



Bristol Activities Centre

Avonquay, Cumberland Basin
Bristol, BS1 6XL
Tel. 0117 353 2299
Email : bac@bristol-city.gov.uk

Teambuilding Courses

Information Sheet 1

Our Team-building courses are based on the following philosophy:-

1. By participating outside of the normal working environment, you remove many of the trappings and blockages that can hinder the learning experience and puts everyone on an equal footing
2. Our scenarios are all practical and therefore by utilising the outdoor environment provide a unique opportunity for staff teams to work and learn together.
3. The courses are based on the principle of experiential learning. Teams will complete a number of tasks that in order for them to succeed will require them to put into practice the elements of good teamwork.
4. Learning should be fun.
5. Learning will be safe.
6. No one will be forced into an activity they feel uncomfortable with.

Our staff are always prepared to discuss the scenarios and options with staff teams

COURSE DETAILS

Most courses are one day in length, meeting and briefing at BAC, Avonquay, 9.00am to 5.00pm (approximately). Anoraks, Over-trousers, Boots and Rucksacks provided if required.

Many scenarios require navigation and radio communication briefings.

- OPTION 1** The most popular – Teams navigate around special checkpoints on the Mendip Hills, culminating in an abseil.
- OPTION 2** As above but could involve a search & rescue element.
- OPTION 3** As in option 1 but with a large survival task (no abseil)
- OPTION 4** A full Mountain Rescue scenario, involving, search, casualty evacuation, and navigation – Mendip or Goblin Combe.
- OPTION 5** Based at BAC – a series of problem solving/practical challenges that lead to completion of a major task! (Could involve some groups in canoe/navigation/raft build/Ashton Court tasks)
Designed to meet your staff needs.
- OPTION 6** A day designed specially for you!

ACCESS although we really try to be as inclusive as possible, outdoor activities by definition may be difficult for some staff. Where mobility is a serious issue, options 5 and 6 are best considered but always discuss with us first.

