



The Vyrnwy Challenge

What Is it?

Well firstly and most important - it's fun!

It's a group activity which requires motivation, communication, commitment and most importantly the ability to work together as a team.

Based on a team of eight maximum and with a time objective of 2.5 hours, the team has to follow a set course which includes various tasks that need to be completed before moving on. Bonus and penalty points are awarded or deducted throughout the course according to the team's performance.

Both mental *and* physical skills are needed for a credible performance. Strengths in one direction may be weaknesses in another, so pooling skills and abilities, working together and supporting each other is vital. Although it is a race against the clock, we are very safety conscious and teams will not be allowed to proceed faster than health and safety allows. Buoyancy and helmets are worn throughout the course and qualified instructors are on hand to supervise the activities, give advice and keep score.

Your health and safety is a key concern for us. We want people to be able to participate as much as they are able. However, we will not penalise you if you have team members who are unable to participate in every single element (e.g. inability to swim) – as long as your team starts and finishes together - you can decide how to use your members to achieve a result.

The following elements are included in the Challenge

1. Meet at Bethania Adventure Boathouse for registration & hand in medical declaration forms
2. Safety and Team Challenge briefing. Planning time allowed
3. Canoeing a short distance along the side of the lake to the dam. Moor canoes by the dam
4. Run, jog or walk to the first task
5. Build a raft from barrels, poles and a basket of rope
6. Problem solving task
7. River crossing – you have to construct the means to do it and return to your raft
8. Raft crossing
9. Return to your canoes
10. Paddle like stink for the base
11. Points are awarded for time, team work and entertainment value