



Beyond Basics

Level 2 Skills Assessment

Participant Name: _____

Use the following rubric to describe your skill level in each category. Level 3 and Level 4 are passing grades for High 5 level II Certification.

- Level 1: Emerging skills**
Has minimal or no skill in this area
- Level 2: Developing skills**
Has skill but requires continued coaching and practice time
- Level 3: Competent skills**
Can demonstrate this skill consistently with care and accuracy
- Level 4: Proficient skills**
Can demonstrate this skill confidently and independently

KNOTS:

Demonstrate 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

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

Belayed Activities

Demonstrate 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

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 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

Demonstrate 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

Demonstrate 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

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

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