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# SAILOR OLYMPICS TEAM BUILDING EVENT

## PROGRAM DESCRIPTION

No group of co-workers are required to work together towards a common goal more than the crew of a sailing vessel. Heritage Explorers' *Sailor Olympics* provides the opportunity for a staff to compete, cooperate and, most importantly, have fun while enjoying a day on the water in beautiful Halifax Harbour. Upon boarding their vessel for the day the guests will be divided into smaller groups called watches. Each member of the group will be given a sailor nickname for the day. The watches will compete against each other in a variety of marine related activities. The individual watches will have to work together to complete each of the tasks before the others.

## SAMPLE LIST OF ACTIVITIES:

### KNOT TYING COMPETITION

Watches will be taught one of the most important skills of sailors, knot tying. After being taught some of the most common knots used aboard sailing ships watches will go head-to-head against each other in a quick tie competition. The first watch to successfully tie the chosen knot will receive a point.

### SIGNAL FLAGS COMPETITION

Brightly coloured flags representing each letter of the alphabet are a common means of communication aboard ships. Each watch will be given a set of flags and a line to hoist them on. The referee will announce a word to be spelled by signal flags. The first watch to successfully spell and hoist the word will receive a point.

### MONKEY'S FIST TOSSING

A monkey's fist is an elaborate knot tied to the end of a rope and used as a weight for throwing a rope to the shore. Watches will compete to see who has the most accuracy in throwing the monkey's fist to the designated target.

### SAILOR'S SLANG BALDERDASH

Watches will be given a list of sailor's slang and ship terminology along with a list of definitions. The watch who is able to match the most terms with the correct definitions will be deemed victorious.



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