



Banana Boat



About the activity

A high-adrenalin group teambuilding experience, with the added excitement and challenge of staying out of the water! Up to 8 passengers cling to the 'banana', (sometimes called an Ocean Rider) – as it's towed across the waves at speed behind a powerboat. Bouncing, splashing and hanging on – they are all part of the enjoyment on one of the most exhilarating rides of your life!

Activity aims

The aim of this activity is to:

- Have fun.
- Overcome any fear of high speeds and depth (the session is run further away than other sessions).
- Allow each participant to successfully ride the banana boat.
- Ensure participants work together supporting and encouraging each other.
- Provide an opportunity for participants to discuss what they have accomplished.

Progression opportunities

Participants should have developed in the following:

- Interpersonal communication
- Teamwork

Learning outcomes

Upon completion of the activity, participants will have:

- Demonstrated the ability to listen to, understand and act on instructions received.
- Understood the basic hand signals and worked as a team to stay on the banana boat and how to right it if required
- Developed an understanding of associated hazards.
- Effectively worked in small teams supporting their peers throughout the activity and recognised their achievements.
- Contributed to a post-activity review led by the instructor identifying what they did well and then suggested ways to improve.

Associated vocabulary

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| Words relevant to safety | e.g. rules, warm up, risk assessment, buoyancy aids, water shoes, head guard.. |
| Words relevant to equipment | e.g. banana boat, tow line, handles. |
| Words relevant to the activity | e.g. capsize, recovery, fun, speed, waves. |
| Words relevant to teamwork | e.g. achievement, communication, encouragement, listening, participation, review, support, trust, tactics. |