



Adventure Basics SKILLS CHECKLIST

ParticipantName: _____

The following rubrics describe the observed skill level.

- Grade 1: Emerging skills**
The participant demonstrates minimal skill in this area.
- Grade 2: Developing skills**
The participant has demonstrated this skill, but requires continued coaching and practice time.
- Grade 3: Competent skills**
The participant demonstrates this skill consistently with care and accuracy.
- Grade 4: Proficient skills**
The participant demonstrates this skill confidently and independently

KNOTS:

- Demonstrates the ability to tie:**
- _____ Figure Eight on a Bight
 - _____ Retraced Figure Eight
 - _____ Figure Eight on a Double Bight/Super Eight/Double Figure Eight
 - _____ Bowline on a Bight
 - _____ Clove Hitch/Killich Hitch
 - _____ Butterfly Knot
 - _____ Rope Coil (Alpine/Mountaineers Coil or Butterfly Coil)

LOW ELEMENTS

- Demonstrates the ability to:**
- _____ Teach and model basic spotting techniques on a variety of elements (cable, lifting and swinging elements); i.e. proper positioning, communication
 - _____ Assess when and where spotting is necessary during an activity
 - _____ Provide an appropriate and thorough briefing of an element including goals, participant roles, and spotting considerations.
 - _____ Sequence activities appropriately and have the ability to assess a group's readiness for a particular element
 - _____ Connect the activity to the program goals through processing.

ROPE, HARDWARE AND CLIMBING GEAR

Demonstrates the ability to use the following equipment in accordance with the manufacturer's recommendations:

- _____ Properly put on, adjust and clip into a commercial harness
- _____ Properly fit and use a chest harness on a participant
- _____ Properly fit a climbing helmet
- _____ Properly attach and orient a carabiner
- _____ Properly set up and position a ladder

Demonstrates the ability to maintain and assess the following equipment:

- _____ Inspect and evaluate rope, harnesses, carabiners, belay devices, helmets
- _____ Understand rope and hardware care, use and storage

HIGH CHALLENGE COURSE OPERATIONS

Gear Set-Up/Self Belayed Climbing

Demonstrates the ability to:

- _____ Set-up a variety of High Challenge Course elements using a haul rope system
- _____ Operate self-belay lanyards i.e. climbing in a smooth pattern of clip-ins, clipping at waist height or higher, establishing a comfortable working stance at height, minimizing free fall potential to not exceed 6 feet
- _____ Recognize and use acceptable clip in points for self-belay system
- _____ Properly set-up belay systems on traversing and non-traversing elements
- _____ Demonstrates pre-climb organization. Minimizes risk of dropping hardware from height.

Belayed Activities

Demonstrates the ability to:

- _____ Run through appropriate pre-climbing procedures including harness check, belay knot check, carabiner check, helmet check)
- _____ Use and apply verbal pre-climbing commands i.e. On Belay? Belay On. Climbing? Climb away.
- _____ Belay properly with a belay device
- _____ Belay properly on traversing elements.
- _____ Be properly positioned in relation to the climber throughout a climb
- _____ Appropriately use back-up belayers.
- _____ Appropriately use anchors when belaying a climber heavier than themselves
- _____ Properly lower off participants on high elements
- _____ Properly position belay hardware before participant climbs.
- _____ Set-up and manage Australian Belay system (optional)

Specialty Elements:

An individual may opt for certification in any or all of the following specialty elements. This testing can be done via written SOP's or a verbal run through of element or a combination of both.

Demonstrates the ability to:

Set-up and manage the Holy Cow Swing including:

- _____ Correct clip-in procedures for the participant
- _____ Correct clip-in technique for the release system
- _____ Proper management of the retrieval rope
- _____ Appropriate supervision of the pulling team
- _____ Maintenance of a clear corridor for the swinger
- _____ Properly bringing the participant to stillness after the swing

Set-up and manage the Pamper Pole/Pamper Plank element including:

- _____ The proper use of a Just Rite Descender
- _____ The proper positioning of the belay set-up prior to a jump
- _____ Proper clip-in procedures using a rear clip-in and chest harness
- _____ Appropriate jumping procedures for the climber

Set-up and manage Zip line operations including:

- _____ Proper zip pulley set-up
- _____ Proper belay transfer from access belay to static zip belay
- _____ Assessing that the zip corridor is clear
- _____ Proper take-off procedures for zip participant
- _____ Proper instruction and management of take-down procedures at end of zip

Set-up and manage Rappel Tower Operations

- _____ Set-up of tower rappel systems (releasable system, secondary belay)
- _____ Managing participants on self-belays on tower platform
- _____ Management of rappel station
- _____ Coaching of participant into position for rappel

Reviewer's Comments:



Beyond Basics SKILLS CHECKLIST

Participant Name: _____

The following rubrics describe the observed skill level. Level 3 and Level 4 are passing grades for High 5 level II Certification.

