



**Arrowhead Union High School**  
**CHALLENGE ROPES COURSE**  
**POLICY AND PROCEDURES MANUAL**

**CREATED BY:**  
**Arrowhead Physical Education Department**  
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## **PURPOSE OF THE MANUAL**

Literature has been written about the clinical application of ropes and initiative programs. The purpose of this manual is to provide a reference for the technical, mechanical, and task aspects of Arrowhead Target Wellness Challenge Ropes Course & Indoor Climbing Wall Program.

Our instructors must speak a common language with respect to setting up, taking down, spotting, belaying, safety practices and methodology, so that these processes remain consistent. Only through this common language will safe use of the course result and full attention be devoted to the educational experience.

While variations of tasks are possible and language used to frame the tasks may change, success is always measured by individual and group experience. The technical and mechanical aspects described here represent our Policy, and may only be altered by the Arrowhead Target Wellness Team. As changes in these policies occur, they will be officially endorsed and the existing manuals will be updated.

## **COURSE DESCRIPTION**

A ropes and challenge course uses physical challenges and a series of problem solving events to tap into a different and often time's new realm of resources. By using a system of cables, poles, and ropes at varying heights from one to forty feet off the ground, individuals and groups are given the opportunity to experience physically and emotionally safe challenges. Association for Challenge Course Technology (ACCT) Level I certified facilitators closely direct these challenges, to determine goals directed at allowing behaviors, emotions, and ideas to emerge. The program thus allows for a unique growth opportunity of challenge and discovery.

## **RATIONALE AND PHILOSOPHY**

This program will provide a unique teaching environment, where diverse populations can experience varying amounts of physical, mental, and/or emotional risks. Such challenges enhance one's awareness of self and others, to bring about positive attitudes with regard to communication, cooperation, and commitment. The use of a challenge ropes course program as an educational and therapeutic tool was pioneered in the United States by Outward Bound, Inc. Outward Bound originated in 1962, and has since gained worldwide recognition for its adventure-based approach to education. The use of adventure programs is becoming increasingly popular in a variety of teaching environments with a diverse number of populations (i.e. educational institutions, health and human services, recreational institutions, corporate training programs, etc.)

Our program is a series of activities designed for individual and group participation, regardless of age, physical limitation, and ability level. The mission of the program is to concentrate on individual and group skill development, by attempting a series of activities which involve physical and emotional risk within a supportive group atmosphere. By nature of their participation, users develop a strong sense of self-worth and accomplishment, and skills in problem solving, leadership, communication, decision-making, trust and teamwork.

### **COURSE LOCATION / PHYSICAL FUNCTION**

The outdoor challenge course is located to the west of the North Campus building. The course is secured behind a six-foot high fence, with four locked gates and posted “Authorized Personnel Only”. Equipment is kept in three locked storage units within the outdoor challenge course. Local law enforcement will provide additional security for the course. The facilitators will be responsible for securing the site following programs including locking the gates, returning equipment to the storage facility, and completing the necessary forms.

### **SAFETY MANAGEMENT**

Our challenge course is designed to be challenging and risk provoking in a safe and well-monitored environment. The safety systems and procedures we use have been developed through state-of-the-art techniques used by ropes course builders across the country. With respect to the numerous safety precautions and procedures which are necessary in running a ropes course, the management issue needs to be clearly channeled and defined. The ropes course is built to the highest safety requirements set by the ACCT, using high quality ropes, poles, cables, and hardware. Inspection and maintenance of the course and the equipment is comprehensive and on-going. The course will always be posted with “Authorized Personnel Only” signs and secured when not in use. All course policy and procedure management are done by the Arrowhead Target Wellness Team to ensure consistency in provision and subsequent safety to participants.

### **REQUIREMENTS OF THE PARTICIPANT**

The following two documents must be completed prior to participation in the course:

- Registration/Release - Assumption of risk, waiver of claims, and agreement to follow rules and regulations.
- Informed Consent/Health Form – Statement of health, general health history specifically addressing physical conditions that may affect or be irritated by participating.

