

**Group Discussions/Debriefs:** Your NorthBay facilitator will lead your group in discussions throughout the day based on questions that are tailored to the goals of your group. Our facilitators use their experience and knowledge of your group to carefully let the group decide what they took from each activity, with the facilitator there to skillfully help guide and steer the discussion, and not "tell" the group what they taking away from the activity.