

Archery

What happens?

Archery is a perfect low impact activity for team building outside the office. You will be shooting at 90cm circular targets using our timber and composite Recurve bows and you will be scored against your team mates.



Where does the activity take place?

The National Water Sports Centre is set in 270 acres of country park, in the heart of Nottinghamshire: the traditional home of Robin Hood himself!

Is all the equipment provided?

We have a range of bows to fit all sizes and all of our instructors are GNAS qualified. You will receive a full safety briefing and be issued with an arm guard to protect you from the

Do I need to bring anything?

All you require for the activity is some footwear that offer good support, warm clothes and water proofs if it 's a bit damp.

How long does it take?

The activity takes approximately 90 minutes, including the safety briefing.

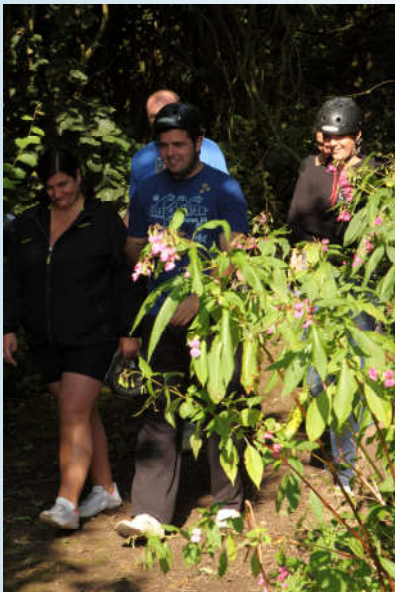
Treasure Hunt Team Challenge

What happens?

The Treasure Hunt is one of the lower impact activities that we offer on site. The Treasure Hunt Challenge will task your team with navigating quickly and safely using our site map.

Once you find the location there will be a problem for you to solve on your way to the next location.

Teams will be set a deadline and anyone turning up late will be fined!!



Where does the activity take place?

This activity takes you right across our beautiful 270 acre country park site. You will get to explore the woodland areas, see the rowing lake, and visit the white water course.

Do I need to bring anything?

Some comfortable supportive footwear and clothes that are appropriate for the weather!

How long does it take?

This activity takes approximately 60- 90minutes.

Human Table Football

What happens?

Do you consider yourself to be a top class footballer? Are you constantly reminding your colleagues of your success in the pub table football league? Well here is a chance to prove yourself on our giant inflatable human table football pitch!!

Our human table football you are the players, and everyone in your team must work together to score, whilst only being able to move sideways.

Great for all ages, human table football is a great choice of activity for a mixed group of people to compete on an even playing field.

With sufficient numbers we will run the session as a mini league with teams scoring points for a win or a draw. This is a great team building activity, but be careful not to let your competitive streak run away with you!



Is all the equipment provided?

We provide the table, then the only other equipment we need is yourselves to become the players!

Do I need to bring anything?

Bring some loose clothing that you can move around in and a pair of trainers that tie up securely.

How long does it take?

Each game lasts between 10-20 minutes. For a group of 20 persons the whole session will last approximately 75-80 minutes.

White Water Rafting

What happens?

Experience the thrill of fast moving water in one of our White Water Rafts!

Each boat is capable of holding up to 8 persons with up to 64 people on each session.

The course is 700m long and is home to the GB Olympic Slalom Canoeing team so you may get to brush shoulders with a couple of medallists.

If you are having this activity as part of a team scoring day we can also have a raft race against others in your group.

All participants who will be going on the water need to be able to swim 50m and be confident in water.

All persons under the age of 18 will require a parental consent form completing and bringing along. Minimum age for rafting is 14.



Is all the equipment provided?

We provide wetsuits, buoyancy aids, helmets and paddles for the activity.

Do I need to bring anything?

Swimwear for underneath your wetsuit, and some old trainers that tie up securely (and you don ' t mind getting wet). Also, it is advisable to bring a towel and a shower kit as you will get wet!

How long does it take?

Each session lasts approximately 2hours, including the safety brief.

Sailing

What do I do?

Sailing is a fun and adventurous activity, which gives a rewarding feeling of escape. Sailing takes place on our 2000m regatta lake so you have plenty of space to roam around!

Tuition and equipment are provided, making this activity fun yet safe at all times. Our instructors can cater sessions to your needs: so if you are a complete beginner or if you are looking to further your skills we will have something for you.

Each sailing session can cater for 6 people per instructor.

Do I need to bring anything?

Swim wear for underneath your wetsuit and some old trainers that you don't mind getting wet. It is advisable to bring a shower kit as well for after your session.

Is all the equipment provided?

Specialist equipment and wetsuits are provided, along with safety equipment such as helmets and buoyancy aids.



How long does it take?

Each session is approximately 90 minutes long



Mud Buggies

What happens?

Fancy a bit of fast off-road action? If the answer is yes then Mud Buggies are for you!

Mud buggies are custom built off-road go-karts powered by a Honda 390cc engine .

