

Team Challenge activities

Challenge Packages

Challenge A: Activities that require the team to rely on each other for support and direction – creatively and emotionally.
- Corporate Maze, Blindfold Climb, Pamper Pole, and Trust Fall. Approximately 3 hours, depending on group size.

Challenge B: Activities that generate working together to solve problems and overcome obstacles, both physically and mentally.
- Human Knot, Stepping Stones, Carabiner Carry, Alligator Pit, and Electric Fence. Approx. 3 hrs, depending on group size.

Challenge C: Activities that encourage communication skills and utilize different forms of communication.
- Hula Hoop Loop, Flip, Corporate Maze, Centipede, Blindfold Square, Blindfold Climb. Approx. 3 hrs, depending on group size.

Descriptions of most included activities are listed below. If you would like specifics on any activity not described, please call for its details. **If any of the packages do not meet your focus for the team challenge, individually customized programs can be tailored to suit your needs. Multiple activities will be picked by an Upper Limits facilitator based on predetermined goals for the group to fill a set time frame.**

Low Elements

Mission: Electric Fence - Working together, all team members must get over the “electric” fence without touching the fence.
Results: The combination of physical and strategic challenges makes the fence effective in examining and improving tactics, trust, communication, and the importance of group cohesion.

Mission: Centipede - Operating simultaneously, while connected by centipede “links,” the challenge is to move the entire group across an area, partially obstructed with large obstacles, without allowing any of the links to hit the floor.

Results: A lighthearted exercise that demonstrates the importance of committing to a goal together and the significance of group cohesion throughout the journey.

Mission: Stepping Stones – The group navigates their way across a “river” by limited means to arrive at the other side together.

Results: A deceptively complex problem that requires a significant amount of judgment and cooperation, resulting in several possible solutions.

Mission: Alligator Pit – The entire team must swing, safely, tarzan style over an “alligator pit” to a “rescue raft” by limited means.

Results: The combination of strategic and physical challenges makes the pit particularly effective in examining and improving processes and the importance of group solidity.

Mission: Corporate Maze – The group navigates their way through a maze by discovering the route, square by square, without verbal communication. Remembering the correct route requires group support.

Results: Stepping out of comfort zones, mistakes and triumphs are shared by the group. Teamwork and creative strategy shine.

Mission: Blindfold Square - The team attempts the challenging task of creating a square from a loop of rope while blindfolded.

Results: Progress is measured by the actual shape created and the team’s cooperation to make it utilizing strategy, verbal communication, and self action.

Other low elements are available, call (309) 829-8255 for more information.

High Elements

Mission: Blindfold Climb – 2 to 3 team members climb a 20 foot wall while tethered together and blindfolded. The team relies on their sighted team members to get up the wall.

Results: Experience incredible new heights in performance and overcome the challenge of co-missioning through the development of sound strategy and goal setting.

Mission: Trust Fall -- Each team member steps up to a platform and falls backwards into the arms of the group.

Results: Going to the edge and taking a leap into the unknown, but always with the support and emotional cushion of teammates. The team explores risk taking and how this affects personal and team-oriented growth.

Mission: Pamper Pole - Climb a 14-foot telephone pole with ladder rungs. Team members then stand on a rotating disk and jump to ring a suspended bell.

Results: Experience an individual “win” by getting out of personal comfort zones and facing adversity head-on. The pamper pole represents risk and/or opportunity, depending on one’s experience and perspective.

**Upper Limits Rock Gym www.upperlimits.com
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