

Team Building options specification sheet: Navigation exercises



Real skills



GPS



Traditional navigation



Grade:

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

Instructor ratio: 1:6 / 1:4

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

Space / area required: Countryside or extended grounds

Methodology: This activity can be used to develop team work and leadership skills or as a fun session. It is designed to be competitive as this adds some pressure to the groups; enabling some teamwork skills to be tested. The group will be split into small teams and then briefed on how to use a map and compass and/or GPS. They will then complete a navigation exercise which will enable them to gain points within a strict timescale. If they exceed the time they will receive penalties. The exercise can be just a straight navigation one or it can be extended to include various problem solving tasks. This could mean tasks at the check points or the points could be converted into time and clues on how to defuse the Bomb.



This task requires the groups to work out a sequence of trips, wires and light sensitive switches. None of the tasks are very physical, but all require the groups to work as a team.

Outcomes: This exercise develops:

- ✓ Skills in navigation techniques.
- ✓ The importance of planning.
- ✓ Negotiating and decision making skills.
- ✓ Group problem solving where a range of skills can be utilised.
- ✓ The ability to recognise individual skill levels for the tasks
- ✓ Tackling new tasks as a team outside the usual work environment.