

# Activity-in-a-box

## Team Building Challenges



### What's included?

- |    |   |    |   |
|----|---|----|---|
| 1  | Set of Team Building Challenge cards (for team participants)  |    |   |
| 1  | Set of Team Building Challenge set-up cards (for leaders)   |    |   |
| 6  | <i>Located on the obstacle course</i> Numbered tyres (padlock code is on leader set-up card) (Tower of Hanoi) |    |   |
| 1  | <i>Located on the obstacle course</i> Raised plank (Line Up)  |    |   |
| 1  | <i>Located on the obstacle course</i> Traversing Wall (Traversing Wall)                                       |    |   |
| 2  | Tarpaulins (Tarpaulin Flip)   | 1  | 10m looped rope – <i>do not untie</i> (Toxic Waste) |
| 9  | Small hoops (Noughts and Crosses)   | 1  | Metal basket (Toxic Waste)                          |
| 24 | Coloured cones (Noughts and Crosses/Ski)  | 20 | Yellow balls (Toxic Waste)                          |
| 1  | Three-man wooden ski planks (pair) (Ski)  | 2  | 5m ropes (Toxic Waste)                              |
| 2  | Blindfolds (Blindfold Assault Course)   | 1  | Washing up bowl (Toxic Waste)                       |
| 3  | Lion masks (River Crossing)   | 2  | White poles (Toxic Waste)                           |
| 3  | Zebra masks (River Crossing)  | 2  | Bungee cords (Toxic Waste)                          |
| 1  | Pool noodle (River Crossing)  | 2  | Coat hangers (Toxic Waste)                          |
| 4  | Marker canes (Bridge the Gap/River Crossing)  | 1  | Wooden spoon (Toxic Waste)                          |
| 9  | Foam tiles (Bridge the Gap)   | 1  | Box of elastic bands (Toxic Waste)                  |
| 1  | Beanbag (Bridge the Gap)  | 5  | Short ropes (Toxic waste)                           |

### Indoor or outdoor?

All of the activities can be completed outdoors; some can be completed indoors if preferred. The equipment allows you to set up ten different challenge bases which teams can rotate around (e.g. spending 10-15 minutes on each) or which can be run as drop in activities. Activities are suitable for teams of around six:

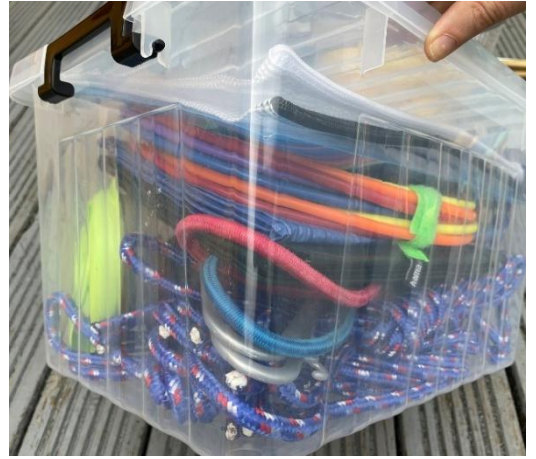
1. **Tower of Hanoi:** outdoors (located near the start of the obstacle course)
2. **Line up:** outdoors (located half way along the obstacle course)
3. **Traversing wall:** outdoors (at the end of the obstacle course)
4. **Tarpaulin Flip:** indoors or outdoors
5. **Noughts and Crosses:** indoors or outdoors
6. **Ski:** outdoor (only use indoors if cleaned thoroughly first!)
7. **Blindfold Assault Course:** outdoors (use the obstacle course, up to the traversing wall)
8. **River Crossing:** indoors or outdoors
9. **Bridge the Gap:** indoors or outdoors
10. **Toxic Waste:** indoors or outdoors

### Instructions for set-up

Please follow the set up instructions included on each of leader set-up instruction cards.

### Suggested rules (adapt as needed for your group)

Please refer to the detailed rules included on each of the leader set-up instruction cards.



*This is a generic assessment provided only to assist with planning and preparation. Please ensure you complete your own assessment, tailored to your own group.*

<b>Risk Assessment prepared by</b>		<b>Date of assessment</b>	
<b>Leader in charge</b>		<b>Nominated first aider</b>	
<b>Location</b>	24 <sup>th</sup> Abingdon (Dry Sandford) Scout Group, Lashford Lane, Dry Sandford, Abingdon OX13 6DY		

<b>Risk and hazards</b>	<b>People at risk</b>	<b>How is risk controlled?</b>	<b>People responsible for controls</b>
Trips, slips or falls while using equipment (planks, tarpaulins, skis, stepping stones, traversing wall, obstacle course, cones)	All participants	<ul style="list-style-type: none"> <li>• Adult supervision at all times</li> <li>• Check equipment and area for hazards and clear ground of obstacles</li> <li>• Ensure suitable footwear is worn at all times.</li> </ul>	
Falls from raised equipment (raised plank, traversing wall)	All participants	<ul style="list-style-type: none"> <li>• Ensure supervision – have spotters present</li> <li>• Limit numbers on raised items</li> <li>• Check the ground beneath is cleared before starting</li> </ul>	
Collisions during running games (Noughts & Crosses, Ski, Tarpaulin Flip)	All participants	<ul style="list-style-type: none"> <li>• Supervise closely and remind young people not to push</li> <li>• Stagger turns where needed</li> </ul>	
Injury from ropes, bungees, canes or elastic bands (Toxic Waste, Bridge the Gap)	All participants	<ul style="list-style-type: none"> <li>• Demonstrate safe use of the equipment</li> <li>• Monitor handling and ensure no snapping of elastic bands towards faces</li> </ul>	
Misuse of masks or blindfolds (River Crossing, Blindfold Assault Course)	All participants	<ul style="list-style-type: none"> <li>• Check masks/ blindfolds fit correctly</li> <li>• Supervise blindfolded individuals closely – no running when blindfolded</li> </ul>	
Muscle strain from lifting, pulling or balancing (Tarpaulin Flip, Ski, Bridge the Gap)	All participants	<ul style="list-style-type: none"> <li>• Ensure that there is an appropriate warm-up</li> <li>• Allow rest breaks and discourage overexertion</li> </ul>	
Falling equipment (tyres in Tower of Hanoi, cones, tiles, props)	All participants	<ul style="list-style-type: none"> <li>• Instruct careful handling</li> <li>• Ensure tyres are placed safely</li> <li>• No throwing of items is permitted</li> </ul>	
Young People may mess around/run around – risk of injury from collision	All participants	<ul style="list-style-type: none"> <li>• Adults to supervise Young People at all times while outdoors</li> </ul>	
Terrain – uneven ground, branches, nettles etc	All participants	<ul style="list-style-type: none"> <li>• Check the playing/activity area outside for trip hazards and clear/mark any as necessary</li> </ul>	

Risk and hazards	People at risk	How is risk controlled?	People responsible for controls
Participants may suffer muscle injury though excessive stress/strain	All participants	<ul style="list-style-type: none"> <li>• Ensure that Participants all warm up and cool down properly</li> </ul>	
Participants may show a negative physical response to exercise – overly heavy breathing, dizziness etc	All participants	<ul style="list-style-type: none"> <li>• Adults to ensure that Young People drink plenty of water and eat sensibly</li> </ul>	
Security – Young People may wander off and become lost	All participants	<ul style="list-style-type: none"> <li>• Ensure that Young People know the limits within which they can play</li> </ul>	