

Team Building options specification sheet: Canoeing & Raft Building



Grade:

- ✓ Moderate physical endurance.
- ✓ Light to moderate team / leadership exercise.

Instructor ratio: 1:6

Time forecast: 2½ - 4 hours - can be extended.

Space / area required: On water

Methodology: .

Canoeing. The participants will be equipped and given a briefing on safe handling of the boats. They will then be instructed in the basic techniques of paddling and controlling the canoes. By using open canoes with 2 people in each boat they have to work together in order to manoeuvre in the direction they wish to go and remain upright. After they have got the basics the fun can begin.

Raft building

The task will be to build a raft that will keep your team afloat for enough time to paddle a set distance. The participants will be given a briefing on safe handling of the materials which are traditionally objects such as poles, ropes and barrels. Once equipped with buoyancy aids, helmets and paddles, the teams are given a short time to design their raft and then comes the testing of it.

Outcomes: These exercises develop:

- ✓ An understanding of working in small groups.
- ✓ An understanding of group dynamics.
- ✓ The awareness of needing a co-ordinated approach.
- ✓ Improved communication skills
- ✓ The importance of planning (raft-building)
- ✓ Problem solving skills (raft building)