

Team Transport

Objective

The purpose of the Team Transport exercise is to demonstrate that teams need to plan and work together to achieve a common goal.

Setup

The challenge can be used with groups of three to 30 or more people. We'll use 15 people for this example but you will easily see how it can be adapted to larger or smaller numbers. You will need some towels or old carpets samples for this exercise. You will also need a moderately sized open space or a large room measuring at least 30 feet long.

Instructions

Start your group at one end of the open space and hand them three towels. The group's challenge is to transport the team for one end of the open space to the other. The catch is that open space is like water and the group needs to use the towels like lily pads to jump across the space. The conditions are that the towels can only make a one way trip across and the team must work together to get there.

To successfully complete the challenge, your players will have to get several people on two of the towels and then pass up the third towel and lay it down in front of the team to help them advance. This process of advancing ahead towel by towel continues until the team reaches its final destination. If a person should step or fall off of a towel, the whole team needs to go back to the start and begin again.

To make the challenge a bit more interesting, you can give the team a time limit that they must complete the exercise within to be successful. The time will vary depending on the number of people, towels and the distance you want them to travel. You can secretly time the group's initial attempt and then challenge them to beat it once they completed the exercise the first time. If you are working with several teams or a very large team, you could have each of the groups compete against each other.