**(See page 12, 13, and 14)**

## SAFETY STANDARDS

**Qualified staff is defined as:** An individual that has a current Adventure Based Experiential Educators (ABEE, Inc). Level I Practitioner Certification (accredited by the Association for Challenge Course Technology).

- Before use of any element, the permanent and removable equipment included in the system will be visually inspected by qualified staff for evidence of wear, breakage, or damage. Damaged or broken equipment will be repaired or replaced. **All removable equipment will be retired when they show signs of excess wear or damage.**
- A log regarding rope usage and condition will be maintained for all ropes that are used with belay systems. Rope that is used on belay systems will be of the following size and type (10.5 – 11mm dynamic) **Note:** Belay ropes will be retired when the following conditions exist: (1) ropes reach 1,000 climbs **[exception is the primary rope on the pamper pole, 350 climbs & team belay ropes, 1,500 climbs]** (2) rope reaches a shelf life of 3 years (3) rope shows visible signs of excess wear or damage. **Retired ropes will be removed from the course, cut up into pieces too small to use or marked with black tape.**
- Participants on all high elements will utilize an appropriate climbing harness and helmets. In addition to the appropriate sit harness, an additional chest harness will be applied to climbers on the Power Pole, High Wild Woosy, and Giant Swing (see appendix C for set-up procedures). **All harnesses will be retired and removed from the course every 10 years or when they show signs of excess wear or damage.**
- **Appropriate climbing harness is defined as:** Any commercially manufactured harness specific to **ropes course** for belay.
- All carabineers used will be made of steel and have locking gates.
- Set up and take down of all removable equipment will be accomplished by a qualified staff member.
- When setting up or taking down any high element, the qualified staff will be on a static belay system with a built-in absorber and wearing a helmet **(Refer to Section on Lead Climbing, pg. 7 - 8).**

- Participation by any party in any event on the Arrowhead Challenge Course and Indoor Climbing Wall will occur under the direction and supervision of qualified staff.
- All equipment and systems on the Arrowhead Challenge Course and Indoor Climbing Wall will be visually inspected by qualified staff on a per use basis and on a quarterly inspection by qualified staff. Arrowhead will retain documentation of such inspections.
- On an annual basis, inspection of the entire course will be performed by a **Professional Ropes Course Builder (ABEE Inc.)**. A report of this inspection will be retained by Arrowhead.
- Staff to participant ratio will be 1:30 participants with a minimum of one qualified staff member(s) present for any high element program.
- An emergency kit containing first aid supplies will be on the course at any time it is in use.
- When not in use, all equipment will be stored and inaccessible to unauthorized personnel and untrained staff.
- Before participating, qualified staff will visually inspect each participant for appropriateness of attire.
- Spotting techniques will be taught, tested, and reviewed.
- Before presenting the task, a qualified staff member will inspect areas surrounding all elements for obstructions or dangerous objects.
- Before climbing, qualified staff will inspect all equipment attached to the climber. This includes harness, buckling systems, carabineer gates, helmet fastening systems, and the rope for appropriate knots.
- Any broken or damaged equipment must be replaced before use of element can occur. **DO NOT PROCEED** with damaged equipment even if you think your back-up system is adequate. Ropes with frayed ends must be rebound and burned before use.

- All participants must be spotted on the low and high elements. Qualified staff will teach this activity according to the specifics in the manual. **(Refer to Section on Spotting, pg. 9).**
- Participants will be encouraged to participate in all activities, but never be forced (“Challenge by Choice”).
- Qualified staff should anticipate climber’s mistakes. One should never initially expect a learner to do the right thing.
- All equipment must be removed and stored according to the Arrowhead Policies and Procedures when not in use.
- Helmets will be worn by all climbers on all high elements.
- Facilitators reserve the right to deny participation to those who do not meet the standards established in this manual.

