



FOUR RIVERS ACTIVITY GLOSSARY

Abseiling: There are a few sites that we utilise depending on the group's time frame and the amount of people will depend on what abseil we do.

Archery: Instructions will be given on how to use the bow and arrow. Members of the team will turn to shoot at a target in order to accumulate points for their team. If the team reaches a certain level in their time period, they will move on to a bonus round which will involve further skill and accuracy.

Blindfolded Maze Challenge: The team will first solve the maze on a piece of paper. Once completed, teams will move onto a man size maze. All team members will be blindfolded but one. This person will have to successfully direct the rest of the team through the maze.

Balancing Beam: Members will start on the one side of a beam and make their way to the other side. It's tricky and the team will need to work together.

Bridge Building: A partially constructed bridge will be laid over a donga. The group will need to work together to complete the bridge to allow their own team to cross. A high ropes challenge with the team members in harnesses, attached to a suspended cable above them - for safety. This is a high physical challenge!

Blind Man Rafting: A great activity to encourage communication in a team. There will be a Slalom course laid out on the dam. The group will get to practice the course with their eyes open. Strategise on the use of commands and communication. Thereafter, all team members besides 1 who will be blindfolded. All the blind team members will need to paddle and work together while the seeing person (the navigator) will give the group instructions on what to do. The routes will be timed and the group with the best times and least errors will win.

Blow Darts: The team members will each get a number of shots at the targets. Each team's goal is to score as many points within their allocated timeframe.

Bull Challenge: Team members will attempt to ride the mechanical bull for as long as possible without falling off.

Castle Throw: Throwing a mallet at standing wooden castles with the aim of knocking as many down as possible.

Catapult Shoot: The team will have a giant Kattie. 2 Team-mates will need to hold the Kattie while 2 other team members load and shoot it off. The rest of the members will need to catch the object that is shot to score points for the team. There will be a range of things shot off including balls, water balloons and even a few eggs.

Crawl Race: There will be webbings laid out a few feet off the ground and the teams will have to crawl through these webbings from one side to the other.

Clay Pigeon Shooting: Just offsite is there a firing range for clay pigeon shooting each person will get 20 shots this is the real thing.

Croquet: A set course will be laid out, and then one person will then play a round. Once a team member has completed a round it will be the other team members turn. The team who can complete the rounds in designated time wins.

Chipping Challenge: There will be Score sites laid out in front of the team. Each team member will receive a set amount of balls. With these balls the team members must try score as highly as they can by chipping the ball into the scoring zones.

Croc Polo: A fun activity that is a team sport the group will be split into 2 teams these teams would then battle it out trying to outplay one another. The goal is to score as many goals as possible. Croc polo is derived from Canoe polo and the teams will be paddling in 2 man rafts and using a water polo ball with goals on either end.

Covert Communications: Teams will receive their map and clues and then have a few minutes to compile their secret lingo. This lingo needs to allow teams to talk over the walkie talkies without other teams understanding what they are saying. All the teams are looking for the same treasure thus one team cannot let on what info they have received as they will lead other teams to the treasure.

Dice Roll: The team will throw a dice and depending on what numeral the dice lands on the team will be asked a question or a riddle. If the dice lands on an odd no. they will be asked a question and if the dice lands on an even no. they will be asked a riddle. The team will need to elect a speaker and only the speaker can give the answer the whole team however is to discuss together to come to their answer. When the team solves a question or a riddle correctly they will get one step closer if the answer is incorrect the team will need to move 2 steps back. The team's goal is to reach the finish line before their time is up.

Dividing: There will be a range of under water challenges that team members will need to complete. This will be done in a swimming pool and goggles will be provided.

Isidladla Paint: This activity encourages people to work as a team, yet acknowledge individual strengths. Each team member will receive a piece of wood this wood when joined with the other team members pieces makes a great isidladla (Zulu for "tree"). This tree will take a shape of a tall pole. There will be a range of colour paints available. Each team member will paint their piece of wood to represent their individual spirit while maintaining that it falls in line with the team's vision. The team's Isidladla will be laid in a centre of a circle and the team will need to move the pole along the course to the designated area only pulling on the rope joined to the pole. This requires teamwork and good communication as all ropes need to be taught all time to keep the pole upright. Once the team successfully negotiates the maize and get the pole to the area required the team complete the task.

