



Adventure Basics Level 1 Skills Assessment

Participant Name: _____

Use the following rubric to describe your skill level in each category.

- Grade 1: Emerging skills**
Has minimal skill in this area
- Grade 2: Developing skills**
Has skill, but requires continued coaching and practice time
- Grade 3: Competent skills**
Can demonstrate this skill consistently with care and accuracy
- Grade 4: Proficient skills**
Can demonstrate this skill confidently and independently

KNOTS:

Demonstrate 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

Demonstrate 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

Demonstrate 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

Demonstrate 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

Demonstrate 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

Demonstrate 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

Demonstrate 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

Comments:
