Team Building Guidelines

There are some important guidelines you should follow to ensure that your teambuilding experience is successful. These are as follows:

- When teambuilding, always follow the "Challenge by Choice" rule. Every individual has the choice to participate at whatever level she/he feels comfortable. However, you should encourage participants to step out of their "comfort zone" and challenge themselves!

- Set ground rules! These should be discussed and agreed upon by all participants. They will probably include things such as "Do not interrupt," "Respect the values and beliefs of others," "Listen when others are speaking," etc.

- Handle any potential safety issues. When using activities that require additional equipment and/ or involve lifting people off of the ground, please make sure equipment is in good condition, equipment is handled properly, and individuals have the proper training and supervision necessary to perform the activity safely.

- To make activities more challenging (particularly if you have group members who have done an activity before), feel free to institute additional consequences or obstacles such as blindfolding, no talking, and mobility restrictions.

- Be aware of infractions of the rules. You can enforce them strictly or see if the group regulates itself. Details like these can lead to good discussions about ethics, values, and creativity.

- Provide only the basic instructions, and do not get caught up in providing too much information. Only answer questions and provide additional information when asked by the group.

- Use good judgment. It is important to provide the group with the proper balance of challenge and support so that the y stretch themselves and learn, but also do not become overly frustrated and shut down. Also, when providing additional challenges for the group such as blindfolding one team member, etc., make sure that the individual is comfortable and willing to go this extra step. Nothing should be done at any time to intentionally place a person in a position they do not want to be in.