

Team Building Formats & Activities - 2009

For many years we have specialised and led the field in delivering programmes to meet the needs of various organisations, helping achieve their goals and objectives through events. The extensive purpose built facilities at Camp Hill mean that we have the flexibility and ability to meet any challenge in designing a programme and providing the necessary hardware to fulfil your client's specific needs.

Our team building activities are listed below, along with some recommended formats as to what usually works best here. These are only suggestions - if you have any questions about the formats or activities we offer, we'd be very happy to discuss exactly how they can be made to work for you! Please get in touch by calling us on 01845 567788.



Team Building (Full Day)

The ability to work with others to achieve common goals

With the focus on fun, this interactive programme is designed to promote great team spirit and a winning, participative culture.

Programme: increasing in intensity the day includes

- Intro - Ice Breaker
- Morning - Conundrum Tasks
- Afternoon - Elite Tasks & Ropes Exercises

Includes: Activities, Bacon Rolls, Lunch, Afternoon tea Insurance and Instructors

Facilitated Team Building

Improve team learning and team performance with Facilitation.

Our facilitators create an environment of learning and risk taking, maintaining a balance between challenge and support. Teams develop their skills through

Programme: The vital planning and review process underscores the learning.

- Intro - Ice Breaker
- Morning - Conundrum Tasks & Low Ropes Exercises
- Afternoon - Elite Tasks & High Ropes Exercises

Includes: Activities, Bacon Rolls, Lunch, Afternoon tea Insurance and Technical Instructors & Facilitators

Teambuilding / Multi Activity Day – Task & Reward

Ideal for both teambuilding events and corporate away days.

Specifically aimed at developing relationships through interaction and participation, this programme is a day of two halves, with problem solving tasks and assignments in the morning designed to promote effective teamwork through experimentation and then traditionally faster paced multi activity events in the afternoon as the 'reward' element of the programme, designed to motivate and re-energise for the days that lie ahead.

Programme: Fast paced programme that engages the whole team mentally and physically.

- Intro – Icebreaker
- Morning - Conundrum, Low & High Ropes & Elite Tasks
- Afternoon Motorised & Country Pursuit Activities

Includes: Activities, Bacon Rolls, Lunch, Afternoon tea Insurance and Instructors

Meetings & Teambuilding (Half & Half)

Combining our indoor and outdoor facilities to provide a unique experience for your workforce and avoid the usual sedentary meeting or conference. Our purpose designed facilities provide a truly dynamic atmosphere for work, enjoyment and future development of your people and business.

- Syndicate, Meeting and Conference Rooms to suit
- Team Tasks, Exercises and Activities – competitive and / or collaborative.

Includes: Activities, Tea & Coffee, Bacon Rolls, Mid Morning Drinks, Lunch and Tea, Insurance and Instructors.



- Bring your everyone together - 24 hr Summer Camp / Conference Event

Wouldn't it be great to go to a place where there's a place to meet with a huge range of team building, fun and challenging activities and accommodation all on one beautiful site, where all the planning is taken care of for you?

There are places like that, but most of them cost an arm and a leg. However, there's one exception to every rule...

In the beautiful, peaceful grounds of the Camp Hill country estate, far away from the concrete jungle of a city there is a Summer Camp just waiting for you and your colleagues to come and shatter the peace with all the activities you could possibly dream of.

This Summer Camp is set up every year with the sole purpose of allowing companies to experience the best in team events, *without* giving up your arms and legs to pay for it.

Your group will stay on the camp site set on the edge of beautiful woodland, equipped with piping hot showers, . The central marquee can host hearty BBQ's, hog roasts, in keeping. It can then be transformed into a dance tent so you can party the night away.

Between 50 and 1000 participants at a time

Some of the events you can choose from

- Powerturns, Quad Bike Rally and Rage Buggies
- Raft Race, Pontoon Build & Kayaking (pontoon photo)
- Pulse Ranger Laser Combat
- Aerial Extreme Tree Top Adventure (photo)
- Exciting Team Tasks and Adrenalin filled Exercises
- Crashed Plane Rescue Mission (photo)
- Low Ropes and High Ropes Courses
- Archery, Crossbows and Clay Pigeon Shooting
- Inflatable Adventures

Catering

- Breakfast - F.E.B or on the run
- Lunch - delicious BBQ's, buffets and sit down lunches
- Dinner - Hog Roast to Formal Dinner
- All day refreshments served during events

Facilities

- Indoor Conference Facilities for up to 300 delegates
- Tents and Bunk Houses
- Toilets and Showers
- Central Marquee

Entertainment

- Dance Tent (Disco, Line dancing or Karaoke)
- Fully Licensed Bar
- Field Games - Football,
- Evening Entertainment including Casinos, Black Jack Tables, Tabletop Football, Quizzes & many more

TASK, EXERCISES & ACTIVITIES

Camp Hill's outstanding infrastructure supports an extensive list of tasks, exercises and activities that gives both our clients and our programme development team plenty of tools from which to choose when designing an event.

