



**How do the days work?**

Get To Know You Games and warm up activities begin the day. People loosen up, let go of their inhibitions and begin to communicate freely. Once the warm-up is completed its onto ground based initiatives (building the foundations to future success). Initiatives include:

a/ **PLANKED** (coordinating actions to get from A to B in an efficient time with cooperation of all the team moving in unison toward a common goal).

b/ **Building Peoples Landing** (in order to survive the competitive recruitment market your team must cross a nuclear holocaust wasteland to an island with limited resources which need to be distributed according to individual needs).

c/ **Communication line** (your team must reconnect the communication lines which have severely disrupted your services, competitors are taking your clients at an alarming rate).

d/ **Spiders Web** (together your team identifies appropriate strategies, utilises problem solving techniques and sets their unique plan into action. Consequences are immediate providing for feedback prior to the paralysing bite of the spider).



Once the foundation stones are set the challenge course is then broken up into two components, **low ropes** where we develop the safety concepts and team working skills, then onto the **high ropes** where the real challenges are overcome.

**Low Ropes:** Nitro Crossing, Prouty's Landing, Horizontal Log, Portal Hole, Burma Bridge, Swinging Tyres, Tension traverse, Postmans Walk, Splits finishing on the uncanny Swinging log.

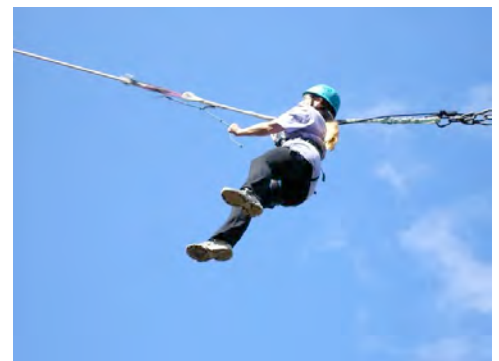


**High Ropes:** Scale into tree tops while being harnessed to complete a series of diverse, safe and challenging elements, finishing with a thrilling flying fox descent. Elements include: Trapeze (leap of faith), Jacobs Ladder, Burma Bridge, Postmans walk, Tension Traverse, Climbing wall, Multi-vine, finishing on a Thrilling Flying Fox 50m.

The best idea here may be to organise a discount day or 1/2 day activity to give you a better understanding of the processes and how they can effectively link in with your programs.

**INCORPORATED:-**

- \* Creating an innovative passive or challenging team-building program.
- \* Building blocks & processes of the team i.e. the forming, storming & norming.
- \* Ice Breakers (breaking down inhibitions, getting relaxed or motivated)
- \* GTKYG Get To Know You Games
- \* Games and activities which enable groups to communicate freely.
- \* Trust / Accountability
- \* Goal Setting & Objective Achievement
- \* Win-Win
- \* Experiential Learning
- \* Negotiation
- \* Team Support & Success
- \* Cooperation
- \* Conflict Resolution
- \* Briefing and Debriefing of activities
- \* Leadership skills
- \* Personalised service
- \* Communication
- \* Assertiveness
- \* Great fun and enjoyment!





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**Ropes Course Facilitation Costs**

(approx range only – please call or email for specific quote)

- 5-10 participants 3-4 hours \$2,200-\$2,500
- 11-20 participants 3-4 hours \$2,800-\$3,300
- 21-30 participants 3-4 hours \$3,900-\$4,400
- up to 200 participants on Ropes Courses and associated team fun activities.

**Ropes Course Challenge Locations:**

Sydney – Northern Beaches, Richmond-Windsor/Kurrajong, Blue Mountains  
 Fairmont Resort, South of Sydney - Royal National Park.



**Commitment:**

- All programs are briefed & debriefed.
- Safety and enjoyment are focused upon.
- Quality learning experiences leading to specified outcomes are ensured.
- Proven to increase motivation, dedication to the team and increase work performance.

**References:**

- Metropolitan Employment Training Service; George Elliott.
- Baker & McKenzie Law Firm; Rolf Moses
- Coca Cola; Chrstitina Sugar
- Building People; Lucas Georgatus
- ANZ Bank; Noel Armitage
- Commonwealth Bank; Todd Lyons
- AMP; Amanda Steinhardt



**Further Information:**

Please phone to discuss a specific program to meet your teams requirements.

Ratios of facilitator to participant are low, ensuring attention and safety for each individual within the group. Programs are fun, flexible and mobile. Facilitation indoors/outdoors, on site or an escape to an ideal ropes course team development location around Sydney and the Blue Mountains.

We look forward to your interest in harnessing the potential of your team!

Kind regards,  
**Konrad Lippmann** Program Design and Facilitator  
 BA Human Movement Dip Ed/Outdoor Ed.

**-tailoring quality team-building experiences-**  
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