

Team Building options specification sheet: Rescue scenarios



Team Training
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Grade:

Low to medium physical endurance - dependant upon scenario & time applied.

Moderate to significant team / leadership exercise.

Instructor ratio: 1:6 / 1:4

Time forecast: 3 - 4 hours (can be extended *)

Space / area required: Extended grounds for light sessions

Methodology: Your group will be given a scenario and a task to complete by the end of the session. To complete it they will have to take part in several exercises which will require the participants to use their communication skills, negotiating skills and ability to solve problems as a team rather than as individuals. They can be given the opportunity to lead small tasks. For some tasks the group will be able to nominate roles based on the individuals' strengths. The event will require everyone to participate to the fullest of their ability and for the rest of the group to acknowledge each others contributions. They will be using GPS, maps, compass, radios and specialist equipment.

* These activities can be extended over 1 - 2 days and include more complex scenarios which would involve team members in briefings and training including areas such as safe handling, first aid, rope work and the use of more technical kit. These exercises would utilise the surrounding countryside above and/or below ground.

More details available on request ~ events would be designed around your groups specific needs and availability.

Outcomes: This exercise develops:

- ✓ An understanding of team roles.
- ✓ An increased knowledge of Individuals and team strengths and areas for further development.
- ✓ The importance of planning
- ✓ Improved communication skills
- ✓ Problem solving skills
- ✓ Time management.

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