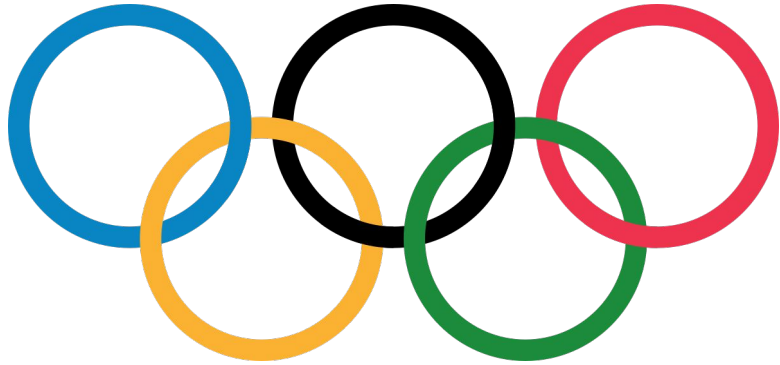


HOW TO GUIDE: OFFICE OLYMPICS





A fast, affordable and
fun way to engage
your employees!

GETTING STARTED

- Create a committee to design and manage the Office Olympics. We had 2 people manage it.
- Select office themed events that you can compete in (ideas shown in this guide). We used games that only required 2-3 people to compete and took about 20 mins.
- Create the Official Olympics Rules
- Decide on a prize for the winners.
- Assign teams based on departments or pick randomly.
- Send save the dates for events. We did one 30min event on four different days. We met over lunch and at the end of the day.
- Schedule an opening ceremony where team announce names, flags and national anthems.

SAMPLE RULES

- Games will be played for 2 weeks
- Team are divided by departments
- Each Team gets a 1 bi (Brackets have been set)
- Different players must compete
- Coordinate with your team in advance on your representatives for each game
 - Most games require 2-3 people
- Scoring - Winning team goes to lunch on the company
 - Gold– 3pts
 - Silver – 2pts
 - Bronze – 1pts
- Come to Opening Ceremony Breakfast with Team Name & Flag and song for national anthem.
- You may practice with your team prior to the event



1ST EVENT - OFFICE CHAIR SPEED SKATING

- 2 representatives from each team will race around the Town Hall
- 1 Heat, 2 laps (Team Event)
- Winners advance
- Body cannot leave the chair
- Must face forward



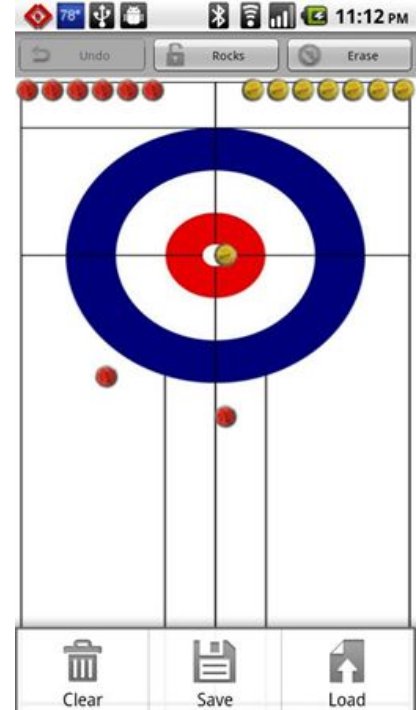
2ND EVENT - TABLE TOP ICE HOCKEY

- Dry Erasers for sticks
- 2 vs. 2
- Timed games (3 mins)
- Highest score wins
- Banks around the edges (foam)
- We had two openings for scoring



3RD EVENT - HUMAN CURLING

- 2/21 – 12pm
- 2 people roll per team, 1 pushers (3 people per team)
- Rotating turns (Team A pushes, then Team B)
- You can bump out other players
- Play best of 3 rounds
- You want to come closer to a bulls-eye than your opponent when all the stones (people) are pushed. In **curling** terms: The team with the stone (person) closest to the center of the button at the end is gets a **point**.
- https://www.youtube.com/watch?v=9_JDYJbVuGA

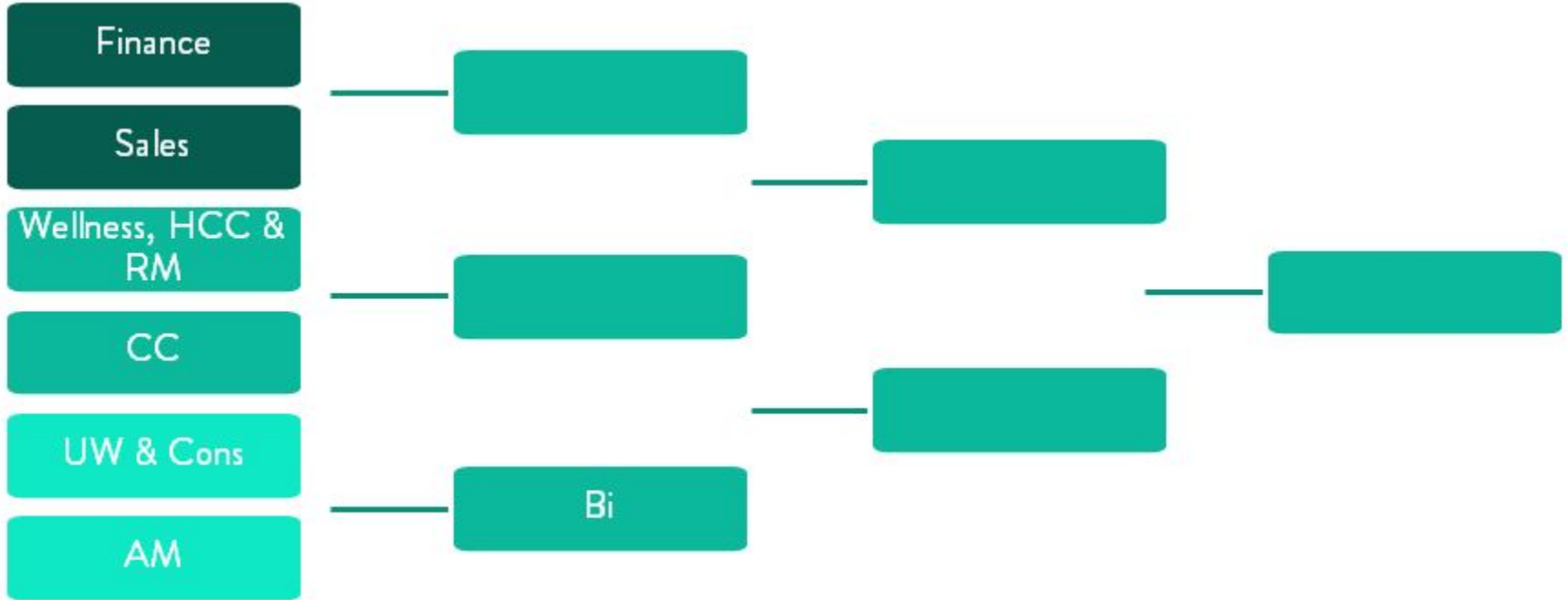


4TH EVENT - WII SNOWBOARDING

- We asked a staff member to bring in their Wii
- Highest scores win
- 2 representatives from each team – use highest score



SAMPLE BRACKET



SCOREBOARD

	Finance	CC	Sales	UW & Cons	Wellness, HCC & RM	AM
Office Chair Speed Skating						
Table Hockey						
Human Curling						
WII						

SUPPLIES

- 4 scooters
- Red tape
- Puck
- Wii
- Poster Board / Markers
- Show Olympics during the day



ENJOY!

EXUDE