## **LEAD CLIMBING**

On challenge courses, a lead climbing environment is one where conventional fall protection or an overhead belay system is not available. The set-up, maintenance, and inspection of belay systems and other critical course components may require trained staff to climb in a lead climb environment where 5,000 lb. (22.2 kN) anchors are not available for all protection points. Climbing in this environment may require the use of alternative techniques and anchors (ACCT Challenge Course Standards, January 2002). The following is Arrowhead’s Target Wellness Challenge Ropes Course policy for leading edge climbing:

- Only qualified staff will set up and take down equipment on high elements.
- An appropriate climbing harness and lobster claw with a built-in absorber will be used.
- Attachment of the lobster claw requires the use of 1 tri-lock steel carabineer and a zorber.
- When setting up an event with a lobster claw, climbers will use one of the three **primary** anchors: lifeline cables, orange clips or wrapping around the pole above a lifeline cable to prevent slipping down and clip back to a tri-lock carabineer, not harness loop.  
**Note: Staples are no longer an acceptable primary anchor point.**
- Climbers should always try to clip into anchor points above their head.

- Climbers should avoid climbing above an anchor point.
- Climbers should make sure that their lobster claws are set for their arm length.
- Climbers should exercise caution and constantly be double checking their equipment and surroundings.

#### **Cable Grab Procedures:**

- Inspect cable grab for any defects and ensure proper size is used to accommodate a 3/8" cable.
- Attach cable grab to cable ensuring the proper direction for ascent.
- Attach the cable grab with a steel locking carabineer directly to the thimble end of the zorber on the lobster claw.
- Place lobster claw tails over each of your shoulders and attach to gear loops on your harness (this ensures that the cable grab is at approximately the middle of your abdomen).
- Begin ascent and check for correct operation of cable grab by sitting in harness to ensure locking device is operational.
- Climb pole and position yourself for set-up and sit back in harness.
- Once set-up is complete, use the release on the cable grab and down-climb making sure the cable grab remains at the middle of your abdomen.

## **ELEMENTS**

Element is the term used in reference to the specific events that make up the Arrowhead Target Wellness Challenge Ropes Course and Indoor Climbing Wall Program. Each element represents a unique problem for the participant to solve on an individual or group basis. The height of each element varies greatly with a subsequent variance in technical and mechanical set up due to increased risk factor. On one element a participant may be inches off the ground, while another 40 feet off the ground. Consequently, a categorization process, based in safety procedures and approaches, has been established qualifying the elements as either: LOW ELEMENT or HIGH ELEMENT.

#### **Spotting Low Elements:**

The commonality of Low Elements is that the participants are relatively close to the ground, with safety controls monitored and provided by other participants who use a technique called "spotting". It will be necessary to teach spotting techniques to all group participants, and to review these with exercises each time you take a group back on the course.



### General guidelines for spotting include:

- Maintain an active position, ready to move at any time!
- Anticipate the possibility of a fall.
- Stay close to the participant, but do not interfere or assist in their movements.
- Do not allow your attention to be diverted by anything while spotting. Always keep your eyes on the participant at all times.
- Know the initiatives or low elements you are spotting and the possibilities for accidents.
- Keep hands up and fingers together for spotting.
- Upper body support is first priority, protect head, neck, and back.
- Use of commands should include a **check and double check procedure**. For example:
  - \* Spotter's ready?
  - \* Ready!
  - \* Falling?
  - \* Fall on!
  - \* Off spot?
  - \* Spots off!

