

Plan a Team Building Event with Us



UAZ Outdoor Recreation thanks you for considering team building for you next event. Here are a few things to keep in mind when planning your visit.

How to Prepare

For the safety of the participants, we ask that everyone wear closed-toed shoes. The event involves mild activity, so you should wear comfortable clothing that is appropriate for a full range of body positions. Our team building events can be located inside or outside, so participants should plan to bring water, sunscreen and snacks.

TWO-HOUR PROGRAM OVERVIEW

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| 10 MINUTES | Staff introduction |
| 5 MINUTES | Introduction to challenge by choice |
| 105 MINUTES | Team building Initiatives (Portable games) |

All events are customizable depending on your group wants and needs.

The team building event is open to all students, faculty and staff, as well as the general public. For pricing and reservations, email us at outdoorrec@arizona.edu or call at (520)621-8233.

What Not to Wear

Anything you don't want scratched, dented or dropped should be removed. We recommend removing hazardous accessories such as watches, glasses, scarves and any form of jewelry, dangling necklaces, earrings or rings as they can get caught and could cause injury.

Common Misconceptions

The activities have no "real world" applications.

The team building initiatives will challenge you with puzzles requiring group participation to complete. We facilitate the experience throughout, using mid-activity reflection and debriefing to draw learning from the activities and transfer lessons back to the "real world."

I'll be forced to participate beyond my limits.

We will not pressure you to do something you don't want to do. We follow a philosophy of Challenge by Choice, which means it is up the individual to choose the level of challenge they accept.



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rec.arizona.edu/outdoor