

Team Building Activities

Activity 1 **SLSA Logo Picture Recall**

Time 30 minutes (1 unit)

Area Flat surface that all participants can sit on

Equipment A3 paper
Red, Yellow and Blue Textas
Colour Picture of SLSA logo
Chair

Skills Team work
Communication
Recall

Activity Divide the participants in to a number of small equal teams

Give each group one piece of A3 paper and a set of Red, Yellow and Blue Textas and have each team sit around their equipment

Place the coloured picture of the SLSA logo on the a chair facing away from the groups

Have one member from each team at a time come up and view the colour picture of the SLSA logo and return to the group and recall what they have seen

The team is to draw what the member of the team has seen

Once the team has draw as much as the first team member has can remember seeing, the second team member go an view the picture

Rotate through the team until the whole picture is recalled

Continue until the first team is satisfied they have completed the picture

If time allows repeat activity with a more complicated picture and more colours

Have the participant discuss the issues that may have occurred whilst trying to complete the task

Activity 2 Surf Lifesaving Hop Whisper Quiz

Time 30 minutes (1 unit)

Area 10m x 10m sand

Equipment Gold stars or stamp

Skills Team work
 Communication

Activity Divide the participants into a number of small equal teams

Have the teams sit behind one line drawn in the sand. While you stand on another line 10 metres away

Call out a question to the participants based on lifesaving, surf sports or your club

Have the team work together to answer the question

Once the team believes they have the correct, one member of the team hops to the other line and whispers the answer to you

The first team to correctly answer the question receives a Gold star or stamp

Have the participants rotate through each participant each time they hop from on line to the other

Repeat with a number of questions

Have the participants discuss how they worked as a team to answer the questions and what issues may have occurred

Activity 3 Lifesaving Equipment Hunt

Time 30 minutes (1 unit)

Area N/A

Equipment - Spare or a photo of a piece lifesaving equipment or item from the club
(preferably small and not easily visible items i.e. a bandage)

Skills Democracy
 Leadership
 Team work
 Communication
 Knowledge of Club

Activity Divide the participants into a number of small equal teams

 Have each team elect a team captain

 Show each team captain a different spare item or photo

 Have the team captain's report back to their teams on the description of the item

 Have the teams search the Club and / or beach for the item. Teams are not to
 remove the item from its place in the club

 After 15 minutes have the teams return and have the team captain's report back
 to the group on what the item was and where it is located on in the Club or on the
 beach

 Have the participants discuss the ease in which they found the item and if this
 was a positive thing depending on what the item is

 Have the participants discuss how they worked as a team to find the item

Activity 4 Signal Game

Time 30 minutes (1 unit)

Area 20m x 20m sand

Equipment Various random items

Skills Team work
 Communication
 Knowledge of signals

Activity Divide the participants into teams of three

 Draw a 20m x 20m square in the sand

 Place 5 items per team within the area

 Provide each team with a different list of items

 Have two members of the team stand at one end of the square (end A)

 Have the remaining member stand at the opposite end of the square (end B)

 Have one member at end A read the items to the second member at end A.

 Have the second member at end A guide the member of the at end B to each item using signals

 Once the member from end B has been guided to an item they must return the item to end B before being guided to the next item

 Continue until all items are collected

 Rotate positions within the team and repeat

 Have the participants as a group, discuss the communication and team work issues that occurred during the activity

Activity 5 Fish Net

Time 30 minutes (1 unit)

Area 20m x 20m sand

Equipment N/A

Skills Team work
 Communication

Activity Divide the participants into two teams

 Draw a 20m x 20m square in the sand

 Have one team be fish and move around the square

 Have the other team join arms and be the net

 Have the net team work together to catch the fish

 Once one member of the fish team is caught they are not to try and escape from the net team. The net team is to remove each member of the fish team individually to the side of the square

 Continue until all members of the fish team are removed from the square

 Have teams swap roles and repeat

 Repeat with different sized teams and different numbers of teams

 Have the participants discuss the issues that occurred whilst trying to work together as a team

Activity 6 **Whisper Train**

Time 30 minutes (1 unit)

Area 100m x 2m sand

Equipment N/A

Skills Team work
 Communication

Activity Have participants stand equally distanced along a 100m distance

 Whisper an action to the first participant (i.e. Hop on one leg 5 times)

 Have each participant run to the next participant and whisper the action to the next

 Once the action is whispered to the last participant down the line, the last participant runs back to the other end of the line and performs the action

 Once the action is performed the participant who has performed the action becomes the first participant

 Repeat until the participants have all had the chance to be the participant who performs the action

 Have the participants discuss the communication problems they believe could have occurred and how they can relate that back to their lives

Activity 7 Blindfold Obstacle Course

Time 30 minutes (1 unit)

Area 20m x 20m sand

Equipment Various obstacles
Blindfolds

Skills Team work
Communication

Activity Divide the participants in to teams of two

Set up an obstacle course

Blindfold one member of each team

Have the non blindfolded member of the team guide the blindfolded member through the obstacle course

Once one member of the team has completed the course have the members of the team swap roles and repeat the course

Have the participants, as a group; discuss how they let during the activity

Activity 8 **Secrets of Leadership**

Time 30 minutes (1 unit)

Area N/A

Equipment N/A

Skills Leadership
 Communication
 Self Confidence

Activity Organise for people in leadership roles within the Club and the local community to come in to act as subjects. One leader per team.