### Belaying High Elements:

The commonality of all High Elements is that the participant is too high off the ground for safety control measures to be provided through the spotting technique. Rather, safety control is ensured through a system called "BELAY":

- All participants engaged in climbing activities on the High Elements of the Ropes Course will have their safety ensured through the process of a belay.
- **Dynamic belay** uses a long belay rope, with one end secured to the seat harness of the climber, and the other end to the belayer with a friction device (**see required belay device in item # 4, pg 11**) This type of system will be used by participants on all high climbing events with the exception of the Zip Line where a static belay **may be set up** for participants allowing for the facilitator to transfer the climber from a dynamic belay to the static belay.
- Qualified instructors setting up belay equipment will follow guidelines established in their technical training program (**see appendix c, for set-up procedures**). However, variations in set-ups may occur that allow for safe operation of the dynamic belay systems.
- **Hook up to the belayer** requires that the rope be threaded through an ATC belay device and fastened to the belay loop with **either** two locking oval steel carabineers or 1 steel tri-lock carabineer. **Note: Other belay devices may be allowed with the Program Managers consent.**

- **Hook up to the climber** requires that the rope be tied with a bowline on a bite with a barrel knot as the safety knot. The rope is attached to belay loop with two steel locking carabineers or one steel tri-lock carabineer.
- Back-up belayer is required. The back-up belayer will utilize a hip belay next to the primary belayer. This person should have both hands on the rope at all times.
- Stand as close to an element as space and conditions permit.
- Be sure that on traversing events that the cable pulley is as close as possible to the climbers' pole before beginning the event. This may require the belayer to be outside the traditional belay area to start the activity.
- Proper tightness of the belay rope should be maintained at all times.
- Always keep the brake hand in contact with the rope at all times.
- Use proper check and double check commands. Examples:  
     On belay?  
     Belay on!  
     Climbing?  
     Climb away!  
     Off belay?  
     Belay off!
- Make sure participant does not climb up or down too fast.
- Keep full attention focused on the climber at all times.
- Be sure to keep even with any participant who is traversing an element.

#### **General guidelines when utilizing a double belay:**

- Minimum of two belayers required per rope.
- Both hands are on the rope at all times.
- Primary belay team is responsible for communicating with both belay teams to keep the climber safe.
- Belayers should keep the overhead pulley above the climber at all times.
- Be sure there is a minimal amount rope slack between belay team members.
- Before climber dismounts the activity, be sure both belay teams have ropes tight with no slack. Team leader is to communicate with both belay teams a safe landing.

#### **General guidelines for participant rescues:**

- **Self-rescues** are to be used for participants who are unable to continue with the event.  
**Procedure:** Have participant grasp pole with both arms. Position yourself as the belayer as far as possible behind the participant to eliminate the potential for a pendulum. Tighten belay

rope and drop to one knee. Talk participant through a self-release and lower to ground utilizing a landing crew.

- If belay hardware **i.e. cable pulleys jam**, and participant is unable to be lowered to the ground safely. Assure participants safety by belay and contact the Ropes Course Program Manager. If the Program Manager is unavailable call the non-emergency fire department number for assistance. Be sure to stress that this is not a life-threatening situation and just need assistance in lowering a participant from an event.
- In the unlikely event that a staff member falls on a lobster claw and is rendered unconscious or has severe pain in their neck or back call 911 immediately. Do not move the climber. Ensure an open airway with minimal movement of the climber in even the climber is hanging upside down. **Contact Program Manager immediately.**

## **INJURIES**

When an injury occurs during a session, the facilitators should assess the extent of injuries and provide care when needed. Facilitators should not attempt to care for injuries they are not qualified to tend. Seek medical attention by dialing 911. Be sure to give your name, telephone number, location of the injured person, how many people are involved, and the care that is being given.

## **BLOOD BORN PATHOGENS**

One of the most important issues in today's society is blood borne diseases, in particular HIV (Human Immunodeficiency Virus) and HBV (Hepatitis B Virus). The following is Arrowhead's policy for bleeding during participation:

- If a participant is bleeding, he/she will be removed from participation immediately.
- Before any participant is allowed to participate, all bleeding must be stopped, and any open wound or laceration is covered, and any saturated clothing replaced.

