



Banana Boat

learnlink™

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 the 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 right the banana boat.
- An understanding of associated hazards.
- Effectively worked in small teams supporting their peers throughout the activity and recognising 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

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