



BOOT CAMP SA TEAM BUILDING

Boot Camp South Africa is a national organisation which was established in 2001 with venues situated in Jhb, C.T. and Durban. Boot Camp SA Giba Valley has been successfully hosting, facilitating and managing corporate events and team building since 2005. Our options cater to ALL fitness levels and ages.

BOOT CAMP SA WANTS YOU!



Our Team Building objectives:

- Provide a motivational, meaningful experience that is also loads of fun;
- Build team spirit and brings staff members closer together;
- Develop employee's awareness of themselves and of group processes;
- Increase participation and involvement of employees;
- Increase energy and optimism through activities that motivate employees.

SOCIAL TEAM BUILDING OPTIONS

Prices are exclusive of VAT

Options 1 – 7 below take place at the Boot Camp SA Venue. The venue is situated on the banks of the Mhlatzana River which originates in Hillcrest, flows through Winston Park and soon after descends into the massive Giba Valley, which is where we are situated.

Self catering permitted is permitted with additional venue hire.

1. TEAM BREAKAWAY – 2½ hrs

NON-PHYSICAL, FUN & INFORMAL

An interactive social and fun activity with excellent tasks for building relations amongst team members and practicing team work. Teams encounter various non-physical team work tasks requiring the group to plan together and follow through on the best idea. **(Does not include obstacle course)**



2. RECONNAISSANCE TEAM BUILDING – 4 hrs GREAT TEAM BUILDING EXPERIENCE

Develop teamwork potential with this dynamic and constructive Team Building option. This is an excellent option for building team spirit through engaging staff in a common, fun & unique experience. Activities include the Commando Obstacle Course and other non-physical team tasks. Mini debriefings and our final reflection task relate teamwork to effectiveness in the work place.

Strenuous level = 6 - 8



3. COMMANDO TEAM BUILDING – 3 hrs FUN & ENERGISING (includes Obstacle Course)

An interactive & dynamic activity with excellent tasks for building team spirit of the group by engaging them in a common, fun & unique experience.

Strenuous level = 6 – 8



4. ARCHERY TOURNAMENT – 1½ hrs A REALLY FUN SOCIAL ACTIVITY

Archery is a fun and relaxed activity that anyone can enjoy. We start with an instruction round on how to use the equipment and once everyone is feeling comfortable and has their eye in, we place the group into teams for a fun team competition.

Strenuous level = 5



5. PAINTBALL – 2½ hrs

The 'PAINTBALL' social consists of a round-robin with teams of max 6 players a side, winning teams stay on to challenge the next team. All games fully marshaled and paintball range is privately booked for your group.

Strenuous level = 8



6: INTERACTIVE DRUMMING – 45 minutes

A mellow and fun activity to add onto your team building. Anyone can drum - if your heart is beating, you have rhythm! Within minutes, your team will be making music. Because rhythm is a universal language, our 'mother tongue', drumming creates a unity that transcends barriers.

Strenuous level = 3



7. HIKE TO THE WATERFALL – 2.5 hrs

An easy 5 km return hike to the waterfall which is surrounded by scenic gardens, relax for a bit, put your head under the waterfall and then walk back.

Strenuous level = 6



8. SURVIVOR GIBA VALLEY – 6 hrs

A combination of 3 activities chosen from:

- Obstacle Course Team Challenge or Team Puzzle Challenges
- Paintball or Hike to Waterfall
- Archery Contest

The culmination of the Survivor option is the tribal council where team members give feedback on their team mates and vote in -with this we conclude the day!

Strenuous level = 6 – 8



8. TEAM BREAKAWAY & ARCHERY CONTEST – 4 hrs

A combination of Team Tasks and Archery, 2.5 hrs of team building before lunch and 1.5 hrs team building after lunch followed by 1 hour of social time included.

Strenuous level = 6



TEAM DEVELOPMENT OPTIONS

'BACK TO BASICS'

During the **'BACK TO BASICS'** programme we refresh, reinforce and revise the concepts of teamwork and leadership in relation to the workplace. Participants leave with a clear understanding and increased awareness of these concepts and of how they can make a positive contribution to the team.

