

# Team Building by Nature Itinerary

## **MAIN OBJECTIVE:**

Team Building by Nature action learning/team building programs are designed to develop leadership qualities and enhance group effectiveness. Through these specific activities and exercises, participants will develop communication, cooperation, and problem solving skills within the group dynamic.

## **MORNING:**

9:00- 9:30 am **BRIEFING/INTRODUCTION**

### Introductions

Tim and Matt as facilitators

Introduce others as assistants

### Talk about Goals for the day

1. Increase personal confidence.
2. Increase mutual support within a group.
3. Have FUN!

### Safety Issues

1. General disclaimer about inherent risk
2. Use common sense / ask if unsure

### Common Issues

1. "What concerns do you have at this point?"
2. Tell some common concerns
  - a. Insecurity - can I do it?
  - b. Will it be embarrassing?

### Contract - "Challenge by Choice"

1. Not required to participate
2. Need to agree to work together as a group
3. Be positive and supportive of each other
4. Varying mental and physical abilities

9:30 am – 1:00 am **CANOE TRIP-** Canoe about 5 miles. Go over safety and self-rescue in canoe.

*Activity Objective:* Develop communication skills among group, overcome fears, and work on trusting co-workers to overcome obstacles presented.

*Trip Description:* The opportunity to travel through the heart of the Appalachians will put you in the midst of magic and beauty. We invite you to explore the ancient Shenandoah and Potomac Rivers in one of our many canoes and touring or sit-on-top kayaks. These lightweight, quiet crafts are ideal vessels for discovering the abundant wildlife that flourishes in these amazing riverine ecosystems. Paddlers often see: swimming Turtles, cavity-nesting Wood Ducks, elegant Egrets, Belted Kingfishers, fishing Osprey, and stately Great Blue Herons. Remember - the guiding is up to you!



408 Alstadts Hill Rd  
Harpers Ferry, WV 25425  
800 326 7238

<http://www.teambuildingbynature.com>

**LUNCH:**

1:00 pm – 1:30 pm Lunch (Sample Options)  
Lunch is included with the price.

1. *Chicken Dinner option:*  
Fried Chicken  
Macaroni and Cheese  
Potato Salad or Baked Beans  
Roll  
Cookies  
Soda
2. *Pizza Option:*  
Pepperoni or Cheese
3. *Vegetarian Option:*  
Vegetables and White Rice

**AFTERNOON:**

1:30 PM – 5:00 PM **RAFT TRIP** - Participants will take turns self guiding down the river with the supervision of our team building guides.  
Introduction and Safety for Self-Guided Raft Trip

*Activity Objective:* Work on team cooperation and leadership skills while looking out for the safety of the other co-workers.

*Trip Description:* Our most popular adventure and a guest favorite through the years, this whitewater rafting trip down the last reaches of the Shenandoah River Includes slow water solitude and whitewater action. In slow water watch for ospreys, great blue herons, and bald eagles; enjoy the beauty of the Blue Ridge; and talk with your raftmates. But be ready for thrills and spills as you charge over “Bull Falls” and whoosh through “Bull’s Tail”, before heading through the Shenandoah’s mile-long “Staircase” rapid. Take in the history and scenery of the Shenandoah River as you float past Harpers Ferry National Historic Park between the soaring cliffs of Maryland and Loudon Heights, where you join the mighty Potomac. On the Potomac watch out for the snarl of the “Mad Dog” and hold onto your boots as you ride the wild “White Horse.”

5:00 pm -5:30 pm **DEBRIEF/WRAP UP**

What specific challenges did you face in the activity  
What group and individual problems had to be resolved?  
What did you learn about your group?  
Triumphs?  
Were goals achieved?  
Did you stick to the contract?  
What did you enjoy and not enjoy?  
Each person give one sentence about their experience  
How does this all relate to "real life" experiences?

*\*Activities subject to change due to weather and water levels.*

**We can discuss and customize activities to meet the objectives desired by your company!**



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