



## Team Building Challenge Course Activities Description

Activity	Description	Develops	Degree of Physicality
OUTDOOR LOW COURSE			
Aboard	Participants must be supported by a platform and hold this position for a specified period of time.	<ul style="list-style-type: none"> <li>● Communication</li> <li>● Cooperation</li> <li>● Leadership</li> <li>● Self-awareness</li> </ul>	Low/Moderate
T.P. Shuffle	Participants stand on a beam approximately 6" off the ground. The group must re-arrange themselves into a prescribed order without stepping off the beam.	<ul style="list-style-type: none"> <li>● Communication</li> <li>● Trust and Respect</li> <li>● Cooperation</li> <li>● Giving/Receiving Feedback</li> <li>● Giving/Receiving Support</li> <li>● Self-awareness</li> </ul>	Moderate
Whale Watch	Participants must balance a	<ul style="list-style-type: none"> <li>● Communication</li> </ul>	Moderate

	large platform for a given period of time.	<ul style="list-style-type: none"> <li>● Giving/Receiving Feedback</li> <li>● Mental Challenge</li> </ul>	
Islands	Participants traverse a series of platforms using only a beam and board.	<ul style="list-style-type: none"> <li>● Communication</li> <li>● Trust and Respect</li> <li>● Cooperation</li> <li>● Leadership</li> <li>● Followership</li> <li>● Giving/Receiving Support</li> <li>● Self-awareness</li> <li>● Mental Challenge</li> </ul>	Low/Moderate
Spider's Web	Participants must cross from one side of the a giant "spider web" to the other without touching the web.	<ul style="list-style-type: none"> <li>● Communication</li> <li>● Trust and Respect</li> <li>● Cooperation</li> <li>● Leadership</li> <li>● Followership</li> <li>● Giving/Receiving Support</li> <li>● Self-awareness</li> <li>● Mental Challenge</li> </ul>	Low/Moderate
Trust Fall	Participants stand on a platform and fall backwards into the arms of spotters.	<ul style="list-style-type: none"> <li>● Trust and Respect</li> <li>● Giving/Receiving Support</li> <li>● Self-confidence</li> <li>● Challenge</li> </ul>	Low
King's Finger	The group attempts to safely stack people in order to remove or replace a tire on a 11' pole.	<ul style="list-style-type: none"> <li>● Trust and Respect</li> <li>● Cooperation</li> <li>● Leadership</li> <li>● Followership</li> </ul>	High

		<ul style="list-style-type: none"> <li>• Self-awareness</li> <li>• Mental Challenge</li> </ul>	
OUTDOOR HIGH COURSE			
Climbing Wall	Participants will have the opportunity to challenge themselves by climbing the 30' wall.	<ul style="list-style-type: none"> <li>• Trust and Respect</li> <li>• Giving/Receiving Support</li> <li>• Self-awareness</li> <li>• Self-confidence</li> </ul>	Moderate/High
Dangled Duo	Participants climb a ladder made with posts as rungs attached to cables, allowing the ladder to swing freely.	<ul style="list-style-type: none"> <li>• Trust and Respect</li> <li>• Giving/Receiving Support</li> <li>• Self-confidence</li> <li>• Mental Challenge</li> </ul>	High
High Course Individual Elements*	Participants traverse a series of suspended elements while being statically belayed.	<ul style="list-style-type: none"> <li>• Trust and Respect</li> <li>• Giving/Receiving Support</li> <li>• Self-confidence</li> <li>• Challenge</li> </ul>	Moderate/High
*Log Traverse	Participants walk along a log while holding onto a rope with the hands.		
*Burma Bridge	Participants walk on a cable that is attached by struts to two cables which are held with hands.		
*Balance Beam	Participants walk along a balance beam.		

*Two Rope Bridge	Walk along a cable bridge while holding on to an overhead cable.		
*Zip Wire	After being hooked into a pulley system, the participant steps off the zip platform and the the "ride".		