



# TEAM-BUILDING & 1 DAY TOURS.

The following form should be completed and returned to us via email: [groups@tostrand.net](mailto:groups@tostrand.net).

Group name: \_\_\_\_\_

Physical Address: \_\_\_\_\_

Contact Person & number: \_\_\_\_\_

Arrival date: \_\_\_\_\_ Arrival time: \_\_\_\_\_

Total Boys: \_\_\_\_\_ Total girls: \_\_\_\_\_

Total men: \_\_\_\_\_ Total women: \_\_\_\_\_

Is everyone taking part in the activities?(if no please state number of adults and number of children who will take part): \_\_\_\_\_

\*4 Activities for a full day + lunch = R200.00 pp.

—





**Indicate your chosen activities 4 (X)**

Kayak challenge		Obstacle course	
Raft building/ Rafting in the sea		Bridge building challenge	
Catapult shooting		Putt putt	
Sea tubing		Compass, mapping & Amazing race	
Beach Olympics		Treasure Hunt	
Snorkel		Indoor activities	
Surfing challenge		Leadership training	
Boxcar challenge		Problem solving	
Archery		Group dynamics	
Wall climbing			
Target shooting/Air rifle			
*Paintball (Additional cost)			

The program can change according to weather conditions,  
alternative actions will be planned.

\*No participants are required to take part in any activity if they do not feel comfortable doing it.

\* Please mark if you require lifesavers.   
At an additional cost.

We require a deposit to be paid to confirm booking, and the balance to be paid 14 days before arrival please .

On signing this application form the Group Organiser accepts and agrees to the attached rules/ regulations and the indemnity of the resort. You hereby agree to ensure that all delegates adhere thereto.

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**