### **Arrowhead PE Staff & Important Phone Numbers**

John Hoch	PE Teacher	369-3612 ex 4625
Julie Marrazzo	Health/PE Teacher	369-3611 ex 4644
Emily Martin	Health/PE Teacher	369-3612 ex 4838
Jeremy Miller	Health/PE Teacher	369-3611 ex. 4644
Emily Martin	PE Teacher	369-3612 ex. 4838
Kari Sagal	PE Teacher	369-3612 ex.4838
Jeff Staus	Health/PE Teacher	369-3611 ex.4645

## **Arrowhead Target Wellness Challenge Ropes Course & Indoor Climbing Wall Program**

### **Agreement for Assumption of Risk, Indemnification, Release, and Consent for Emergency Treatment**

I, \_\_\_\_\_ (print name), age \_\_\_\_\_, desire to participate voluntarily in the Arrowhead Target Wellness Challenge Ropes Course & Indoor Climbing Wall Program at Arrowhead Union High School.

I UNDERSTAND THAT I AM BEING ASKED TO READ EACH OF THE FOLLOWING PARAGRAPHS CAREFULLY. I UNDERSTAND THAT IF I WISH TO DISCUSS ANY OF THE TERMS CONTAINED IN THIS AGREEMENT, I MAY CONTACT: Arrowhead Union High School, AT TELEPHONE NUMBER: 262-369-3612

#### **Assumption of Risks:**

I understand that not all risks can be foreseen and there are some risks which are unpredictable. I understand that certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. I am aware of the risks of participation, which include, but are not limited to, the possibility of physical injury, fatigue, bruises, contusions, broken bones, concussion, paralysis, and even death. I understand that Arrowhead has advised me to seek the advice of my physician before participating in the Arrowhead Target Wellness Challenge Ropes Course & Indoor Climbing Wall Program. I understand that I have been advised to have health and accident insurance in effect and that no such coverage is provided for me by Arrowhead High School or the State of Wisconsin. **I know, understand, and appreciate the risks that are inherent in the above-listed programs and activities. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

#### **Hold Harmless, Indemnity, and Release:**

In consideration of my participation in these activities, I, for myself, spouse, heirs, personal representatives, estate or assigns, agree to defend, hold harmless, indemnify and release Arrowhead Union High School, and their officers, employees, agents, volunteers, and all others who are involved, from and against any and all claims, demands, actions, or causes of action of any sort on account of damage to personal property, or personal injury, or death which may result from my participation in the above-listed program. This release includes claims based on the negligence of Arrowhead Union High School, and their officers, employees, agents, and volunteers, but expressly does not include claims based on their intentional misconduct or gross negligence. **I understand that by agreeing to this clause I am releasing claims and giving up substantial rights, including my right to sue.**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

#### **Consent for Emergency Treatment:**

I authorize Arrowhead Union High School and its designated representatives to consent, on my behalf, to any emergency medical/hospital care or treatment to be rendered upon the advice of any licensed physician. I agree to be responsible for all necessary charges incurred by any hospitalization or treatment rendered pursuant to this authorization.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

Additional information can be obtained from the Arrowhead Physical Education Website at [www.arrowheadschoools.org](http://www.arrowheadschoools.org)

# **Arrowhead Target Wellness Challenge** **Ropes Course & Indoor Climbing Wall Program**

## **Informed Consent, Medical History & Photo Release**

Our program involves a variety of activities that often include warm-ups, games, group initiative problems, trust experiences, low / high elements, and other rigorous physical adventure activities. Participation in our program and its activities is at all times an individual choice. There are risks, which must be assumed by each participant, that he or she may suffer an emotional or physical injury or disability.

Our policy requires that every participant provide certain health/medical information to the instructor(s) so that they are prepared to help participants make informed choices about their level of participation.

The following information will be held in confidence. Please complete the form and return it to the facilitator/instructor prior to participating in any activities.

