

EXAMPLE TEAM BUILDING DAY

| TIMINGS | TEAM 1,2&3 | TEAM 4,5&6 | TEAM 7,8&9 | TEAM 10,11&12 |
|---------------|--|-------------------|-------------------|-------------------|
| 0800-0815 hrs | Clients arrive, safety & event briefing, split into teams | | | |
| 0815-0900 hrs | Dragon boat race | Tyrolean traverse | Fire by friction | Brain drain |
| 0900-0915 hrs | Change over | | | |
| 0915-1000 hrs | Brain drain | Dragon boat race | Tyrolean traverse | Fire by friction |
| 1000-1015 hrs | Change over | | | |
| 1015-1100 hrs | Fire by friction | Brain drain | Dragon boat race | Tyrolean traverse |
| 1100-1115 hrs | Change over | | | |
| 1115-1200 hrs | Tyrolean traverse | Fire by friction | Brain drain | Dragon boat race |
| 1200-1300 hrs | Plank Walking & review | | | |