



# TEAM BUILDING & LEADERSHIP EXERCISES

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## KEY BENEFITS

### Communication

Strengthens communication and trust within groups.

### Leadership

Builds leadership, delegation, and decision-making skills.

### Problem-Solving

Develops resilience and problem-solving under pressure.

### Empathy

Encourages empathy, inclusion, and peer support.

**KEY HAZARDS & CONTROL MEASURES****Physical Exertion**

- ✓ Medical information collected beforehand
- ✓ Warm-up before physical tasks
- ✓ Opt-out available for all activities
- ✓ Water and rest breaks scheduled

**Trust Activities**

- ✓ Consent obtained for all touch activities
- ✓ Clear explanation before each task
- ✓ Safe word or opt-out process
- ✓ Debrief after challenging activities

**Low Elements & Heights**

- ✓ Spotters trained and positioned
- ✓ Equipment inspected before use
- ✓ Helmets for overhead elements
- ✓ Ground soft or matted where needed

**Group Behaviour**

- ✓ Ground rules set at start
- ✓ Leaders monitor group dynamics
- ✓ Balance competition with cooperation
- ✓ Debrief to resolve any tensions



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