Divide the participants into a number of equal small teams

Have the teams spend 5 minutes preparing question to ask their subject

Have the teams interview their subject for 10 minutes

Have the teams report back to the group on the findings of their interview

Have the participants as a group, discuss the common characteristics of the leaders they have interviewed

Activity 9 **How to Make a Patrol Captain**

Time 30 minutes (1 unit)

Area N/A

Equipment 1 pair of coveralls
1 balloon
Paper mashe head
News paper
Textas
A5 paper
Safety pins

Skills Qualities of a leader
Team work

Activity Pre make a paper mache head with the balloon as the base

Have the participants design a face for the head, including a red and yellow cap

Have the participants stuff the coveralls with the news paper to create the body.

Dress the stuffed overalls in a patrol uniform

Once the participants have created the patrol captain, have the participants work as a team and write the leadership qualities of a patrol captain on the A5 peaces of paper, one quality per peace of paper

Have the participants pin the peaces of paper onto the patrol captain and explain the qualities to the group as they do so

Activity 10 Arm Chain

Time 30 minutes (1 unit)

Area 10m x 10m

Skills Team work
 Communication

Equipment N/A

Activity Divide the participants into a number of small equal teams

 Have the teams stand in circles

 Have the participant grab arms with other random team members, not the member beside them

 Have the participants work as a team to untangle their arms without letting go until all participants are standing in a circle holding the hands with the team member next to them.

 Gradually combine teams to greater and repeat

 Continue until eventually all teams are combined

 Have the participants discuss what issues occurred whilst completing the task

Activity 11 **Leap of Trust**

Time 30 minutes

Area N/A

Equipment 1 chair per team

Skills Team work
Trust in team

Activity Divide participants into groups of 9

Have 8 of the participants line up in 2 lines of four facing each other shoulder to shoulder holding hands (monkey grip style) at the base of the chair

Have the other participant stand on the chair facing away from the other participants

Have the participant on the chair fall backwards and be caught by the other team members

Rotate through until all participants have had a turn at being the participant on the chair

Have the participants discuss how they felt on the chair and what the outcome was

Activity 12 The Name Game

Time 30 minutes (1 unit)

Area N/A

Equipment N/A

Skills Team building
Team Comradely

Activity Have the participant sit in a circle facing inwards

Have each participant think a random or funny word that starts with the same letter as their name and put it with there name (i.e. Booger Becky, Awesome Andrew, Cool Chris or Dazzling Daisy)

Go around the circle and have each person recite all the names with the attached words of the people that have been before them until and then add their name to the list (e.g. Daisy being the fourth person in the circle, when it was her turn would say "Booger Becky, Awesome Andrew, Cool Chris" and then add her own "Dazzling Daisy")

Continue around the circle until all participants have had a go and you get back to the first person. Have the first person name everyone in the circle along with their attached word.

Activity 13 **Truth, Truth, Lie**

Time 30 minutes (1 unit)

Area N/A

Equipment Small Ball

Skills Team Building
Team Comradely
Knowledge of Team Members

Activity Have participants sit in a circle facing inwards

 Throw the ball to a participant

 Have the participant name two true things and one Lie about themselves to the group

 Have the group guess which of the thing about the participant is the Lie

 Have the participant throw the ball to another random participant

 Repeat the process until all participants have had a turn

Activity 14 **Have You Ever**

Time 30 minutes (1 unit)

Area 10m x 10m

Equipment 1 less plastic chair than there are participants

Skills Team Building
Team Comradely
Knowledge of Team Members

Activity Have the participants form a circle with the chairs facing inwards

Have the participants sit in the chairs and have the remaining participant stand in the middle

Have the participant in the middle ask the question "Have you ever...." Then insert something that they have done (i.e. Have you ever...been skiing?)

Then all the participants that have done what has been named, stand up and run to another seat vacated by another participant who has done that activity. The person in the middle also tries to take one of the seats also. Participants who stand up must take a different seat to the one that they are currently sitting in.

The there should be a new person in the middle and the game continues

If the person in the middle names something they have done that no one else has done, they name something else they have done and continue until they name something that at least one other person has done

If only one other person has done what is named then they can not sit back down and the person must swap places with the person in the middle

Activity 15 Haunted Beach

Time 30 minutes (1 unit)

Area N/A

Equipment Butchers Paper
 Pens & Textas
 Paper

Skills Teamwork, Communication, Creativity

Activity Divide the participants in to a number of small groups

Read the following to the participants:

“There is an isolated beach about 15 minutes walk from your club house which your club patrols via out post. To get to the beach you must walk along a bush track but when you arrive at the beach it is worth the walk as there is an awesome surf break and the water is crystal blue.

