

Exercise 1 - Twin Diamonds

Purpose of exercise - To teach the value of planning and control

Preparation - Take 2 ropes (roughly 10 feet in length) and lay them out on the floor to make a star pattern, made up of two triangles (one out of each rope -as shown in the below diagram

Exercise - The team is made up of 4 people
Pick up the ropes and give them to the Team.
They are then briefed that they will be given 5 minutes to decide on a plan, then blindfolded and given 15 minutes to re-create the star pattern on the floor exactly as it was.

For Staff - Make sure they you use good blindfolds, as if one person can see then it completely spoils the exercise
This exercise "Nearly Always" goes quicker when there is a leader in charge and they assign roles to their team members and stick to a plan
Try and have 2 separate teams, one to do it leader based and one to do it leaderless, so they can't use any knowledge gained by already having done it once.
Once both methods have been done then give the teams the chance to do it using the other leadership style to see the differences
Be flexible on the time limits - if 15 minutes is too short then extend it for the next time you run it.

When finished - Debrief the team just having done the task, also if spectators are present get them to add comments on the performance

Exercise 2 - Extinguish This

Purpose of exercise - Learn how to select the best method/equipment to solve a problem

Preparation - Mark out a circle 10 foot in diameter and place in the exact centre of it a (used) fire extinguisher (you can replace the extinguisher with an object of similar shape, size and weight)
Place a bucket outside the circle that the fire extinguisher can fit inside

To one side place a pile of the equipment that can be used to achieve the task. For us this consisted of:

2 ropes - each 12 foot in length

4 Bamboo poles - each roughly 6 foot in length

4 Old Spoons

1 Chair

2 copies of the "Air Cadet" Magazine

1 Metal Mug

Exercise - The Team has 10 Minutes to Get the Fire Extinguisher out of the middle of the circle and put into the bucket

At no time may a member of the team enter the circle

At no time may a member of the team touch the Fire Extinguisher with their hands

The fire extinguisher must not touch the ground outside the circle

The team may use as much or a little of the supplied equipment as they like

For Staff - There are really easy and really complex ways of solving this problem, but there is no 1 right method.

When finished - Standard team debrief