- Level 1: Emerging skills**
The participant demonstrates minimal skill in this area.
- Level 2: Developing skills**
The participant has demonstrated this skill, but requires continued coaching and practice time.
- Level 3: Competent skills**
The participant demonstrates this skill consistently with care and accuracy.
- Level 4: Proficient skills**
The participant demonstrates this skill confidently and independently

KNOTS:

Demonstrates the ability to tie:

- _____ Retraced Figure Eight
- _____ Figure Eight on a Double Bight/Super Eight
- _____ Bowline on a Bight
- _____ Clove Hitch/Killich Hitch
- _____ Butterfly Knot
- _____ Prusik Knot
- _____ Double Fisherman's Knot
- _____ Rope Coil (Alpine Coil or Butterfly Coil)
- _____ Girth Hitch

LOW ELEMENTS

(Level 2 testing will spend less time assessing individuals on Low Elements)

Demonstrates the ability to:

- _____ Teach and model basic spotting techniques on a variety of elements (cable, lifting and swinging elements); i.e. proper positioning, communication
- _____ Assess when and where spotting is necessary during an activity
- _____ Provide an appropriate and thorough briefing of an element including goals, participant roles and spotting considerations.
- _____ Sequence activities appropriately and have the ability to assess a group's readiness for a particular element
- _____ Connect the activity to the program goals through processing.

ROPE, HARDWARE AND CLIMBING GEAR

Demonstrates the ability to use the following equipment in accordance with the manufacturer's recommendations:

- _____ Properly put on, adjust and clip into a commercial harness
- _____ Properly fit and use a chest harness on a participant
- _____ Properly fit a climbing helmet
- _____ Properly attach and orient a carabiner
- _____ Properly set up and position a ladder

Demonstrates the ability to maintain and assess the following equipment:

- _____ Inspect and evaluate rope, harnesses, carabiners, belay devices, helmets
- _____ Understand rope and hardware care, use and storage

HIGH CHALLENGE COURSE OPERATIONS

Belayed Activities

Demonstrates the ability to:

- _____ Run through appropriate pre-climbing procedures including harness check, belay rope, knot check, carabiner check, helmet check)
- _____ Use and apply verbal pre-climbing commands i.e. On Belay? Belay On. Climbing? Climb away.
- _____ Belay properly with a belay device
- _____ Belay properly on traversing elements.
- _____ Be properly positioned in relation to the climber throughout a climb
- _____ Appropriately use back-up belayers.
- _____ Appropriately use anchors when belaying a climber heavier than themselves
- _____ Properly lower off participants on high elements

Gear Set-Up and Retrieval

Demonstrates the ability to:

- _____ Set-up a variety of High Challenge Course elements using a haul rope system
- _____ Operate self-belay lanyards i.e. climbing in a smooth pattern of clip-ins, clipping at waist height or higher, establishing a comfortable working stance at height, minimizing free fall potential to not exceed 6 feet
- _____ Recognize and use acceptable clip points for self-belay system
- _____ Properly set-up belay systems on traversing and non-traversing elements
- _____ Rescue stranded belay gear on a variety of elements
- _____ Set-up and manage Australian Belay system

BASIC RESCUES

Two Person Cutaway Rescue

Demonstrates the ability to:

- _____ Quickly and efficiently organize rescue equipment
- _____ Properly set up rescue belay system
- _____ Communicate “on belay” with rescue belayer
- _____ Smoothly and safely access hanging “victim”.
- _____ Properly attach primary prusik
- _____ Properly attach back-up system
- _____ Perform a clean lower to the ground.
- _____ Perform a thorough check of all systems prior to cut

Single Person Cutaway Rescue

Demonstrates the ability to:

- _____ Quickly and efficiently organize rescue equipment
- _____ Properly set up rescue belay system
- _____ Lock off belay system (leg wrap or belay gear lock-offs). Remembers to lock off prior to unclipping of self-belays.
- _____ Smoothly and safely access hanging “victim”.
- _____ Properly attach primary prusik
- _____ Properly set-up back-up system.
- _____ Perform a thorough check of all systems prior to cut
- _____ Perform a clean lower to the ground.
- _____ Be able to perform a belay escape

Specialty Elements

An individual may opt for certification in any or all of the following specialty elements.

Demonstrates the ability to:

Set-up and manage the Holy Cow Swing including:

- _____ Correct clip-in procedures for the participant
- _____ Correct clip-in technique for the release system
- _____ Proper management of the retrieval rope
- _____ Appropriate supervision of the pulling team
- _____ Maintenance of a clear corridor for the swinger
- _____ Properly bringing the participant to stillness after the swing

Set-up and manage the Pamper Pole/Pamper Plank element including:

- _____ The proper use of a Just Rite descender
- _____ The proper positioning of the belay set-up prior to a jump

- _____ Proper clip-in procedures using a rear clip-in and chest harness
- _____ Appropriate jumping procedures for the climber

Set-up and manage Zip line operations including:

- _____ Proper zip pulley set-up
- _____ Proper belay transfer from access belay to static zip belay
- _____ Assessing that the zip corridor is clear
- _____ Proper take-off procedures for zip participant
- _____ Proper instruction and management of take-down procedures at end of zip

Set-up and manage Climbing Tower Operations

- _____ Set-up of tower systems
- _____ Managing participants on self-belays on tower platform
- _____ Proper set-up and management of rappel station

Reviewer's Comments:
