



Challenge Course Skills

Level 1 Self-Assessment

Name: _____

Date: _____

The following self-assessment form is designed to help you evaluate your challenge course skill level before or after the Adventure Basics: Level 1 Training. The form will help you identify areas for continued practice/training and assist you in the development of a personal training plan.

Use the following rubrics to rate your perceived skill level. Level 3 and Level 4 are passing grades for High 5 Level 1 Certification.

Grade 1: Emerging skills

I have minimal or no skill in this area. Not confident and comfortable at this time.

Grade 2: Developing skills

I understand the skill but require continued coaching, supervision and practice time.

Grade 3: Competent skills

I demonstrate this skill consistently with care and accuracy. I am fairly confident and comfortable.

Grade 4: Proficient skills

I demonstrate this skill with confidence and competence. I work independently in this area.

Foundations of Adventure

My ability to:

- _____ Teach and model in a manner that fosters self-discovery and experiential learning.
- _____ Create a safe and engaging learning environment which provides participants with choice.
- _____ Facilitate a discussion of group norms and the creation of a Full Value agreement.
- _____ Build a sense of community.
- _____ Lead groups in games and initiatives.
- _____ Lead groups in trust-building activities.
- _____ Properly assess the development of individual participants and the group and sequence activities appropriately, based on that assessment.
- _____ Facilitate meaningful reflection opportunities and help connect adventure activities to program goals.
- _____ Appropriately manage the social, emotional, and physical risk associated with adventure programming.

Low Challenge Course Operation

My ability to:

- _____ Provide an appropriate framing and thorough briefing of an element including the task, goals, participant roles, and spotting considerations.
- _____ Assess when and where spotting is necessary during an activity.
- _____ Work effectively as a spotter myself.
- _____ Teach and model basic self-spotting and group spotting techniques to participants on a variety of element types (cable traversing, lifting and swinging elements).
- _____ Monitor proper positioning, technique and communication of participant spotters.
- _____ Sequence activities appropriately and have the ability to assess a group's readiness for a particular low element.
- _____ Connect the low element activity to the program goals through reflective processing.

Rope, Hardware, and Climbing Equipment Assessment and Use

My ability to use the following equipment in accordance with the manufacturer's recommendations:

- ☐ Properly put on, adjust and clip into a seat harness (yourself and a participant).
- ☐ Properly fit and adjust a climbing helmet (yourself and a participant).
- ☐ Properly fit and use a chest harness on a participant. Understands when a chest harness use is needed.
- ☐ Properly identify, fit and adjust a participant full-body harness.
- ☐ Properly attach, lock and orient a carabiner and a belay device.
- ☐ Properly set up and position an access ladder.

My ability to maintain and assess the following equipment:

- ☐ Inspect and evaluate rope, harnesses, carabiners, belay devices, helmets, ladders.
- ☐ Understand and manage rope and hardware care, use, logging and storage.

Challenge Course Knots

My ability to tie and apply in the proper setting:

- ☐ Double Figure Eight Loop Knot /Super Eight
- ☐ Figure Eight Follow Through Knot /Retraced Figure Eight
- ☐ Single Figure Eight Loop Knot /Figure Eight on a Bight
- ☐ Alpine Butterfly Knot
- ☐ Prusik Hitch
- ☐ Girth Hitch
- ☐ Clove Hitch/Killick Hitch
- ☐ Rope Coil (Butterfly Coil)

High Challenge Course Operations

My ability to belay and manage participant belaying:

- ☐ Set-up a variety of high elements using a haul cord system.
- ☐ Run through appropriate pre-climbing procedures including harness check, helmet check, belay knot check, carabiner check, belay device check and rope positioning check.
- ☐ Use and apply verbal or other pre-climbing commands (i.e. On Belay? Belay On. Climbing? Climb On.).
- ☐ Belay properly with an aperture belay device using the proper PBUS method.
- ☐ Belay properly on traversing elements.
- ☐ Belay properly on ascending elements.
- ☐ Properly position overhead belay hardware before participant starts to climb.
- ☐ Be properly positioned in relation to the climber throughout the duration of the climb.
- ☐ Appropriately use back-up belayers if necessary.
- ☐ Appropriately use good positioning technique and/or an anchor when belaying a climber heavier than themselves.
- ☐ Properly lower participants from high elements. 2 hands on the brake strand of the belay during the lower.
- ☐ Set-up and manage an Australian Belay for use by a participant group.
- ☐ Set-up and manage a TEAM Belay for use by a participant group.
- ☐ Set-up and belay off a Belay Post or modified JRD.
- ☐ My comfort with climbing while on a top rope belay.
- ☐ My comfort with being at height.

Specialty Elements

My ability to operate and manage Specialty Elements including:

Set-up and manage **Holy Cow Swing** operations including:

- _____ Correct belay lanyard clip-in procedures for the participant swinger
- _____ Correct set-up and demonstration of the haul rope release system
- _____ Proper management of the retrieval rope
- _____ Appropriate supervision of the pulling team on pacing, timing and command sequence
- _____ Maintenance of a clear corridor for the swinger
- _____ Properly bringing the participant to stillness after the swing

Set-up and manage **Pamper Pole/Pamper Plank** operations including:

- _____ Proper participant clip-in procedures (using a rear clip-in and chest harness if participant goal is to jump)
- _____ Correct set-up and use of a Belay Post or modified Just Rite Descender
- _____ The proper positioning of the belay set-up prior to a jump
- _____ Appropriate jumping procedures for the climber
- _____ Properly lowering of the participant to the ground after the jump

Set-up and manage **Zip Wire** operations including:

- _____ Proper zip trolley set-up
- _____ Proper participant belay transfer from the access climb belay to the static zip belay lanyard
- _____ Assess that the zip corridor is clear
- _____ Proper take-off procedures for zip participant
- _____ Proper instruction and management of dismount procedures at the end of zip
- _____ Communication with ground belayer

Set-up and manage **Rappelling from a Climbing Tower** operations including:

- _____ Set-up of tower rappel systems (releasable system, secondary belay)
- _____ Managing participants on self-belays on tower platform
- _____ Management of the rappel station
- _____ Coaching of participant into position for the rappel
- _____ Communication with ground belayer

Set-up and manage **Flying Squirrel** operations including:

- _____ Correct clip-in procedures for the participant flyer
- _____ Proper set-up, clip-in and management of the haul rope belay system
- _____ Appropriate supervision of the belay/haul team on pacing, timing and command sequence
- _____ Maintenance of a clear corridor for the participant flyer
- _____ Properly lowering of the participant to the ground after flight