PROGRAMMES: Length of programme: 6 hours

1. **TEAMWORK – TEAM ENVIRONMENT, DIVERSITY AND COMMUNICATION**
2. **LEADERSHIP– LEADERSHIP STYLES & PROBLEM SOLVING** WE CAN ALSO TAILOR A PROGRAMME TO COVER YOUR SPECIFIC OBJECTIVES

EVIDENCE

CERTIFICATES OF SURVIVAL

Acknowledge the teams' achievement by issuing each participant with a Certificate of Survival.

THE BOOT CAMP APPAREL RANGE

Boot Camp T Shirts
Boot Camp Caps

PROMOTIONAL ITEMS, CLOTHING AND CORPORATE GIFTS

In addition to the Boot Camp SA range we also offer a wide range of promotional items, clothing and corporate gifts.

LOCATION

BOOT CAMP VENUE

The Boot Camp venue is set up in the scenic Giba Valley in the vicinity of the Marianhill Tollgate, Westmead/Pinetown, accessible from the N3. Informal conferencing facilities are available with formal **conferencing facilities** next door to us at Giba Gorge Bike Park.

MOBILE – off site team building

Our team is mobile and can set up our activities at your chosen venue – travel & set up fee applicable.



BACKGROUND

Our team buildings follow well established programmes that are structured to suit the needs of corporate clients. Activities are suitable for employees from all backgrounds, fitness levels and applicable to staff members at all levels within the organisation. We offer social activities where the focus is on having fun and bringing employees together outside the working environment **and** we offer development programmes which aim to improve effectiveness of employees in the workplace. All our programmes are designed to give participants an enjoyable and meaningful experience.

Boot Camp SA Giba Valley is owned by Brendon Cadman, who has two Honours Degrees in Exercise Science (Rhodes, 1997) and Psychology (UKZN, 2006) as well as a Higher Diploma in Health Promotion (UKZN, 2007) and a Post Graduate Diploma in Marketing Management (UNISA, 2012). Brendon has also completed courses in Adventure Leadership (1996), Advanced Mountain Leadership (2009) and EcoTraining Wilderness Trails Skills Course (2014). Brendon has over 12 years experience in facilitating and designing of developmental programmes as well as over 15 years experience in business management.

SOME FEEDBACK FROM OUR CLIENTS

“I just wanted to say thank you so much for organising our team building it went so well. So far the feedback I received from the guys is positive they all had tons and tons of fun! The sergeants were great:) Thank you kindly for everything, I will surely recommend Boot-Camp to other departments as well”. Ayanda, Umgeni Water, PMB.

“I would just like to extend my sincere appreciation and gratitude for the exceptional manner in which you and your team embraced us on the team building event. The team thoroughly enjoyed themselves while at the same time took away valuable learning of which they will be able to use in the workplace. I would highly recommend your company to my colleagues for the awesome day that we spent with your team and more especially the professionalism that you have displayed in delivery on our requirements.” Vigie Reddy, Nedbank.

“Let me take this opportunity to express my sincere gratitude for the teambuilding you hosted for us on April 4, 2014. I must commend your team on the excellent service, they seemed well prepared. As a result every activity went smoothly, there were no hiccups. The team were knowledgeable about every aspect of the activities and communicated the information effectively to us and this made going through the various challenges easy.

Secondly, I must commend you on the superb organization and the excellent communication every step of the way leading to the event and at the event, this calmed my anxiety as it made me realize that we were dealing with a highly organized and professional team. I need to point out that you and your team made such a great impression that our sales team want to come back to your bootcamp for our next teambuilding. You have put me under a lot of pressure now, Proudly serving.”

Malala Ndlazi, Assupal Regional Manager: Marketing Imbali.

Just a note of thanks to you and your team for the outstanding two days of fun and team-building that you provided for our department. The whole team is buzzzzzzing with energy and enthusiasm and can't stop talking about the fantastic experience! I know that all the other departments are green with envy any I am sure you will be getting many calls and requests from them.

Once again thanks for a fantastic experience.

Sandra Davey, Director of Housekeeping, Fairmont Zimbali Lodge and Resort.

