a place of mind
UBC SCIENCE

Amazing Race Template

General Overview:

This Amazing Race Template is meant to give a general outline as to how the Faculty of Science set up a fun, fast paced, resource based training session in March of 2012. March training was the first time Squad Leaders (SLs) and MUG leaders (MLs) met as a whole and the last time they met in this way until September. The focus of this training is on team building, facilitation and peer coaching.

Our training took place over a two day period: Friday, March 30th 4:00pm - 7:30pm and Saturday March 31st 10:00am – 3:00pm. Friday night was used solely for the Amazing Race training.

Purpose:

The purpose of the Amazing Race was for Squads to learn about UBC resources and bond as a team. Squads did this by competing with one another in an Amazing Race style race challenge.

Learning Objectives:

- The students will be able to locate multiple Science significant buildings around campus.
- The students will be able to display a positive attitude.
- The students will be able to work together to overcome obstacles and challenges as a group to increase team cohesion.
- The students will be able to work together at a pace that is appropriate for their squad and ensure that everyone is included in each activity.
- The students will be able to identify name and purpose of several important resources available to First Year's around UBC campus.
- The students will be able to move across campus in a timely fashion in order to be on time for activities.

Set Up:

- Stations:
    - 11 Stations were chosen across campus based on Science specific locations. Rooms were booked in advance as a backup in case of rain. See Appendix A.
    - Squad Managers (SMs) run the stations. 2 Squad Managers per station.
    - Station instructions and equipment were given to Squad Managers at check in. See Appendix B.
    - Squad Managers left during introduction to set up their stations at the given locations.
    - Squads 1-11 rotated clockwise and 12-22 rotated counter clockwise to allow all squads the opportunity to face a different team every station. See map of stations in Appendix C.
- Squads had 10 minutes per station with 5 minutes to get to the next station.
- SMs were responsible for ensuring the Squads stayed on time and SLs led their Squads from station to station.

- Points were given for each station. There were a maximum number of points each Squad could earn at each station. See Appendix D.
- SM's were also responsible for awarding the points at each station. Although they were given a general outline for how to award points, as seen in the point system matrix, they could designate how points were received as long as it was consistent across all Squads. They recorded the points and handed in their points sheets at the end of the training.

Equipment:

- 1 Computer and PowerPoint for Introduction (See Appendix E)
- 4 Walkie-talkies for SD faculty members
- 4 Printed outlines of schedule for stations for SD faculty members
- 22 Attendance Sheets
- 22 Instructions manuals for all Squad Managers (See Appendix F)
- 22 Training Package for Squad Leaders (Same as Appendix F)
- Equipment for each individual station (*Equipment will vary based on chosen Resource Activities for different faculties. See the general Science materials list example in Appendix G)

Outline:

Time	**Activity**
15 minutes	Check in all SLs and SMs. Give SMs their station info
30 minutes	SMs check in MLs and direct them to SLs
20 minutes	General greetings, overview Amazing Race, Points system etc. SMs go set up stations. SMs can talk to Faculty Rep in equipment room if questions arise
5 minutes	All Mug Leaders leave Introduction and move to first station
10 minutes	Station 1
5 minutes	Change stations. Squads 1-11 rotate clockwise, Squads 12-22 rotate counter-clockwise
10 minutes…	Station 2…
5 minutes…	Change stations…
etc	etc

Safety Considerations:

- Students must come prepared with proper gear (eg. Running shoes)
- Walkie-talkies were given to the 3 SD staff and one other volunteer

- We had one staff member remain stationary for the entire event to ensure there was always a point of contact if a Squad Manager needed anything
- Students must be made aware of their surroundings and hazards within the area for activities that are indoors and require movement
- At the relay station, the activities outside were on grass and inside the floor surface was required to be dry and clear of any clutter.
- Students must treat each other with respect.
- Accessibility for all students is crucial. Ensure that all activities can be adapted for individual physical capabilities.

Assessment:

- The initial feedback of this event was very positive. There was some confusion with the first station as to how rotations would work, but this was corrected and the stations continued.
- By a quick vote we were able to establish that the vast majority of Mug Leaders left the training on Friday with increased knowledge of resources, locations and their purpose as a Mug Leader.
- Mug Leaders will be asked to review the Amazing Race in the first email that will be completed during summer training.