Kloofing: KONG CANYON; The Ultimate African Kloofing in the foothills of the Drakensberg. An Amazing Kloof in the heart of the Injusuti valley, this majestic Kloofing section includes a succession of fantastic rappels down trickling waterfalls. It starts off with an energetic hike to the put in where the day starts with a passive abseil into the Kloof where the fun begins. The group will descend 200m in total from the start to the finish of the section. We will provide drinks and snacks during the activity and stop half way down for some lunch in the Kloof, allowing the group to enjoy the sheer beauty of Kong Canyon.

This Kloofing section has various rappels and abseils ranging from 5m -25m. Some of the abseils and rappels will be in water and others will be dry. There are little pools in the Kloof that a person can take a swim and cool off and there are some interesting bouldering sections to keep the group occupied.

The trip will take ±5 hours round trip, from start to finish from our base. We will provide lunch during the activity so let us know in advance if there are any dietary requirements, i.e. Halaal, vegetarians. Juice will also be provided during the trip. Comfortable clothes and proper tekkies / trainers are essential.

There will be experienced guides on the Kloof with the group at all times. A safety talk will be given to the participants before the trip. All safety equipment will be supplied by us. We carry a medical aid kit and cell phone.

Mountain Bike Trails: There are various trails through the property. The trails can be followed using a map. There is also an option of bringing a GPS and having the route loaded or Hire a GPS. The Trails are technical single track and challenging with spectacular views of the Drakensberg.

Mountain boarding: A great activity and fun for all. The group will be completing the mountain board course in true relay style. The group will be at the bottom of the mountain board slope with two members at the top who will ride to the bottom pass on the boards and then it's time for the next two members to head down the slope. There will be an instructor with the group at all times.

Memory Game: A range of different symbols will be covered. Each symbol has a matching partner. The group will need to match up pairs by remembering where the matching symbol was located. The group will score points for the amount of symbols that they manage to pair up in the allocated time

Own Bikes (bikes, quads, mountain bikes): There are various trails and routes on the property which riders can utilize – either as self guided or guided tours

Orienteering: This will involve the group having to get from one challenge to the next by using orienteering techniques. The group will be taught how to use the compass at the beginning of the team build and will rely on their compass work to find their way around the course. After the teams have completed an activity they will receive an envelope with the next compass directions.

Obstacle Race: Webbing will be laid out a few feet off the ground. Teams will have to crawl through these webbings from one side to the other. Afterwards, there will be a range of obstacle which the team will need to work together to get through.

Paintball war games: The group will be split into teams and need to battle against one another to win the game. It's an awesome adventure course where participants get to use strategy to defeat the other team. Variations of war games are on offer to play. A typical game will consist of 50 bullets. Extra ammunition can be purchased. Each person will receive a protective mask, gun and overall.

Paintball Target Shooting: There will be a range of targets for the group to shoot at. There will be 4 stationary targets of different shapes such as a crow, deer and rabbit and man. A fun activity with no pain!

Puzzle Build: A Giant puzzle consisting of 5 pieces will challenge the group while trying to put 5 different puzzles together. The group will need to use all 5 pieces to build each puzzle. The puzzles need to be built in the order given.

Puzzles & Riddles: There will be a range of puzzles to solve. The star puzzle, hex to triangle puzzle, a ball puzzle and a few more. Then there are a few matchstick riddles that the group will need to solve together.

Pick Up Sticks: (remember this?) This will be in the form of giant size sticks. The team members will follow the rules of 'pick up sticks' and when completed as many games to rake up the points in their allocated time frame

Quad Track: A challenging track that has many twists and turns making the track fun and exciting. The track is 850m per lap and a person will do 4 laps in total covering a distance of 3,4km.

Lemans Quad Track: The group will be divided into teams and race against the clock to get as many laps as possible within the allocated time. A challenging track that has many twists and turns making it super fun and exciting. The track is 850m per lap and a person will do 4 laps of the 850m track will cover a distance of 3,4km

Quad Obstacle Course: This will comprise of a team getting their quad from point A to point B through a range of obstacles, such as an interesting slope, a slalom course, reverse section, drum section and much more. This activity encourages a team to work together to get all members successfully through the course.

Quad Ride (½hr, 1hr, 1½hr, 2hr, 3hr): The group will be met by a guide who will give a safety briefing and instructions on how to use the bikes. The bikes that we use are Automatic thus allowing novices to get the hang of riding quite quickly. Then the group will head off with the guide leading the way on an enjoyable ride with nature's obstacles for the group to test their skills on. These rides include a refreshments along the journey. They have spectacular viewpoints of the mountains and you see some out-of-reach places - A truly unforgettable experience!

Questions and Riddles: There will be a range of riddles and interesting questions that the group must work together to solve. The riddles will be a range of matchstick riddles. The questions contain 10 categories and the teams will need to put their heads together to solve as many as they can within their time slot.

