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

130 Austine Drive, #170, Brattleboro, VT 05301
Phone (802) 254-8718
www.high5adventure.org
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
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-belay dinner tower platform
- Proper set-up and management of rappel station

Comments:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________