We will set an oval track where you will power slide your way round at up to 45 KPH!!!

Drivers will have timed laps to sort out who 's the boy racer in the group and who is driving Miss Daisy!

Where does the activity take place?

The activity will take place on one of our clay car parks, where if it 's wet you can expect to get a bit muddy.



Do I need to bring anything?

You will need to wear suitable warm clothing that you do not mind getting a bit muddy or dusty and closed footwear (no open sandals etc).

It is also worth bringing a shower kit with you for after the activity.

How long does it take?

This activity takes approximately 90minutes.

Is all the equipment provided?

Protective helmets and overalls are provided.

Power Turn Buggies

What happens?

Think driving a buggy around our trials course is easy? Well think again!

Power turn buggies have two engines, one to power each rear wheel.

The two occupants have control of one engine each using a joystick control and they have to work together to get the buggy around the course. Time penalties will be given for hitting markers so make sure you are accurate!!

There will be one buggy on the course at any one time and each pair will get a practice prior to their timed run.

Is all the equipment provided?

Protective helmets and overalls are provided.



Do I need to bring anything?

You will need to wear suitable warm clothing that you do not mind getting a bit muddy or dusty and closed footwear (no open sandals etc).

It is also worth bringing a shower kit with you for after the activity.

Where does the activity take place?

The activity will take place on one of our clay car parks, where if it 's wet you can expect to get a bit muddy.

How long does it take?

This activity takes approximately 90minutes.

Raft Building

What happens?

Experience the satisfaction of building your own raft from scratch then racing it against your colleague 's rafts.

Each team will be given equipment consisting of ropes, poles and barrels to build their racing raft. The raft must be capable of carrying four persons but can carry between 2 and 6 persons in the race, so if you have some people who are not water confident they can still be part of the team by building the raft.

Teams will then line up in a head to head race. If you are taking part in a points scoring day points will be awarded for novelty of design as well as your position in the race.

Where does the activity take place?

On one of our flat water lakes.

The lake is a controlled space and trained instructors will supervise your session.



Do I need to bring anything?

Swimwear for underneath your wetsuit and some shoes that tie up securely and you don't mind getting wet. Also, a shower kit for after the activity is advisable.

Is all the equipment provided?

Wetsuits and all safety equipment is provided

How long does it take?

This activity takes approximately 60- 90minutes.

Water Skiing

What do I do?

Prepare to test your skills of balance and agility at our water ski cable way. Located at the newly refurbished ski lagoon you will be pulled along by the cable for a thrilling ride across the surface of the water. As you improve you can learn tricks and stunts. The cable sessions can take 28 people, so you can watch your friends as they ride.

We have the facilities for you to try wakeboarding, water skiing or knee boarding depending on your level of expertise, so there really is something for everyone in the group. Our experienced instructors will be on hand at all times to offer help and support.

The cableway has a height restriction of 1.2m and the minimum age is 8 years.

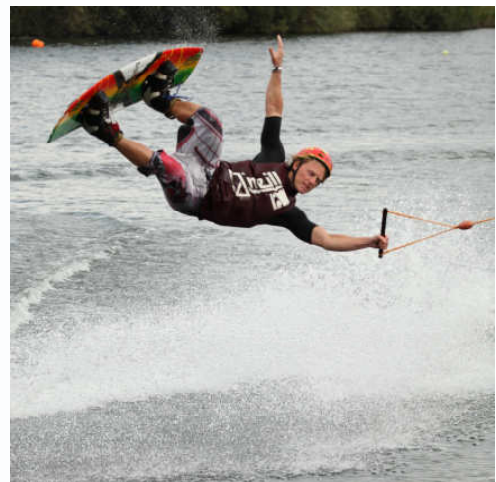
All participants must be able to swim confidently in open water.

Do I need to bring anything?

Swimwear for underneath your wetsuit,. Also, it is advisable to bring a towel and shower kit as you will get wet!

Is all the equipment provided?

Helmets, buoyancy aids and wetsuits are provided, as well as the specialist equipment.



How long does it take?

A full session takes between 90-120 minutes.

Canoeing & Kayaking

What do I do?

For a gentle introduction to water sports, try kayaking or canoeing, which take place on the main regatta lake here at the National Water Sports Centre. Kayaking is a good choice of activity for individuals or groups. If you have experience in a kayak or if you are a complete novice we will adapt the session to suit you.

Gain experience with a friend in a traditional Canadian canoe, or try kayaking by yourself. Our professional instructors are always on hand to make sure your experience is safe and enjoyable.

Each kayaking or canoeing session can have up to 8 people per instructor.

Do I need to bring anything?

Swim wear for underneath your wetsuit and some old trainers that you don't mind getting wet. It is advisable to bring a shower kit as well for after your session.



Is all the equipment provided?

Specialist equipment and wetsuits are provided, along with safety equipment such as helmets and buoyancy aids.

How long does it take?

A kayak taster session lasts approximately one hour.