



Teambreaks

DIFFERENCES ARE STRENGTHS

## Dash and Splash Day

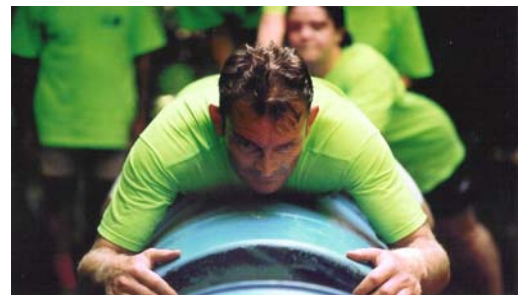
Centred around the unique facilities at Friday Island these activity-based events are a cost effective promotional tool for either internal motivation, sales incentive or hospitality. Activities are both land and water-based. They are designed to be run in teams of 6 to 10 and as such a built in competitive element! Following activities and a whacky finale, teams return for drinks in a thatched pavilion and a short prize-giving takes place. The emphasis is on fun, relaxation and having a good time. Nothing is expected of anyone that might spoil their enjoyment of the day and there's a role for everyone regardless of physical ability or fitness.

The day runs between 10.30am and 6.00pm approximately.

*Activities are selected from the following*

### Obstacle Course

Built using over 100 tons of concrete 1500 feet of telegraph poles and 1600 yards of rope, the 12 piece obstacle course in a Christmas tree plantation is undertaken with careful supervision as the team negotiates each one. A simple test of skill, considered planning and good team work, the obstacle course has something for everyone



### Shooting Gallery

An interesting and unusual shooting range set in the marsh-land off Flintlock Island. Guests are first of all instructed in safe and accurate use of the weapons before being given a fixed number of 'rounds' with which to achieve a maximum score in Archery, Cross-bows, Air-rifles & Air-pistols.



### Aqua-Relay

Set on a course by the beach, each team is allocated one of 4 different 'craft' (Banana Boats, Rowing Skiffs, Kayaks and Canadian Canoes). When the whistle blows it's all hands on deck for a relay race; everyone must have been in a craft before the race is won.





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# Dash and Splash Day Continued:

## Dragon Boats

Up to twenty competitors sitting side by side in a 40 foot boat. A drummer, sitting at the prow, beating out the time on a huge drum. A helmsman in the stern keeps the boat on course with a giant paddle. A stunning wood carved dragon's head and tail add length, majesty and colour to the boat. The boat is powered down a measured course. This is dragon boat racing - all ages —male, female - no previous experience necessary and its great fun



## Breakout Course

This involves two teams competing in parallel through a series of identical obstacles and tasks. Teams have to traverse a course on all terrain skis, escape through an electric fence, pass through the minefield, cross piranha infested water (you don't believe us?). They finish by recovering the highly valuable canister. Not much to ask but definitely a team event



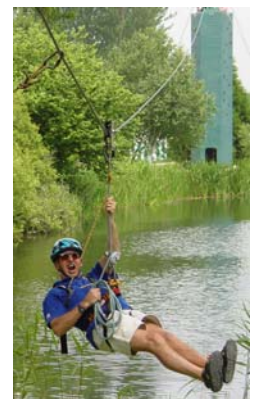
## Activity Tower—Climbing/Abseiling:

55sq metres of pure adrenaline! All run by professionally qualified and enthusiastic instructors. 6 roped climbers can scale the dizzy heights of the Climbing Tower at any one time, while another 6 of their colleagues belay them safely up and down. An essential trust building part of the climbing/abseiling experience.



## Activity Tower—Zip Wire:

90 metres of even more adrenaline! Participants are fitted with full safety equipment and then climb the steps inside the tower to emerge at the top and enjoy the panoramic views. Then it's time to clip on to the wire and hurtle off to either a wet or dry landing?!





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## Dash and Splash Day Continued:

### *Itinerary*

*(Timings are flexible)*

- 10.30 am      Guests arrive at our Spine Road Car Park and are ferried over to the Island by Edwardian launch. Coffee and biscuits are served whilst guests are introduced to the instructors, split into teams and briefed on the day's events. Everyone receives a colour coded Tee Shirt.
- 11.00 am      Activities begin.
- 1.00 pm        Lunch is served in the marquee. Barbecue menus available on request
- 2.00 pm        Activities resume. By 4.00pm all teams will be back and the final points count will take place in preparation for the "Grande Finale", which we keep up our sleeves!
- 4.30 pm        Tea and cakes are served. Instructors tally up the scores and once completed, drum roll heightens the tension and the top three teams are announced in reverse order. The winning team receiving champagne in the steamy hot tub and the losing team – Off to the Ducking Chair !. Appropriate spoof prizes are also awarded to notable individuals.

The event ends at approximately 6.00 pm.

**Please advise guests participating in land and/or water based activities to bring a towel, a change of clothing/footwear and suitable wet weather gear.**

**The option exists to run the event on into the evening.**

An enjoyable way to unwind whilst being entertained by a steel band and limbo dancers. A bonfire is lit on the water's edge and of course a full Caribbean bar is open in the thatched pavilion.