Today's Date: \_\_\_\_\_

### **APPLICANT INFORMATION:**

1. Name: \_\_\_\_\_ Gender \_\_\_\_ Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_

2. Do you have any health/accident insurance? \_\_\_\_no \_\_\_\_ yes

If yes, name, and address of company: \_\_\_\_\_

\_\_\_\_\_

### **MEDICAL INFORMATION:**

**NOTE: In the interest of trying to provide a successful experience for all participants we ask that you take the time to answer the following questions. This information will be kept in confidence by Arrowhead Union High School and only shared with your permission.**

3. Do you have any limiting physical or health disabilities (temporary or permanent)? \_\_\_\_no \_\_\_\_ yes  
*If yes, identify and explain:*

\_\_\_\_\_

4. Do you currently take medication (prescribed or otherwise, e.g. cold medicine)? \_\_\_\_no \_\_\_\_ yes  
*If yes, what are you taking, and what condition is it for:*

\_\_\_\_\_

5. Do you have any allergies, reactions to medications, or any other medical limitations?  
\_\_\_\_no \_\_\_\_ yes *If yes, identify and explain:*

\_\_\_\_\_

6. Do you have any of the following symptoms/conditions? Circle YES or NO and describe below.

- |   |          |
|---|----------|
| A. Do you have any history of heart disease, or heart attack?             | YES / NO |
| B. Do you have high blood pressure or any history of high blood pressure? | YES / NO |
| C. Do you have any chest pains/pressure heart palpations, heart murmurs?  | YES / NO |
| D. Have you ever had a stroke?  | YES / NO |
| E. Do you have diabetes?  | YES / NO |

7. If you circled "YES" to any of the above questions (letters A-E), identify the condition and describe below:

Concern: \_\_\_\_\_

Detailed Description: \_\_\_\_\_

\_\_\_\_\_

Concern: \_\_\_\_\_

Detailed Description: \_\_\_\_\_

\_\_\_\_\_

Concern: \_\_\_\_\_

Detailed Description: \_\_\_\_\_

\_\_\_\_\_

8. Other concerns/issues:

\_\_\_\_\_

\_\_\_\_\_

**PHOTO/MEDIA RELEASE:**

I grant Arrowhead Union High School the right to use, reproduce, assign and/or distribute photographs, films, videotapes, and sound recordings of your child for use in materials we may create.

Signature of Applicant: \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_

# Arrowhead's Target Wellness Challenge Course

## Set-Up Procedures for High Elements

**Traverse Events:**, Cable Traverse, Deck Bridge, HeeBee Gee Bee, Two-Line Bridge, Cat Walk and Multi-Vine

**Equipment Needed:**

- 3-hole cable pulley
- 2 steel carabineers through 2 outside holes in 3-hole pulley
- Dynamic climbing rope goes through 2 carabineers
- Tie bowline on a bight with a backup barrel knot
- 2-steel carabineers through knot loop and harness front loop.
- Tighten carabineers toward climber with locks away from each other
- Other end of rope goes through belay device that is attached to harness with 2 carabineers

**Non-Traverse Events:** Giant Swing, Power Pole, Initiative Wall, Zip Line, Climbing Tower Wall, and Giants Ladder

**Equipment Needed:**

- 2 steel carabineers, screws away from each other on anchor cable
- Dynamic rope through carabineers
- One end of rope to climber
- One end of rope to belay team(s).

**Giant Swing**

**Set-up:**

1. 2 Project Adventure (PA) pulleys with 2 steel carabineers.
2. Install on eyebolts on tower, lock 2 carabineers, run haul rope through.
3. Bowline on a bight, retrieval loop
4. Tie other end of haul line to prevent it from slipping through pulleys during set up.
5. Attach retrieval rope to haul rope.
6. Attach quick release to haul rope with bowline knot.

**Hook-up:**

1. Use steel tri-lock to connect 3 cables.
2. Attach twisted carabineer and tri-lock carabineer to original tri-lock.
3. Twisted carabineer attaches to front of sit harness.
4. Tri-lock attaches to back of chest harness.
5. Attach haul rope quick release carabineer to sit harness.
6. Have participant step down ladder.
7. Establish safety zone.
8. Establish communication for release.
9. Remove ladder.
10. Several students pull participant up near tower, participant pulls quick release when ready.

