



Pushing the Boundaries

A Downhill Adventures Team Building day

The **Amazing Race** adapted from reality TV, is available for your teambuilding development. Amazing Race Cape Town is an outstanding teambuilding event. Integrating communication skills, planning, strategy, teamwork and a race against the clock. Based on the philosophy of **The Right Person for the Right Job** the theme of the event is:

Pushing the Boundaries with the aim of taking individuals out of their comfort zone, reaching for new horizons in a fun and stimulating environment.

Experience unique Cape Town elements in an enjoyable and engaging team way. The Amazing Cape Town Race may include the iconic locations of Cavendish Square, V& A Waterfront, Tokai Forest, Signal Hill, Table Mountain, Camps Bay & Hout Bay Beaches and many more unique locations.

Amazing Racers develop team work, navigate, problem solve and strategise, whilst having great fun together. Accomplish Amazing Race challenges, improving team awareness and dynamics and of course its team-mendous fun!!



PROCESS:

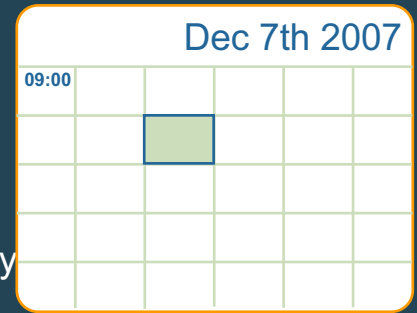
Starting from a conference venue or workplace, your team will receive a briefing by our Team leaders who will then proceed to:

- * Allocate Amazing Race Teams
- * Each Team to choose for themselves a team name in context with the theme, and distribute team colours
- * Cover objectives, guidelines and safety in an Amazing Race theme.
- * Provide essentials: Team coloured T-shirts & Bandanas (Provided by client) Race-Packs, Guidelines, Emergency procedures.
- * A **Right person for the Right Job** philosophy is utilised for all activities. Each participating according to their ability within their capability.



DAY'S ITINERARY

- 10:30am Contestants meet at start meeting point for the briefing of the day's activities & proceedings.
- 11:00am Commence Amazing Race
- 15:00pm Finish race activities and teams meet at final location to enjoy a lavish buffet braai and refreshments
- 15:30pm Post-race de-brief, awards ceremony & post-race party
- 19:00pm End of the days events



READY?

Teams receive their first GO envelope revealing a cryptic clue, an adrenalin rating of the activity and a description of the route to the venue. Some teams will have been given the same clue, so will be heading to the same location, while others will head to different locations.

There will be 6 locations in all, from which the teams will choose 4 challenges.

Each team will have a driver & vehicle at their disposal and will proceed to the location of the first activity, following the clues in the GO envelope.

At Each Amazing Race location, the team must choose 2 people to try to succeed in completing the varied and exciting challenges in store.

Completing each challenge will result in the team winning a race token, one being required from each activity for the team to be able to proceed to the final destination. Snacks and refreshments will be provided throughout the day for the contestants by the client and promotional companies.



DETOURS

Teams must choose between one of 2 activities, one being quite fearsome, the other more time consuming or at a more distant location but easier by nature. The team must decide on a plan of action, aiming to select the best players at each stage while choosing an overall strategy based on the skills available and the challenges ahead.





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THE CHALLENGES

1) Building Abseil

Escape the building- two participants from each team will be required to ABSEIL down the face of a specially selected location after being briefed and equipped by our staff. Overcoming one's fear of heights and stepping off into the void make this quite a challenge for even the bravest!

This is one of the toughest and most challenging of the activities, but one where the contestants will conquer their fear.



2) The Downhill Mountain Bike Challenge

Having successfully followed the clues and directions to TOKAI forest the next challenge will be to make it to a designated location- traveling by MOUNTAIN BIKE. This will require a good deal of fitness, technical ability and orienteering skills, as the route will be no easy ride! 3 team members will be required to complete the challenge.

Each team will also have the option of detouring this activity for a less physical but equally challenging task- the paintball, Skeet or Laser shooting.



3) High Speed Power Boat Challenge

Heading, either to the V&A WATERFRONT or HOUT BAY, the three members will meet up with our expert power boat crew and head out into the ocean, racing around a pre-set course in order to find their token. This is a challenge no one will forget! The teams will also have the option of taking a detour at this stage of the race.

Each team will also have the option of detouring this activity for white water croc canoeing.



4) Fire fighting Challenge

The two team participants will have to face the heat in a series of firefighting based challenges under the watchful guidance of our safety experts.

Rescuing someone from a smoke filled building, and putting out raging fires are just some of the exciting and testing challenges we have in store



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The DETOURS

1) As an alternative to the Mountain Biking Challenge, the teams can choose the **Shooting Range Challenge**. Taking place in TOKAI FOREST, the three challengers from each team will have to succeed in a shooting contest at our safe, modern range. This will take some real concentration, a steady hand and a keen eye. Using either a laser shooting range, or infra-red clay pigeon skeet shooting - this challenge will be a blast!



2) As an alternative to the High Speed Boat Ride, the teams can instead choose the **White Water Croc Canoe Challenge**. The three contestants will have to don a life jacket, jump into one of the waiting inflatable croc-canoes and paddle out through the surf in order to get their tokens.



FINALE!

Once teams have successfully completed a challenge and received their race token, they will be given another GO envelope and will proceed to the next challenge until, on completion of the final challenge, and having gained all 10 tokens they are provided with directions and clues to the final destination. It's a race against time, with the first team arriving, being crowned the winners!

On arrival at the finishing location- (To be announced) each team will be welcomed by our representatives and by the other teams. Scores, incidents, a de-briefing, evaluation, prize giving and a speech ceremony will then take place, before everyone can relax with a few drinks, some spectacular food and recollections of the events of a memorable day.





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Downhill Adventures Provides:

DHA will put this whole amazing race experience together, facilitating all activities, ensuring maximum safety and enjoyment for the teams throughout the course of the day.

DHA will provide:

- Experienced qualified guides at each activity.
- Level 1-3 trained First aiders
- All equipment and safety gear
- A race organiser and presenter to brief the teams, detail the days proceedings, motivate the contestants, give a fun prize giving ceremony, and make sure that the whole day is a phenomenal success.
- Ground handling staff to take care of all operational details
- Fabulous locations for all activities and final meeting place

OPTIONAL EXTRAS:

DHA can organise the following optional extra facilities:

- On-Hand medical / emergency staff & paramedics
- Catering & Bar facilities
- Venue Hire and Marquees
- Videographers to record the whole amazing experience, producing an edited professional DVD of the whole days activities. Our expert camera men use cutting edge technology, helmet and flexi mounted cameras to capture the action as it occurs.