



## When it comes to *team building*, rock climbing is right at the TOP of the list.

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For over 15 years our motivating crew at Climb-Fit have been providing a one of a kind team building experience for workplaces from all over Sydney (and often interstate). We provide a *healthy* and challenging alternative to sending your colleagues out to lunch – all in a ***safe and encouraging environment***.

Indoor rock climbing is a unique activity that will test your team both mentally and physically. Our facilitators will encourage you to work as a group and think outside the box to achieve goals you never thought were possible. It is truly amazing to see ***new skills and personal strengths discovered*** at the end of a session at Climb-Fit.

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## Custom designed to your needs

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A pre-event discussion with a manager from Climb-Fit enables you to tailor a program to meet the specific needs and objectives of your organisation. Please ask to speak to Steve or Sarah to discuss your specific requirements. Initial bookings can be made with any of our helpful staff.

## What is involved in your 2 hour Rock Climbing session;

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The first 5-10mins – Our facilitator/s will meet and greet your team in our reception area. Release forms are signed at this time (print and sign beforehand to save time on the day),

and belongings are stored in lockers in our change rooms. Ensure your team are dressed in comfortable gym, clothes and runners or feel free to use our change room facilities.

10-20mins – Your group will be fitted with safety harnesses and then taken down to our Belay Instruction area. After a group demonstration on safety procedures our facilitators will ensure that every participant is confident, and everyone is given a few minutes of free climbing time to get used to the process. This time allows our facilitators the valuable opportunity to gauge individual fitness levels as well as the dynamic of the group.

90mins – We divide your group into teams with between 6-13 people in each, led by a facilitator. We try to mix the teams up with males, females, young, old and various fitness levels – because it's all about completing the challenges TOGETHER! For the next 70-90 minutes your facilitator will guide and motivate each team through 4-5 challenges.

Below is an example of 2 of our most popular activities;

1. Team Logs: The *objective* is to get all the climbers to the top of the Giant Ladder without using the ropes – only using the logs and each other.  
*Benefits*: This challenge takes strategy – you need to decide which order to send people up. Teamwork and encouragement is required to ensure that no one gets left behind.
2. Blindfold Climbing: The *goal* is to help your blindfolded partner get to the top of the wall using verbal cues.  
*Benefits*: A task that will enhance the communication skills of all members of your team. Trust plays a big part in this exercise and many people are amazed at what they can achieve when they put full faith in their partner.

Final 5mins – Time to relax and debrief. Your colleagues have been through a lot together and have come out on top. Time to look back on all you have accomplished - *Just imagine what they will be able to achieve in the workplace!*

# Pricing Structure;

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Package inclusions:

\$40 per person

- Safety harness
- Belay and safety instruction
- 1 Climb-Fit facilitator per 6-13 participants
- 2 hour session of organised climbing based activities and challenges
- Access to change rooms, lockers and showers
- Parking at venue

**Not included: (but we are happy to add these to your tab)**

- Rock climbing shoes
- Drinks and ice-creams

# Invoicing and payment;

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A non-refundable \$100 deposit is required upon booking. This will be deducted from your final invoice.

We complete the invoicing at the end of your session. A member of staff will send an invoice home with your team, or it can be paid on the spot. We accept all credit cards, cash, cheque and EFT. Pre-payment is not accepted, as numbers usually change of the day of the event. We ask that payment be made within 7 days of your session.

# Cancellation or Change of session;

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Any cancellation or change of date made within 48 hours of your booking will result in the loss of your \$100 deposit.