



# Warwick Conferences 'Out of the box' Teambuilding

## Introduction

Welcome to Warwick Conferences' Arden Training and Conference Centre's 'Out of the Box' team activities to enhance traditional training methods.

Each of the activities can be used as a standalone activity or in a series to make a team building day. A facilitator from your group should be appointed who will be given notes to help the activities run smoothly.

Available activities:

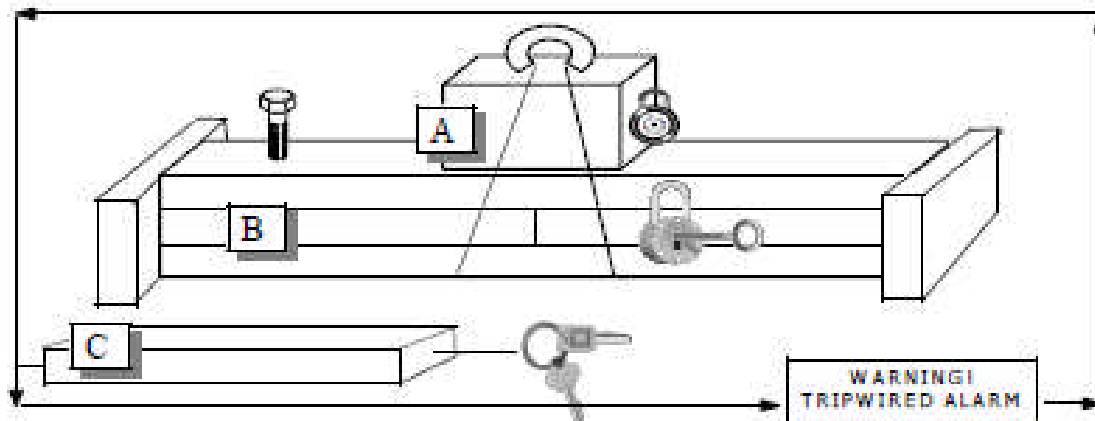
	Task Name	Description	Number of People	Time Needed
1	Gridlock	A locked devise is hanging from a frame in the wooden area. Your task is to unlock the box and blow the whistle within the time limit.	5-10	25-40 minutes
2	Labyrinth	A large maze is marked on the grassed area behind the dining room. Your task is to move 2-5 blindfolded people to safety and simultaneously through the maze to collect the ammunition boxes.	5-12	25-40 minutes
3	Bottle Out	Using only the supplied resources (scissors, an elastic band and a length of string), move the bottle from one stone to the other.	5-10	20-30 minutes
4	Human Crane	Move the cargo from one area to the other without dropping it using the pulley system in the gazebo.	5-10	25-40 minutes
5	Treasure Hunt	Locate the ten plaques which are fixed to the wall in and around the buildings at Arden to find the words which are in code. Decipher the code to reveal the well known phrase.	2-20	30-50 minutes

## Gridlock – 5-10 people, 25-40 minutes

Objective: “To open the box and blow the whistle within the time limit”

### Description of apparatus:

- No personnel to enter the perimeter unless wearing a blackout mask
- Interlocking planks divided into three layers (B) suspended above ground level
- The top and bottom planks of (B) are joined by ropes running through (A)
- The lid of the box (A) opens but is currently held shut by (B) and a combination padlock



- Box (A) contains the whistle and information
- When released the access to the box (A) is very narrow
- The second padlock illustrated is opened by one of the keys attached to plank (C)
- (C) is attached to the trip-wired alarm which surrounds the apparatus

### Rules

1. All operators must wear a blindfold
2. The wires/ropes may not be cut
3. The alarm system may not be disconnected or otherwise disabled

## Labyrinth – 5-12 people, 25-40 minutes

**Objective:** “To move 2-5 people *simultaneously* through the Labyrinth collecting the boxes en route within the time limit”

### Description of apparatus:

- The Labyrinth is a double maze, there are ‘obstacles’ contained within and five boxes of varying size, weight and contents
- Consisting of two halves, X & Y, with one common access link
- Entry/Exit points to the Labyrinth are labelled A to G around the boundary of each half
- Navigators choose positions and stay there
- Spare personnel provide co-ordination and have free movement but may not navigate



### Rules

1. Any person entering the Labyrinth must wear a blackout mask at all times
2. Navigational directions may only be given from the boundary of the Labyrinth
3. Navigators, those giving directions, must remain at one position on the boundary and may not move unless changing role\*
4. Movement through the Labyrinth must be from a chosen entry point from BIG A to little a or little g to BIG G
5. Each person must execute a different route
6. Movement is along paths and access as defined by the paving bricks. There are no short cuts over the bricks or in and out of access points
7. Instant Elimination. Contact with an obstacle, brick pavers, or collision with another person. A collision eliminates both parties
9. Time outs may be called to revise methods
10. A successful individual may be used again but must use a different route(s)
11. Only one box may be carried at a time

\*‘Changing role’ means that a navigator can become an entrant into the maze and vice versa

## Bottle Out – 5-10 people, 20-30 minutes

**Objective:** “To move the bottle from one stone to the next one using only the given resources and within a time limit”

### Description of apparatus:

- Resources available to complete the task are:
  - A long piece of string
  - Scissors
  - A large elastic band
  - Blindfolds

### Rules

1. Agree the method for moving the bottle
2. The people who move the bottle must be blindfolded
3. The blindfolded people must remain outside the perimeter marked on the ground
4. The observers may not touch the blindfolded people
5. If the bottle drops in transit – you must start again from the original position



## Human Crane – 5-10 people, 25-40 minutes

Objective: “To move the cargo from the first location to the second without dropping anything”

### Description of apparatus:

- Gazebo constructed outside Arden Training and Conference Centre
- Pulley system with ropes
- Blindfolds
- Cargo



### Rules

1. Only one person may operate each rope
2. The rope operators must be blindfolded
3. The observers must be situated outside the perimeter
4. If an item drops, the rope operators must change role to observer and vice versa

## Treasure Hunt – 2-10 people, 30-50 minutes

**Objective:** “To crack the code and discover the well known phrase”

### Description of apparatus:

- There are ten plaques fixed to the walls inside and outside Arden Training and Conference Centre
- No plaques are located in bedrooms or training rooms
- Each plaque contains a word written in code
- The words appear the correct way up on the plaque
- The phrase comprises of thirteen words

### Safety:

Carry out a risk assessment before doing the task – ensure that participants are wearing appropriate footwear.



Warwick Conferences' 'Out of the Box' teambuilding facilities are available for only  
£10 per person, per activity

The price includes all necessary equipment, delegate packs and facilitator notes.  
Sessions are up to 50 minutes in length. Prices quoted are exclusive of VAT.

If you would like further information please do not hesitate to contact us:

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