

# Capitol Area Council



## Climbing Instructor Course Participant Workbook



DO NOT WRITE IN THIS CLASS WORKBOOK  
**Fall 2013**



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### WORKBOOK CONTENTS

Module 1 Level 1 Foundation PowerPoint Slides  
Module 2 Gear & Equipment PowerPoint Slides  
Module 3 Site Management & Anchor Systems PowerPoint Slides  
Module 4 Rescue & Tower PowerPoint Slides  
COPE & Climbing / Rappelling National Standards  
Climb on Safely  
Climb on Safely Training Outline  
Age Appropriate Guidelines  
Sweet 16 of BSA Safety  
Leave No Trace  
Leave No Trace Training Outline  
BSA Annual Health & Medical Record Form  
CAC Medical Information Form for Climbing  
DOK's Tower Packet for Unit Contacts  
LPSR – CAC Tower Procedures  
Climbing Glossary  
Topping Out  
Project COPE & Climbing Safety CHECK  
CAC Instructor Requirements Grid  
Handouts