



# Ardroy Outdoor Education Centre

## Team Building Courses



Situated on the shores of Loch Goil and nestling amongst the Arrochar Alps, Ardroy offers high quality experiences to all in one of the best outdoor learning areas in Scotland.

The centre is staffed by an instructional team who bring excellent facilitation skills and years of collective experience of safe operation in the outdoors to the job. They are backed up by housekeeping and administration staff, plus centre management.



### Facilities at Ardroy

**Equipment:** Ardroy supplies everything you need to make the outdoors as safe and comfortable as possible. All delegates are supplied with waterproofs, a fleece, and wellington boots. We do not issue leather boots as we find they tend to leak and cause blisters. All specialist safety gear (e.g. ropes, canoes, helmets) is of the highest quality available, and where applicable we only use CE/PPE approved equipment. Regular logged checks are made on all safety critical equipment.

**Food:** For residential groups we provide good quality wholesome food in our new dining room. Breakfast and Dinner are a sit down meal, and we usually have a packed lunch in the middle of the day to ensure a flexible program. For non-residential groups, we can supply lunch at a negotiated cost, depending on type and quality required.

**Reviewing Facilities:** We can offer the use of dedicated lecture/review rooms, equipped with Digital Projectors, video, video camera and television, Flipcharts, OHP, and slide projector. An endless supply of tea coffee and nice biscuits are in every review room.

### Safety



All activities at Ardroy are at the highest possible level of safety. All staff delivering them are nationally qualified to do so. We are annually audited by AALS, the industry safety watchdog.

While we cannot guarantee absolute safety (there is no such thing) we ask that all clients follow instructions given to them to the letter, and ask for clarification if unsure. We practise 'Challenge by Choice'. No-one is forced to do anything against their will, although we can be very persuasive!



## Sample Program A

- A straightforward 2 Activity Program - one first day, other second day. Choices of Activity open to discussion and negotiation once we are clearer on client's desired learning outcomes.
- See Activity Explanation and Learning Outcomes pages for suggestions

Day	Time	Activity
1	0915	Arrive for lunch
	1200	Buffet Lunch
	1245	Activity 'A'
	1650	Activity Concludes
	1700	Debrief - <i>learning points / things you will do differently tomorrow / action plan</i>
	1710	Depart for Hotel
		Self Input
2	0915	Arrive Ardroy - <i>re visit goals set from Day 1</i>
	0930	Activity 'B'
	1200	Debrief both days - <i>action plan for future</i>
	1215	Lunch ( <i>Packed lunch to enable flexible departure</i> )
	1245	Depart Ardroy




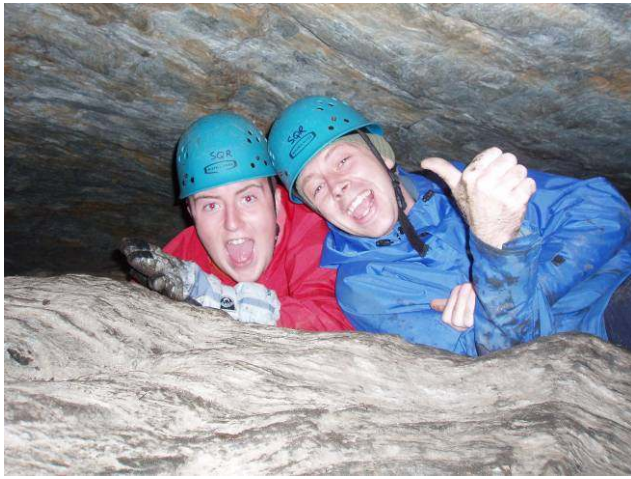

## Sample Program B

- Scenario based exercise on the first day. The difference here is the group is given much more ownership of the activity - the management, execution and outcome of the scenario is driven by the participants. This requires the group to work much more as a team in an unfamiliar environment. Time available precludes a major scenario exercise, but it would involve solving problems and retrieving objects from challenging places (e.g. on an abseil crag, in the Loch....).
- The second day would have a more 'fun' activity, but still requiring the team to work together based on the learning from the previous day. In our opinion it is not ideal to run the scenario exercise over 2 days as the momentum gets lost overnight. We can talk about this though!




Day	Time	Activity
1	0915	Arrive for lunch
	1200	Buffet Lunch
	1245	Short Scenario Based Problem Solving Afternoon
	1650	Cut off time for Scenario
	1700	Debrief - <i>learning points / things you will do differently tomorrow / action plan</i>
	1710	Depart for Hotel
		Self Input )
2	0915	Arrive Ardroy - <i>re visit goals set from Day 1</i>
	0930	Activity (tbc)
	1200	Debrief both days - <i>action plan for future</i>
	1215	Lunch ( <i>Packed lunch to enable flexible departure</i> )
	1245	Depart Ardroy



