


# MODULE 1

CAC Climbing & COPE Committee - BSAClimbing.org



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CAPITOL AREA COUNCIL

## CLIMBING & COPE INSTRUCTOR COURSE MODULE 1

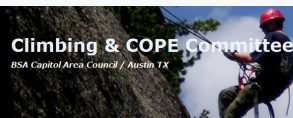
COURSE OVERVIEW  
BSA COPE & CLIMBING  
LEVEL 1 FOUNDATION  
BSACLIMBING.ORG

## INTRODUCTIONS

- **CAPITOL AREA COUNCIL STAFF**
- **PARTICIPANT**
  - Your Name?
  - Scouting and Climbing / COPE experience?
  - What brought you here today?



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## COURSE OVERVIEW

### • COURSE GOALS

- Train Instructors that will conduct & oversee COPE / Climbing programs
- Conduct training & exercises that teach appropriate behavior by staff members & participants
- CAC Climbing & COPE Courses (Spring / Summer / Fall)
- SAFETY, Fun & learning!
  - Gravity effects everyone, you can die.
  - Everyone is responsible for safety.
  - Everyone MUST follow safety protocols.



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## COURSE OVERVIEW

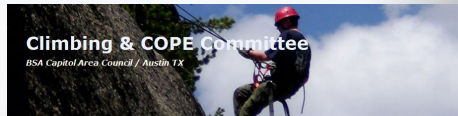
### • COURSE EXPECTATIONS

- Be open minded, there is a safe and safest way to accomplish task.
- Attend & participate in ALL classroom & field sessions.
- You DON'T need to be a world class climber to successfully complete course.
- You will need to be able to resolve incidents that may necessitate the use of technical in the vertical realm.
- Be familiar with BSA National Standards.
- Complete "Climb on Safely" online & show proof of completion.
- Maintain, complete & turn in your personal CAC Climbing Instructor Requirements Grid.
- Successfully pass a written test & demonstrate proficiency of skills.



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### BSA COPE & CLIMBING

#### • HISTORY

- COPE (Challenging Outdoor Personal Experience) is a BSA program that utilizes a ropes/challenge course.
  - Challenge course have been around since the early 1900's and were introduced to the BSA program in 1975. Since that time they have been a key part of developing leadership and team building throughout BSA.
- Climbing and rappelling have long been activities featured at many BSA camps and several high-adventure bases.
  - The BSA introduced the Climbing merit badge in 1996. Past history had shown that most incidents and accidents have happened or occurred during unit climbing/rappelling activities. As a result the Climb On Safely program was introduced in 1998. Additionally, BSA National Camping School began offering a Climbing section in 2000.

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### BSA COPE & CLIMBING

#### • LEVELS OF TRAINING

COPE/Climbing Staff Member Qualifications and Training

Staff Member	Prerequisite	Primary Training	Re-Evaluation	Min. Age
COPE Instructor In Training	none	COPE & Climbing Foundation Training + COPE Level I Instructor Training	Yearly	16
COPE Level I Instructor	none	COPE & Climbing Foundation Training + COPE Level I Instructor Training	Yearly	18
COPE Level II Instructor	COPE Level I Instructor	COPE Level II Instructor Training	3 years	21
Low COPE Level I Instructor	none	COPE & Climbing Foundation Training + Low COPE Level I Instructor Training	Yearly	18
Low COPE Level II Instructor	Low COPE Level I Instructor	Low COPE Level II Instructor Training	3 years	21
COPE Program Manager	COPE Level II Instructor	NCS COPE/Climbing Program Manager Training	5 years	21
COPE Training Program Evaluator	COPE Level II Instructor	NCS Training Program Evaluator Training	5 years	21
Climbing Instructor In Training	none	COPE & Climbing Foundation Training + Climbing Level I Instructor Training	Yearly	16
Climbing Level I Instructor	none	COPE & Climbing Foundation Training + Climbing Level I Instructor Training	Yearly	18
Climbing Level II Instructor	Climbing Level I Instructor	Climbing Level II Instructor Training	3 years	21
Climbing Program Manager	Climbing Level II Instructor	NCS COPE/Climbing Program Manager Training	5 years	21
Climbing Training Program Evaluator	Climbing Level II Instructor	NCS Training Program Evaluator Training	5 years	21
Portable Climbing Wall Facilitator	none	Portable Climbing Wall Facilitator Training	Yearly	21
Bouldering Facilitator	none	Bouldering Facilitator Training	Yearly	16

#### – Additional Recommended Training

- CPR (At least one Adult required on site)
- Wilderness First Aid (When 30 minutes away or more)
- Weather Hazards (MyScouting.org)

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## COPE & CLIMBING LEVEL 1

### • PARTICIPANTS HEALTH

#### – Physical Fitness

- COPE and Climbing are strenuous activities requiring a moderate to high level of physical fitness.
- COPE and Climbing challenge participants physically and mentally.
- Warm-up and stretching exercises decrease the likelihood of injury and help prepare participants physically and mentally

#### – Participant Health Screening

- Responsibility of Level 2 instructors.
- Annual BSA Health and Medical Record (Part A, B & C)
  - ALL Medical Information is confidential.
  - Modify activities to allow participation and reduced the likelihood of injury due to pre-existing condition.
  - Post physical conditions – Has anything change since physical?
- CACCC Hold Harmless Release & Climbing Medial Form
  - Must complete turned in.

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## COPE & CLIMBING LEVEL 1

### • INFORMATION, RULES & POLICIES OVERVIEW

#### – Guide to Safe Scouting

- Age Appropriate Guidelines

#### – Climbing / COPE National Standards

- Standards for participants & Staff engaged in COPE & Climbing / Rappelling programs - Updated annually.

#### – Topping Out / Project COPE

- Technique manuals for program.

#### – Climb On Safely

- Basic climbing awareness program.
- Applies to Unit level activities.

#### – ACCT Standards

- