

Kempenfelts Team Building/Challenge Course

Our 7-station low impact course takes approximately 11/2 hrs to complete and is accessible May 1 to October 31, weather permitting. For best results team(s) should consist of 8 to 12 participants with 1 to 7 teams. Each station encourages participation, cooperation and fun and will enhance individual awareness of group dynamics, decision-making, communication, leadership and followship skills.

First thing to do is select your teams, and then select a ‘Team Leader’ for each team.

Team Leaders are required to do an orientation (approx. 45 min.) prior to taking the team(s) onto the course. Team Leader orientation times and course access times must be pre-booked with one of our Conference Coordinators. The cost for Team Leader orientation, course set-up and preparation is: **1 team \$50, 2/3 teams \$75, 4/5 teams \$100, 6/7 teams \$125 and \$175 plus \$50 per team over 7 to a max of 14.**

Helpful Hints for Facilitators

Kempenfelts Team Building/Challenge Course is intended to be an enjoyable learning exercise in group problem solving. The ‘Team Leader’ should not be leading the activity so much as *structuring* it so that members of the team may develop their own leadership and/or followship skills.

- Gather the team at each station and read the task description.
- When asked questions, re-read the task description.
- Resist the temptation to make the task simpler by giving directions.
- Observe the group dynamics and encourage discussion which will help improve their team skills.
- Emphasize and demand safe activity at all times.
- If time permits, use variations to make tasks more or less difficult.
- Stop for discussion whenever appropriate and emphasize teachable moments such as frustration, success and how these experiences can be related to the workplace.
- Have fun!

The Challenges:

#1 BUILD THE BRIDGE

Ancient bridge supports (concrete blocks) are anchored to the bottom of this pool of molten lava. To escape the tribe of cannibals pursuing you, and using only the wood beams provided, you must follow all the supports and move each member of the team to safety. You may stand on the supports only if the wood beam is connected. Get everyone across before dinner or you may BE dinner!

#2 LUMBERJACK STACK

You’re the world champion trick log rolling team defending your title. Your team is standing side by side, arms locked, on the ground in front of the log. You must mount the log together as a team. Once this is accomplished you can unlock your arms. Then, before you get to the rapids, each of you must switch sides, one at a time while remaining on the log. For example the first person on the far right must switch with the first person on the far left, the second person on the right with the second person on the left and so on. After the

switch you must dismount the log together as a team, arms locked. If one of you falls off the log the whole team must start over. But hurry! You’re approaching the rapids!

#3 FLOATING RAFT RESCUE

(10 active participants max. per team)

A scenic cruise down the Amazon has turned into a nightmare when your ship capsizes. You each have your own raft (patio stones) and are set up as evenly as possible on opposite sides of the river facing one empty raft in the middle. To better position yourselves for rescue you must switch sides and end up facing away from the empty raft. No two people can move at the same time. You can only move in the direction you are facing. No two people can be on the same raft at the same time unless you are moving around another person and you can only move around a person if they are facing you.

#4 THE SPIDER WEB MATRIX

(10 active participants max. per team)

The tangled webs we weave inhibit us from moving forward. Here each of you must move through the web matrix. Too much movement of the rope will awaken the giant mechanical Black Widow Spider Robot and that means the team member must try again! You can’t go under or over the web and you can only use each hole once.

#5 THE SINKING ISLAND

This task requires the team to rescue all shipwreck survivors onto the tropical island (patio stone) without touching the shark-infested waters surrounding the stone. In order for the rescue to be complete, your team must hold their position on the island for a count of ten steamboats.

#6 BLIND MANS SWAMP PATH

All team members stand closely, one behind the other on first leg of the wood beam bridge and grabs hold of the balancing pole with one hand. You cannot change hands or let go but you may slide your hand along the pole. The first and the last persons however, must hold onto the very ends of the balancing pole. *Everyone, speak up* about your twists and turns. Of course, if anyone “plunges” into the swamp the whole team must start over. Oh by the way, did we mention you’ll be wearing blindfolds?

#7 CROSS-COUNTRY LIMBO SKIING

(10 active participants max. per team)

Who says skiing is an individual sport! Here we lay the three skis on the ground, side by side. There is a pattern to identify ski #1, ski #2 and ski #3. The first team member puts their feet into the straps of ski #1 and ski #2. The second member puts their feet into the straps of ski #2 and ski #3 and so on. Now, as a group of trained professionals, cross the finish line in record time! And since this is Limbo Skiing, don’t forget to ‘duck!’

Please note, should you choose not to proceed onto the course, we do not have an alternative indoor activity. Also, insect repellent may be required early spring/summer. If you forgot to bring your own you can purchase some at our Front Desk