Raft Building: All the groups would receive the same amount of Materials utilising these Materials the group would need to construct a sound raft that would be able to complete tasks that lie ahead. The groups will receive a time frame in which to build the raft and thereafter be given challenges to test the raft.

Rafting (White Water)

FULL DAY: Beginning with a safety briefing, we follow up with a 30 minute lesson on the water on how to control, steer and get into the boats. Once completed, we proceed into the main gorge where we will ride several of the Tugela River's Grade 3 / 4 and 5 rapids for approximately 3 hours. Grade 5 is considered the world's biggest commercial rapid. There will be a braai and refreshments awaiting participants at the end. Juice will be provided during the trip.

MULTI DAY TRIPS (2, 3 OR 4 NIGHTS): Experience the untouched Tugela Gorge at its best for exhilarating and unforgettable days in another world. One of the greatest white water sections in South Africa with rapids ranging from Grade 1-5 the group will spend their days rafting an exhilarating section of white water on 6 man Inflatable rafts. Evenings will be spent camping on the rivers' edge, enjoying ready made meals and a few drinks.

Experienced guides will be with the group at all times. All safety equipment will be supplied by us. We carry a medical aid kit and cell phones at all times. We follow the guidelines of the African Paddling Association

Remote Control Circuit Racing: Each team will compete against each other on a scaled racing track in a Le Mans style race. The teams need to complete as many laps in the given time as possible. Drivers will rotate every two minutes. The team with the most number of laps will claim the #1 spot on the podium. Real life racing, with time penalties, driver swap overs, Pit Stops, Refuels and much more. This is an exciting, energizing action packed edge of your seat activity, incorporating all the team players throughout the event.

Ski-planks: 5 team members will be attached by foot to a set of ski planks. The members will have to move one plank together at a time to move forward. This takes a great amount of team work. Should one person not do what the others do, they won't move forward.

Skill & Accuracy: There will be 3 challenges laid out. The team members must complete one challenge at a time. They will be:

- Castle throw: Throwing a mallet at standing castles and knocking them all down.
- Bull's eye: With the use of a bow and arrow the person must get the arrow in the Circle.
- Blow darts: Blowing darts into the target to score more points.

Soccer: Each member will attempt to shoot for the goals. The number of goals shot will determine the teams' score. There will be a number of goals set up, allowing a few teams to complete this challenge at the same time.

Shoot the Hoop: A range of basketball challenges with the team members all receiving a number of balls. The team members will need to shoot the hoop from various places to gather as many points as they can for the team in order to win.

Slot Car Racing: Each team will compete against each other on a Giant Slot Car track in a Le Mans style race to complete as many laps as possible. Drivers will rotate every two minutes. The team with the most number of laps will be the winner. Real life racing, with time penalties driver swap over's and much, much more. This is an exciting, energizing action packed edge of your seat activity, incorporating all the team players throughout the event.

Tug of war: A fun activity utilising teams who must physically tug the rope to move the other team into their territory.

Ultimate Head 2 Head: Teams will compete in a Computer Racing Game in a Le Mans style race. The teams need to complete as many laps as possible within the given time. Drivers will rotate every two minutes. The team with the most number of laps will claim the #1 spot on the podium. Real life racing with time penalties, driver swap over's and much more. This is an exciting, energizing action packed, edge of your seat activity that incorporates all team players throughout the event.

Volleyball: Each team will play at least 2 teams at separate times. The game will incorporate everyone at different periods allowing everyone some game time and of course some much needed rest time. A fun activity that encourages team participation!

Water Challenge: The teams will each stand on a block on the ground. The person at the end will have to fill a bucket with a certain amount of water and pass it on to the next team member with as much water in it as possible without falling off the block. This will continue until the person closest to the pendulum fills up the bucket with enough water, to swing the pendulum. The Team must try to swing the pendulum as many times as possible in their designated time.

Water Polo: 2 teams will compete against one another. First, the rules of the game will be explained to the participants and then it is game on. The team with the highest score wins. The game will be played with half the team members in the water and the other half ready to sub when a player in the water gets tired.

Wet-slide bungee: Members of the team will be attached to a bungee cord on the one side of the course and will have run to the other side of the course to fill the bucket with water. The catch is that the course will be wet and slippery!

Zip line: An exciting activity to really get those adrenalin juices flowing. 300m long, this is one exciting Foofie slide. Also safe as a person is safely strapped into a harness and is then connected to the pulley. This is a great fun activity to do and can also be added into a teambuilding challenge to spice things up a bit. An activity for young and not so young!