All events listed are either owned and operated by Camp Hill Ltd or operated by a 3rd party on site.

Icebreakers

Icebreakers

A Camp Hill range of activities and exercises designed: help people relax, break down barriers, energize & motivate and to get people think outside the box.

Team Tasks

The Task Zone (Conundrum 1 & 2)

We have a vast selection of command tasks in our two purpose built conundrum areas. New and traditional team building activities designed to test initiative, practical ability, leadership and team working skills in a fun competitive atmosphere. Camp Hill staff or client trainers can facilitate.

Mobile tasks

Over 60 mobile tasks all off which can be transported any where on or off site.

Orienteering /Nature Trail

This outdoor pursuit provides an ideal opportunity to enjoy the great outdoors and breathe in some fresh air as well as explore the grounds of Camp Hill. Using a map and compass locate as many 'check points' as you can, solving logical clues along the way.

Elite Tasks (unique to Camp Hill)

Camp Hill has a few special tasks and activities that are unique to us.

Rescue Mission – Crashed Plane

A plane has crash-landed on an Island. You are the recovery team and have answered a 'mayday' call – reach the Island and retrieve the clues. You are required to construct a rope bridge to affect rescue.

Climbing Wall

Whether you are an experienced rock climber or complete novice, why not try this spectacular discipline. At 40ft, our outdoor wall is one of the tallest in the UK. Exceed your expectations by climbing to the top, or as high as you can. The wall can accommodate six people climbing at any one time on both vertical and inclined slopes.

Bobsleigh Push Start

One of it's kind! The official dry training track for the Olympians. With top class coaching, teams push a 2 or 4-man 'Bob' for the fastest time of the day. Requires controlled aggression, team power and co-ordinated speed. Although it may seem surprising, parallels are easily drawn with the work environment.

Sky Walk - This is the most adrenalising walk of your life as you clamber 50 feet up a climbing wall and cargo net to the Sky Walk itself. Cross the planked bridge and descend to the floor in a simulated parachute jump

Tyrolean Bridge - The bridge you have to cross has been blown apart and needs to be re-constructed as a matter of urgency...however, the electronic conduit between each side needs to be completed in the exact mapped format to operate properly.

Ropes Activities – Low & High

Mohawk Walk

Can your team compete the section of wires without touching the ground? The teams use the ropes hanging from various positions and a nominated 'spotter' to assist in the crossing.

High Ropes Course - Chicken Run

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There are different roles for everyone in this task and not everyone has to climb up on to the chicken run. The objective is to collect a series of carefully hidden eggs at various heights and locations on the Course

Low Level Ropes – Traverse

Rope courses can be the ultimate challenge for groups and individuals. Low elements are 18” to 24” from the ground. Delegates must work as a team in order to complete them successfully. They include; Swinging Logs, parallel Ropes, Burma Bridge, Vines, Scramble Nets, Wild Woosy, See-saw etc.

Crate Build

The challenge to earn the required points is for the team to build the highest possible tower using beer crates while suspended from the forest canopy. A truly adrenalinising experience!!

Leap of Faith

For a real adrenalin rush, try climbing to the top of a 35ft telegraph pole, standing on a platform no larger than 1ft square and leaping for a Bovy (just in reach). Huge energy surrounds this activity, with support given as you literally step into the unknown.

High All Aboard

Another rush, only this time a shared experience that can involve up to four people climbing to the top of the 35ft telegraph pole, standing on the platform and for the ultimate, linking hands and leaning outwards. Mind blowing stuff!

Aerial Runway / Zip Wire

Launch yourself into mid air from a 35ft high platform and slide 350ft to the ground on the far side of a lake.

Motorised

Copious amounts of adrenalin fuelled fun for the petrol heads.

Powerturns

With independent front suspension two Honda 6.5 HP Engines (200cc each), balloon back wheels, bicycle front wheels, twin seats and independent lever steering, driving the Powerturn is a bit like riding a rodeo bull on wheels. Communication between the pairs of drivers is essential to complete this course in the best possible time.....you may be bale to control your colleague in the work environment but can you control them in this unique event,.....

