

TEAMBUILDING OPTION #1 HIGH ROPES/TEAM CHALLENGE COURSE PROGRAM

Introduction

Before beginning this team building adventure, your group will meet their NorthBay facilitator to get acquainted and get an overview of the program. You'll learn the Challenge by Choice philosophy, a few safety precautions, and discuss what you hope to get out of the day.

High Ropes/Team Challenge Course Adventure

Your group can choose to do a half day of either the high ropes activity or the team challenge course. The activities can also be combined into a full day event.

Warm up and stretch: Everyone introduces themselves and establishes the goals for the day. Your coordinator will then loosen everyone up with a few exercises, followed by group icebreakers.

Group exercises: Your group will participate in a program that matches their goals and abilities. After each activity, we'll reinforce what you've learned in a group discussion led by your coordinator. You'll also learn how to apply your lessons at work and at home.

Group discussions/debrief: Throughout the day, you and your group will be discussing and adjusting goals, and your facilitator will use his or her knowledge and experience to guide you along the way. At the conclusion of the activities your facilitator will lead your group in a debrief of the event tying the entire experience back into the goals that you set for yourself and your everyday lives.

Aerial Obstacle Course(High Ropes) *

- **Aerial Obstacle Course(High Ropes):** Gear up and make your way through our extensive Aerial Obstacle (High Ropes) Course at a height of 60 - 70 feet. While each group member will make their own way through the obstacle course, they will rely on the group for support.

** The NorthBay Aerial Obstacle Course(High Ropes) is a physically demanding course. NorthBay reserves the right to change the high ropes activity if they feel it is in the best interest of the group.*

Examples of Team Challenge Course Activities*

- **Islands:** The objective is to get from one platform to the next as a team using the boards provided. Participants will be unable to accomplish this on their own and will have to devise a method to use the boards to get from one island to the next

and work together to execute their plan. This exercise focuses on developing team planning, leadership and participation

- **Spiders Web:** The objective of this challenge is to get the whole group from one side of the spiders web to the other without touching the web.
- **Whale Watch:** The Whale Watch challenge is a large platform made unstable by the fact that it is balanced on a central pivot point. Each group will have to focus on challenging and developing their balance, teamwork and how to deal with failure and frustration in attempting to balance out the platform with their body weight.
- **Mohawk Walk:** This challenge is a series of cables connected to trees that will need to be traversed by the team without falling of the cable. Teamwork, communication, support and leadership will all be challenged in this exercise.

** Not a complete list of team challenge course activities*