



Multi-activity day

Duration

Full day

Who is it for?

Teams from any business organisation that need to be at the top of their game to deliver productivity and achievement targets. All the activities are fully inclusive of both men and women of all ages.

Aims and Objectives

A multi-activity day involves everybody in a series of activities that will teach them all something about themselves and each other - and in a way that's enjoyable and long lasting. Opportunities abound for team playing and individual initiative and leadership, the benefits of which will be delivered back in the workplace.

Event format (for 100 people)

An icebreaker activity divides the group into teams.

During the morning, teams will take turns on a series of activities lasting 40 minutes each, including archery, laser clay pigeon shooting and a golf challenge.

After a break for lunch, the programme resumes on the water with our popular dragon boat regatta and raft race finale. Points are awarded for participation in all activities with the team earning the most at the end of the day being the winners.

Multi-activity day

■ Morning activities

Archery

The best tuition possible is on hand to get the most from this popular and long-standing sport. Using a simplified coaching method, teams learn quickly to hit the targets and score valuable points. Left- and right-handers are catered for.

Laser clay pigeon shooting

Using authentic but deactivated 12-bore shotguns, with expert instruction from TAG's experienced instructors, teams participate in several rounds to ratchet up points on the electronic scoreboard.

Golf challenge

Provided with 'clubs' and 'balls', and instructions on how to putt and pitch to hit various challenging targets, [more...]

Raft building

Each team will be given plastic barrels, poles and rope and a short time to design their raft before construction begins. The aim is to build a raft strong enough to carry a team of four paddlers around a designated course at the end of the day.

Dragon boat training

Two of Team Activity Group's helms introduces each team to their dragon boat ahead of the afternoon's regatta. Safety briefed before going on the water, each team learns the best way to load their dragon boat for maximum performance and is taken through a number of exercises to achieve top speed over the set distance.

■ Afternoon activities

Dragon boat regatta

Each team of ten paddles in time to the drum while a TAG helm steers and helps to coordinate the overall effort into a consistent, race-winning speed. Everyone must work together and make use of each member's individual strengths to deliver the best possible performance in the two heats and, if successful, on into the semi-finals and final.

Raft race finale

Each team nominates four paddlers to race while the whole team helps to get their raft onto the water. The race is around a designated course and back to the bank, where fellow team members will help the paddlers off their rafts. Each team is required to dismantle their raft - and then race to the finish line with their team flag.

Sample itinerary for 100 people

8.30am	Arrival at the chosen venue Bacon rolls, tea, coffee
9.00am	Introduction to the instructors
9.30am	Ice-breaker activity to divide the group into teams Allocation of coloured T-shirts for team identification
10.00am	Morning activities The ten teams will rotate round a series of activities for a 40 minute period and then change over.
1.00pm	Lunch
2.00pm	Dragon boat regatta.
3.45pm	Dragon boat final
4.00pm	Afternoon tea
4.30pm	Raft race finale
5.15pm	End of activities

Equipment and materials provided

TAG provides:

- All necessary equipment/materials
- Qualified instruction
- Qualified safety boat personnel
- First aid cover
- Event staff
- Event control tent
- Team Activity Group mug for the winning team

Extra help

TAG can also arrange other aspects of your event so you don't have to.

These include:

- Venue selection and booking
- Drinks and refreshments
- Hospitality marquee

make your team building day truly memorable.