



## *The Day For Everyone! 2007*

*Every possible combination of activities means that the Day for Everyone is exactly that. You can be high in the air, or stay very firmly on the ground. You can be on the water, in the water or nowhere near the water ! You can have a rush of adrenaline or take part in more gentle pursuits – the choice is yours ! Activities are both land and water-based. They are designed to be run in teams of 6 to 10 and as such have a built in competitive element! Following activities and a whacky finale, teams return to Friday Island where drinks are served from the thatched pavillion and a short prize-giving takes place. The emphasis is on fun, relaxation and having a good time. Nothing is expected of anyone that might spoil their enjoyment of the day and there's a role for everyone regardless of physical ability or fitness. The day runs between 10.30am and 6.00pm approximately.*

*Activities are selected from the following...*

### ***Breakout Course:***

This involves two teams competing in parallel through a series of identical obstacles and tasks. Guests have to escape through an electric fence, pass through the minefield, move a precious cargo over piranha infested water (you don't believe us?) and recover a highly valuable canister. Not much to ask, but definitely a team event.



### ***Archery and Pistol Shooting:***

An interesting and unusual shooting range set in the marsh-land off Flintlock Island. Guests are first of all instructed in safe and accurate use of the weapons before being given a fixed number of 'rounds' with which to achieve a maximum score.



### ***Aqua-relay:***

Set on a course by the beach off Friday Island, each team is allocated one of 4 different 'craft'. When the whistle blows it's all hands on deck for a relay race; everyone must have been in each craft before the race is won. A beach ball is your relay baton.

Rowing Skiffs      Canadian Canoes  
Kayaks              Rafts



### ***Cryptic Puzzle Zone:***

This needs more brain than brawn and the team need to all work together to succeed as none of the challenges can be completed by one person. An ideal selection for people who want to pit their wits and logical thinking ability, and a good choice to combine with more physical events to give a good contrast.



### ***Dragon Boats:***

Up to 20 competitors sitting side by side in a forty-foot boat.

A drummer, sitting at the prow, beating out the time on a huge drum. A helmsman in the stern keeps the boat on course with a giant paddle. A carved dragon's head and tail adding length, majesty and colour to the boat. The boat is powered down a measured course. This is Dragon Boat racing – all ages, male and female – no previous experience necessary and it's great fun.



### ***Segway Fun:***

These environment friendly human transporters are remarkably easy to ride on and incredibly addictive. They can be used in many different ways to provide team games of all kinds – everything from a treasure hunt on wheels to an off road obstacle course in the woods. Once you've been on one, you won't want to get off!



### ***Human Table Football:***

Exactly the same as ordinary table football except that the little plastic men on poles are replaced by human substitutes in this giant sized version!

Participants are strapped to the poles and need to all move together to win.

Watch out for the biased ref – you could be sent off for the craziest reasons!



### ***Duck Herding:***

An unusual country pursuit, requiring concentration and control.

‘One man and his dog’ has nothing on this!

There is scope for much hilarity as guests try to control the collies and herd the ducks through an obstacle course, under the instruction of a top sheepdog handler.



### ***Laser Clay Shooting:***

The specially adapted shotguns fire beams of infra-red light at reflective clay pigeons, scores being displayed electronically. For added realism, a qualified shooting instructor supervises this activity. Guests can shoot at once in complete safety, making this an ideal activity for larger events and areas where conventional shooting is not possible for noise or safety reasons.



***Activity Tower:***

***Either -Climbing/Abseil Tower :***

55 sq metres of pure adrenalin ! All run by professionally qualified and enthusiastic instructors. 6 roped climbers can scale the dizzy heights of the Climbing Tower at any one time, while another 6 of their colleagues belay them safely up and down. An essential trust building part of the climbing/abseiling experience.

***Or-Zip Wire :***

90 metres of even more adrenalin ! Participants are fitted with full safety equipment and then climb the steps inside the tower to emerge at the top and enjoy the panoramic view of Friday Island. Then it's time to clip on to the wire and hurtle off to either a wet or dry landing ? ? ! !



***NB Climbing and Zip available together - POA***

*Itinerary: (Timings are flexible)*

10.30 am	Guests arrive at our Spine Road Car Park and are ferried over to Friday Island by boat. Coffee and biscuits are served whilst guests are introduced to the instructors, split into teams and briefed on the day's events.
11.00 am	Activities begin.
1.00 pm	Lunch is served in the marquee on Friday Island. Menus enclosed.
2.00 pm	Activities resume. By 4.00pm all teams will be back on Friday Island and the final points count will take place in preparation for the "Grande Finale", which we keep up our sleeves!
4.30 pm	Tea and cakes are served on Friday Island. Instructors tally up the scores and once completed, drum roll heightens the tension and the top three teams are announced in reverse order. The winning team receiving champagne in the steamy hot tub ! Appropriate spoof prizes are also awarded to notable individuals.
	The event ends at approximately 6.00 pm.

**Please advise guests participating in land and/or water based activities to bring a towel, a change of clothing/footwear and suitable wet weather gear.**

**The option exists to run the event on into the evening.** An enjoyable way to unwind whilst being entertained by a steel band and limbo dancers. A bonfire is lit on the water's edge and of course a full Caribbean bar is open in the thatched pavillion.