



# Team Sailing

## Program Description

Building a team that can adapt and succeed in an ever-changing environment ensures your organization's longevity. Team Sailing is a great analogy for this practice—testing the winds, using its power when you can, tacking when you can't, and getting the whole team back to harbor.

Boat crew teams have the opportunity to practice different areas of responsibility: at the helm, manning a winch or handling a line. Then coach your peers on your newly-acquired skills, share risk-taking (and mistake-handling) and increase trust.

Coastguard Certified Captains acquaint your group with the 24 to 36 foot sailboats, covering tacking and jibing, sail handling and steering. Depending on the body of water and the weather conditions, you will either compete in a regatta or a time trial, using your new skills to outmaneuver the other boats to the finish line.

Once back on shore, your team examines communication patterns, leadership styles, decision-making processes and overall team effectiveness.

### Benefits

- Affords the opportunity to understand the learning and teaching styles of your team mates.
- Delivers a once-in-a-lifetime experience for participants.
- Reveals much about how individuals handle uncertainty or risk.
- Allows teams to revel in the thrill of competition.
- Experientially defines the Stages of Team Development.



### Blend with Corporate Training

Team Sailing can be customized to meet your group's goals, or paired with one of our corporate training offerings such as [Decision-making for Leaders](#). The decisions made on open water involve knowledge, intuition and team buy-in just like at work.

### Nuts & Bolts

- Outdoor
- 4 hours
- Team size of 4-5; group size of up to 50
- Medium fitness suggested
- Site specific: selected U.S. coastal and lake locations



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Sample Agenda

**ADVENTURE**  
ASSOCIATES  
(800)-987-5582



## Introduction and Overview

The anticipation builds as our facilitator discusses the progression of the day and what the teams can expect to gain from the experience. (approximately 10 minutes)

## Roles and Goals

Your team then sets goals around “success” and discusses individual roles for this adventure. As sailing requires teamwork, this time to consider strengths and concerns helps the sailing crew to gel. (approximately 10 minutes)

## Points of Sail and Safety Briefing

Your team receives classroom training about Points-of-Sail, safety protocol and basic terminology before gearing up. (approximately 15 minutes)

## On-board Sailing Instruction and Practice

Instructors provide basic orientation while the crews learn all they can about shipboard roles and responsibilities. Crews practice sailing skills, ask questions and strategize for the competition. The crew develops confidence and

independence during the practice session by rotating through all the roles, so that they get the chance to learn and then teach each other new skills. (approximately 90 minutes)

## Regatta

The crew is then familiarized with the race course and rules for competition. Depending on the body of water and weather, teams jockey for position during a race or compete against the clock performing maneuvers. (approximately 90 minutes)

## Debrief

Back at the marina, crews discuss what they can take back to the workplace from this experience: insights into leadership roles, new perspectives on team dynamics and how better to support each other during challenges. (approximately 30 minutes)

## Program Complete

(approximately 4 hours)