## Sample Activities

<p><b>Abseil</b></p>	<p>Abseiling down a rock face from 10 ft to 130ft</p>		
<p>Personal Challenge, trust, overcoming fears, metaphorical transfer back into the work place for accepting new challenges.</p>	<p><b>Squeeze</b></p>	<p>Exploration of a narrow cave passage including a 20ft climb</p>	
<p>Personal Challenge, group assisting each other, overcoming fears. Satisfaction of an achieved, shared goal.</p>	<p><b>Raft Building</b></p>	<p>Negotiation and design of a raft, leading to paddling out onto the loch</p>	
<p>Personal needs over team needs, lateral thinking, team working, ingenuity, personal challenge</p>			



<b>Canoe or Kayak</b>	Canoeing or Kayaking on Loch Goil	
<p>Personal learning of skills, overcoming fears, developing motor skills, looking after each other. Because canoes have more than one person in them, more teamworking is required.</p>		
<b>Hillwalk</b>	Ascent of local hill	
<p>Overcoming perceived obstacles, personal challenge, considering the needs of others. Awe and wonder in the great outdoors</p>		
<b>Jacob's Ladder</b>	Climbing to the top of a 40ft high rope ladder as a group of four	
<p>Metaphor for group support, personal needs versus team needs. Personal challenge. Overcoming fears</p>		



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## Splosh

A 'gorgewalk' - climbing, swimming and jumping up a local river.

Personal Challenge, overcoming fears, a high adrenaline fun activity. Assisting each other to negotiate the river and its challenges.



## Archery

Session on Ardroy's indoor archery range

Personal discipline, acquiring new skills, competition!



Please note there are other activities that we can offer - these are just a selection. Further consultation may lead to other options being suggested.



## Activity Learning Outcomes

This grid is an attempt to quantify the learning outcomes that we expect from each activity we offer at Ardroy. It is highly subjective, as each activity session has many variables, e.g. the group, weather, and significantly the emphasis the instructor places on the outcomes they want from it. For example abseiling is very much a personal challenge, but is enhanced with good team support. Raft building requires good teamwork, but can be challenging for non-swimmers.

Please use this in conjunction with the activity descriptions also enclosed.

Activity	Teamwork	Personal Challenge	Physical Skills	Environmental Awareness
Abseiling	1	4	3	2
The Squeeze	4	4	3	3
The Splosh	3	4	4	2
Canoe (2/3 pers. Open)	3	3	3	2
Kayak ( 1 person Boat)	2	3	3	2
Hill Walk	4	4	3	3
Quest/Ropes	4	2	3	1
Archery	2	2	3	1
Raft Building	4	3	2	1
Jacob's Ladder	4+	4	3	1

### Key

↔ Increasing Emphasis ↔			
1	2	3	4



## Sample Scenario Exercises

### 'The All Day Exercise'

Not a very glamorous title, but it just stuck.... The All Day Exercise involves the finding of clues left by an industrial spy who has found corruption in a company that produce the Elixir of Life (whisky of course). He leaves these clues at various remote locations around the area, which gradually come together to reveal the location of the elixir. These clues are sometimes in the form of a recorded message, and one group may find the tape, another the tape recorder and another the batteries. This again creates the situation of teams solving problems in isolation, but by combing their knowledge they achieve their common goal.



'Mission Control'

Before the group can achieve this exercise, they must first earn money to buy transport, instructor supervision, consultation etc. Once suitably armed with 'cash' they even end up bribing a prostitute (played by a member of Ardroy staff) in a local bar that has had some pillow talk with one of the board of directors. Ultimately they find the location of the elixir of life (a bottle of whiskey) but only after considerable trials and tribulations, lateral thinking, problems solving etc.

### 'Stuart's Developments'

This exercise centres on the theft of a life giving chemical (alcohol!) which has been developed by an undercover scientist based in Lochgoilhead. This chemical requires a mixing device and a catalytic chemical in order to be used. The scientist goes missing, but not before hiding his work in various locations around the area.

An undercover agent has been placed in the area to protect the scientist, and he



leaves clues in the area to assist in the finding of the material. Participants start with one simple clue which leads to a chain of other clues, eventually they start to uncover locked boxes and keys, often in precarious to get to places, requiring abseiling, canoeing, rafting etc. Some groups recover boxes, other keys, and only when all boxes and keys have been recovered will the group be able to open them and partake of the life-giving chemical thereof!



## ‘Spillage’

Spillage was designed for a Fife Council service, which operated across three different offices, and was having difficulty in sharing resources, looking at the whole problem, and avoiding territoriality between each office.

The nature of Spillage is that the group is presented with the superficially easy task of finding chemical containers, which have been airdropped into the Loch Goil area in order to neutralise a chemical spillage in the Loch. Initially they are asked to find 5-6 canisters, but more information keeps being given to them as the exercise progresses, this often being done by a fax machine installed in their ‘operations room’. As the exercise progresses, groups have to increasingly share their resources and information, in order to solve the problem.



The need to do this is not always very obvious, and failure to do so will seriously hinder the exercise.

Other problems are put into the exercise such as containers being placed below the high tide line, therefore requiring prioritising of tasks and delegation. Other canisters require abseiling or rivers crossed to be retrieved, which brings an adventurous element into the activity. The exercise finishes with the chemicals being recovered, mixed according to a formula, with a final twist in the tail. We would like to tell you more, but we’d have to shoot you.....