



Dash and Splash Day 2007

Centred around the unique facilities at Friday Island these activity-based events are a cost effective promotional tool for either internal motivation, sales incentive or client hospitality. 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, transport a precious cargo across shark infested waters and recover a highly valuable canister. Not much to ask, but definitely a team event.



Archery or Air Rifles:

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 Rafts
Kayaks Canadian Canoes



Chariot Racing:

A mini version of the famous field gun race. The teams compete side by side in pairs. The components of the chariot have to be hauled over the bottomless chasm before the chariot can be built and raced whilst carrying a precious liquid which cannot be spilt. Suitable for all ages and ability.



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.



Activity Tower:

Either -Climbing/Abseil Tower :

55 sq metres of pure adrenalin ! All run by professionally qualified and enthusiastic instructors. 4 roped climbers can scale the dizzy heights of the Climbing Tower at any one time, while another 4 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.