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High 5 Level 1 Certification Study Guide

Testing for High 5's Level I Certification is in two parts: a written exam and a practical skills test. To help the practitioner prepare for these tests, High 5 suggests that the following materials be reviewed or practiced prior to the certification test.

Written Exam

The written exam will contain a variety of test questions. These range from True/False and Multiple Choice questions to Short Answer and Essay questions. The topics that are covered in the test match the required ACCT Certification Standards Testing Categories. These categories are as follows:

CERTIFICATION STANDARDS TESTING CATEGORIES
CORE COMPETENCIES:
Ethics
Medical Information & Release of liability forms
Site Specific LOP Understanding
CORE/TECHNICAL COMPETENCIES:
Current Industry Standards
TECHNICAL COMPETENCIES:
General – Risk Management
General – Equipment
General – Element Operation
General – Element Inspection
Spotted Activities
Belayed Activities
Belayed Activities – Course Access
Specialty Skills – Element Operations
FACILITATION COMPETENCIES:
Program Design
Client Assessment
Program Implementation, Communication & Sequencing

Program Implementation - Processing

Sample Test Questions

To give you an idea of the type of questions that will be on the written exam, we have included a few samples.

True/ False

_____ Challenge course elements should not be used during thunderstorms.

Multiple Choice

The following knots are acceptable as belay attachment knots: (10)

- a. Clove Hitch
- b. Bowline on a Bight
- c. Retraced Figure Eight (Figure Eight follow-through)
- d. Double Figure Eight (Super Eight)

Short Answer

Describe a Local Operating Procedure for a low element of your choice. Your answer should include some or all of the following: important spotting considerations, participant responsibilities, and facilitator responsibilities.

Practical Skills Test

The practical skills test will take place on High 5's Challenge Course. Enclosed in your packet is a Practical Skills Checklist that covers the content for the practical portion of the certification exam. Our expectation is that the participant will be familiar with these skills. Review of these skills is recommended prior to testing.