**Power Pole**

**Primary Belay:**

1. 1 Dynamic rope (red) - 300 jumps max.
2. Twisted carabineer goes on top cable
3. Sheer Reduction Device (SRD) goes on twisted carabineer.
4. Rope goes through SRD.

5. Top Cable – Hang rope on each side of lower cable.
6. Just Right Descender (JRD)– One end of rope through stump
7. Belayer holds rope across lower back, hands at hips.
8. Second belayer holds excess rope “smile”

#### Back-up Belay:

1. 2 opposite, locked, steel carabineers on lower cable.
2. 1 Dynamic rope (red/red) – 300 jumps max. goes through both carabineers on cable.
3. Rope to belay device (ATC) on belayer. (Bowline on a bight with back up barrel knot).  
Second belayer holds excess.

#### Hook-up:

1. Chest Harness – 1 carabineer in back with bowline knot.
2. Sit Harness – 2 carabineers in front with bowline knot.
3. Tire inner tube sleeve over ends of ropes.

#### Procedure:

1. Participant climbs. “One, two, three, jump”.
2. On “j” belay teams shuffle back. Lower climber to spotter.

### **Initiative Wall**

#### Equipment Needed for Set-up:

1. 2 locked, steel carabineers on belay cable over wall.
2. Belay rope
3. 2 sets of lanyards (lobster claws without zorbers) on belay cable.

#### On belay side:

1. Tie end of rope off into one big loop using figure 8 or butterfly on a bight.
2. Tie 2 more figure 8 or butterfly knots to make a triangle for Australian belay team.
3. Run rope through 2 carabineers hanging from cable.
4. Hook up other end of rope to back of sit harness.

#### Belay Transfer:

1. With spotters and team members, climber goes over the wall.
2. Facilitator clips climber into lanyard.
3. Go off belay: Climber “Off belay” Belay team “Show me”. Climber shows locked carabineers on lanyard. Belay team “Belay off”.
4. Release dynamic belay.
5. Climber uses ladder or climbs down post to get off the back of wall.

### **Zip Line**

#### Equipment Needed for Set-up:

1. Zip Pulley – Non-traverse anchor
2. Tri-lock Carabineer
3. Retrieval Rope - black
4. Belay Rope – yellow/red/yellow

#### Procedure:

1. Participant climbs to platform on belay - 1 life line
2. Facilitator clips them on to 2<sup>nd</sup> life line tether to back harness loop.
3. Clip to Zip Pulley – 3<sup>rd</sup> life line



4. Unclip from belay – Belay: “Show me”. Climber shows both carabineers are locked onto tether. Down to 2 life lines.
5. Unclip back tether. Down to 1 life line.
6. Facilitator holds back loop – Check 4 H's. Spot participant to protect head/neck as they jump.
7. Zipper: “Zip team ready”? Zip team: “Ready” Zipper: “Riding”. Zip team: “Ride on”.
8. Zip team helps rider off with ladder – always 2 people.
9. Bring zip pulley back with retrieval rope.

### **Giant Ladder**

Set Up (Tandem):

1. Lifeline Set-up:
  - a. 2 dynamic climbing ropes go through 2 locked steel carabineers (2 sets)
  - b. Tie bowline on a bite and a back-up barrel knot on both climbing ropes
2. Climber: 2 steel carabineers through bowline on a bite knot loop and harness loop
3. Belay: other end of ropes goes through ATC belay device that is attached to harness with 2 carabineers

Note: Each belay team should be positioned on opposite sides of the ladder.

### **Climbing Tower**

Set up:

1. Lifeline Set-up:
  - a. 1 dynamic climbing rope goes through 2 locked steel carabineers
  - b. Tie bowline on a bite and a back-up barrel knot on the climbing rope
2. Climber: 2 steel carabineers through bowline on a bite knot loop and harness loop
3. Belay: other end of ropes goes through ATC belay device that is attached to harness with 2 carabineers