Rage Buggy Time Trials

Featured on BBC Two's Top Gear and voted the best off road vehicle. We run them on time trials, whilst one person is going around the track the next person is waiting in the pits to jump in as soon as the existing driver returns. Team mates can help in getting the drivers in and out of the rage buggies as soon as possible. The best time of the day wins.

Quad Bikes

Agility Tests & Obstacle Course - Think you can handle an all-terrain quad bike or complete a slalom course in reverse? Then try this event and put your co-ordination skills to the test!

Quad Trek - A bike per person, tuition from our Instructor and its laughter and excitement all the way on our Quad Bike safari. The cross-country trek through the quarry, across streams, and up and down hillsides is seriously good fun - but be warned, it isn't just the views that are breathtaking!

Quad Bike Sudoku - Quads biking as a cerebral task! Your team are required to gather information from around the course, using only quads as the mode of transport. The information maybe of a cryptic or numerical nature. Accurate feed back of info to central control is critical.

4 x 4 Off Road Adventure

Experience the thrill driving a demanding 4 x 4 Off Road Course cleanly and safely. (A skill test that requires patience and nerve) You're doing things with the vehicle that seem impossible, driving up muddy slopes, careering into axle-breaking ditches – it's nerve wracking, sensational fun and you'll be improving your driving skills.

Gemini Off Road Buggies

Outrageous fun, with copious amounts of over-steer, 360 degree spins and loads of mud. Can your team remain cool, calm and collected. Are you able to accumulate more laps than the opposition?

Blindfold Driving

The driver of the 4x4 vehicle is blindfolded and has to negotiate a coned course with the help of directions from the passenger/team-mate. Instructions, even when shouted, are not necessarily obeyed! This leads to frustrating but hilarious fun!

Country Pursuits

Archery - Cross Bows: Learn how to use these awesome weaponsa great alternative team event.

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Archery – Long Bows: Can you consistently hit the ‘Gold’ and record the highest team score for the day? The Silver Arrow – an event which provides a fascinating insight into the techniques and equipment used in the middle ages.

Pro Spec Rifles & Pistols – learn to use these awesome pro-spec weapons. You will be in an indoor rifle range with a variety of targets to shoot at with full instruction from our firearms expert.

Clay Pigeon Shooting- We are looking to find the ‘Top Gun’ of the day? Whatever your ability, we will have you knocking the clays out of the sky. THE CHALLENGE: - To shoot as many clays as possible. Our highly trained firearms instructor Julian will be on hand to give you an outstanding experience.

Water Based Tasks

Raft Build

From the components provided, construct a Raft that will support and transport your team across the lake, without getting wet!!

Pontoon Bridge

This spectacular fun exercise unites two teams stranded on opposite sides of the water. Ideal as a finale or standalone project

Special Events

(Price on application as part of an event)

Laser Combat

Is a team based combat simulation game. Equipped with state of the art infrared hardware, players stalk each other using stealth and cunning, strategy and skill. Electronic scatter burst mines, programmed to shoot or activated by enemies, are strategically deployed throughout the field to increase the element of danger. The objective: The maximum scores possible and ultimately survival!

This highly sophisticated adrenaline charged activity takes place in a custom built 5 acre game area, equipped with Flag bases, the village, a bridge too far and the two towers.

Teams will be given a choice of weapons ranging from SMG/Sub Machine Guns, AR-12 assault Rifles, HK-16 Sniper Rifles and MP4-Machine Pistol. Each weapon delivers variable damage and all teams will be monitored by computer scoring system.

Rally Navigator

An exciting test of driver and navigator skills in a 2 seater adventure buggy.

Strap into the machine, check the intercom is functioning and head to the start point.

Before you is a twisting route through a series of gates. As the clock starts the navigator reads out the pace notes and the driver pilots the buggy through the course.

Under the pressure of the clock will the navigator communicate clearly and will the driver be able to respond. With the clock ticking there's no room for mistakes

Aerial Extreme – Tree Tops Adventure Course (2hr to 2.5 hr experience)

Aerial Extreme is a high-adrenaline tree top, adventure ropes course that brings together the buzz of a theme park ride, with outdoor adventure.

Experience true excitement as you climb to the forest canopy and trek through the trees from platform to platform traversing rope bridges, wobbly logs, scramble nets and zip slides culminating in the unique Sky Walk and 50ft Para-Descent back to Earth.

.....we can arrange for almost any sort of event or activity to be included in your program. Just ask if you have a specific requirement.