However since the beginning of last season strange things have been happening at the beach. On cold, dark and windy days those on the out post patrol can hear tap, tap, tapping on the side of the patrol area tent as if someone was knocking and trying to get in. Then when they look outside no one is there.

Word of this has got around town and there has been fewer and fewer people visiting the beach this season. The word is that the isolated beach is haunted!

The local council has asked the nippers of your SLSC to help them market the isolated beach as they believe it is an unreal beach that is going to waste because no one is using it!”

Ask the teams to:

 List the things they think the Council need to do to make people come back and use the beach

 List how they would promote and advertise the beach

After 15 minutes, have the team come back to the group and present their findings

Ask each team a range of questions on why they came up with their answers

Activity 16 Sand Shuffle

Time 30 minutes

Area 30m x 30m sand

Equipment Marker poles
4 x 2m ropes per team
2 x 2.5m flat spars per team

Activity Set up a course using the marker poles for the participants to negotiate

Divide the participants into a number of equal small teams

Have the teams negotiate the course using the 4 ropes and 2 flat spars to keep them off the sand

Whilst negotiating the course no member of a team can be touching the sand

If a member of a team touches the sand the team must come back to the beginning of the course and start again

Activity 17 Pull the Pin

Time 30 minutes

Area 5m x 5m sand per team

Equipment 1 tent peg per team
1 x 2m rope per team

Skills Team work
Communication
Group Dynamics

Activity Drive a tent peg for each team into the sand

Draw a 3m circle in the sand around each tent peg

Divide the participants in to teams of 4 participants

Have the teams stand on the out side of their circle. No participant is to enter their circle at any time

Have each team work together to remove the tent peg from the ground and bring it to the side of the circle, using only the 2m rope provided

Have the participants discuss the issues they faced within their team

Activity 18 **Egg on your face**

Time 30 minutes

Area N/A

Equipment 1 x egg per team
15 x straight plastic drinking straws per team
3m of sticky tape per team
1 x plastic garbage bag

Skills Team work
Communication

Activity Divide the participants into a number of equal small teams

Have the participants work within their teams to create a capsule using only the materials provided that will protect the egg from breaking when dropped from two metres (note: Participants are not to wrap the egg in the sticky tape)

Once the participants have completed creating the capsule to protect the egg, have the participants lie down facing up with the top of their heads touching the edge of the plastic garbage bag

Drop the egg from a height of around 2 metres onto the plastic bag

Have the participants review as a group how each groups capsule worked and how each team worked together

Activity 19 The Bluebottle Patch

Time 30 minutes (1 unit)

Area 10m x 10m sand

Equipment 10 tennis balls

Skills Teamwork
 Leadership
 Management
 Planning

Activity Divide the participants into a number of equal small teams

Mark a 10m x 10m square in the sand

Read the following to the teams:

“While you are walking on a roving patrol, your patrol comes across a patch of bluebottles washed up from the storm the night before. Your patrol needs to get to the other side of the patch however the patch takes up the whole width of the beach, the patch is 10 metres long and the bluebottles are so close together there is no way you can walk across without being stung.

In addition to this a swarm of giant killer bees is also known to fly around the beach from time to time.

Your patrol must cross the patch of Bluebottles without touching the sand. Also your patrol must create something to protect the patrol should the giant killer bee fly across the beach whilst your patrol is trying to cross the patch.”

Have the teams cross the 10m x 10m patch without touching the sand using what ever they can find around the beach and surf life saving club

Should a member of a team touch the sand that team must return to the start and start again

Periodically throw the tennis balls across the patch to symbolise the giant killer bees. Should one of the balls touch a participant on a team have that team go back to the start and start again

Have the participants as a group discuss the issues that they confronted working together as a team

Activity 20 **Designer Pet**

Time 30 minutes (1 unit)

Area N/A

Equipment Drawing resources

Activity Divide the participants up into a number of equal small teams

Ask each team to work together to design a perfect pet. Have the teams list the characteristics of their perfect pet, then draw a picture of the pet.

After 10 minutes have each team present their pet

Develop a discussion with the participants as a group along the lines of:

- a) Why did the members concentrate on particular aspects? (e.g. "Good with Children", "cheap to feed", "not messy")
- b) Emphasise the variety of ideas
- c) Draw out who contributed particular ideas. Different sorts of people have different ideas. When you are planning together you get more ideas than if you plan separately

Relate the concept to Surf Life Saving

- a) What sort of things could you use this technique for in Surf Life Saving?
- b) How would you use it?
- c) How could these skills be applied to Lifesavers on patrol?

List some of the other times when it could be used to effect