

3-Day Challenge Course Facilitator Training Sample Agenda and Course Outline for part 2

THE AGENDA: DAY THREE

Focus: Practice: each participant will facilitate a stretch or icebreaker, continue the low course elements, facilitate a trust activity.

- 8:00 30 Review Day One & Two
- Review with training partner: Activities, Concepts, What was important?
- 8:30 Team Skis
- 9:00 120 Back the the Low Course
- Elements
 - T.P Shuffle
 - Trust Fall Platform
 - Porthole
 - Artesian Beams
 - Islands
- 11:00 60 Equipment Shed Overview
- Clean, Dry and Everything has its Place
 - Inventory and Logs
 - Foot pegs - the most often forgot...
- 12:00 60 Lunch - meet at Swing after lunch

Focus: Technical Information, hardware 101, ropes, knots, setups, belay procedures, inspection, climbing techniques, use and care of equipment.

- 1:00 Hardware - **PG 87 - 104**
- 30
- Sample Hardware: Belay devices, pulleys, foot pegs, strand vises etc.
- 20
- Carabiners: Aluminum & Steel, Locking, inspection, use and care
 - Rope: 11 mm Kernmantle, Care, Inspection, Logs, dynamic/static,
- 60
- Knots: Figure 8 on a Bight, Bowline on a Bight, Munter Hitch, Prusik
- 40
- Setups: Hardware and setup assembly, dynamic and static belay systems
- 3:30 45 Swing By Choice - someone set up ahead, everyone needs a harness
- 4:15 45 Belay Procedures and Practice: Technique and Commands, Transfers
- Overhand Lock Technique
 - Never let off the brake hand
 - Commands
 - Double Checks - 4H's

5:00 Closure: "A Round"

**HOMEWORK - PRACTICE YOUR KNOTS, REVIEW SETUPS,
BELAY PROCEDURES**

**Saturday
THE AGENDA: DAY FOUR**

Focus: Review hardware, knots and setups, belay techniques, harness training, team belay, actual high element setup, climbing practice with lobster claws.

8:00 30 Review: Open Book Quiz/Review
• All materials
Welcome new people here for renewal, give releases, frame the competency sheets and intent of the renewal

8:30 30 Stretches

9:00 45 Knot Olympics (Speed and Quality) go to Equip Shed

9:45 30 Harness Training - Trainees teach each other
• Step-by-Step
• Teach, Test, Progress
• Use a Partner
• "H", "O's" & "C's"
• 4H's and 7 Points
• Chest Harness - Pamper Pole, body shape

* Fill vehicle with equipment for Dual Series, Pamper Series, Team Wall

10:15 30 Wild Woozy

10:45 60 Team Wall

11:45 60 Lunch

12:45 30 **TO THE HIGH COURSE: DUAL SERIES - PG 105 - 113**

Set-Up Overview

- Inspection Points (3E's)
- Foot peg placement
- Lobster Claws
 - Adjustment
 - Where to clip...
 - Clip as high possible
 - Always above you shoulders
 - Clipping techniques

1:15 30 Practice/Review Set-Ups - on the ground then climb

1:45 30 Belay Techniques
• Review Overhand Lock
• Belay Races

- Team Belay
 - primary belayer double checks and communicates with climber
 - primary pulls slack out and feeds to brake belayer
 - brake belayer holds rope with BOTH hands
 - rope holder “butterflies” the rope - keep rope off the ground
 - rope holder is final brake
 - anchor role

- 2:15 60 Climb, Set-Up and Tear Down
- Everyone Climbs - this is experiential
 - Descents
 - Discuss special circumstances: rope between foot and hand cables etc.
- 3:15 60 Pamper Series
- Set-Up and Tear Down
 - Everyone Climbs - this is experiential
 - Rappel Descents
 - Discuss special circumstances: rope between foot and hand cables etc.
- 4:15 45 Risk Management - **PG 115 - 120**
- Release Forms
 - Liability - We are ALL Liable
 - Written Policies and Procedures
 - Emergency Plan - Renewal folks talk through a rescue (have rescue bag)
 - First Aid and CPR Requirements
 - Cardiac Risk
- 5:00 Closure

HOMEWORK: STUDY FOR TEST!, REST, PRACTICE KNOTS, REVIEW SETUPS

Sunday
THE AGENDA: DAY FIVE

Focus: Set-Up Tower Series, Rescues, Programming, Practical and Written Test

- 8:00 30 Gather equipment at the shed
- Trainees Do it ALL!
 - Equipment Inventory
- 8:30 120 Tower Set-Up
- Set-Up Events
 - Tie Knots

10:30	1:30	Rescues
		<ul style="list-style-type: none">• High Ropes Procedure<ul style="list-style-type: none">- Review Steps- Review Equipment- Practice with Cuts• Zip Line Rescue - what's Different?• Instructor Down Rescue
12:00	60	Lunch
1:00	30	Review Practical Stuff - PG 59 , include programming issues
1:30	30	Training Partner Test Review
2:00	15	Closure and Celebration!!!
2:15	60	The Test
3:15ish		Thank you very much!!!