

**High 5  
Challenge Course  
SKILLS VERIFICATION SUMMARY SHEET  
LEVEL 1**

Participant

Name: \_\_\_\_\_

The following rubrics describe the observed skill level.

- 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:**
- \_\_\_\_\_ Figure Eight on a Bight
- \_\_\_\_\_ Bowline on a Bight
- \_\_\_\_\_ Retraced Figure Eight
- \_\_\_\_\_ Figure Eight on a Double Bight/Super Eight
- \_\_\_\_\_ Clove Hitch/Killich Hitch
- \_\_\_\_\_ Rope Coil (Alpine 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 a 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 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

### **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
- \_\_\_\_\_ 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.**

**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:**

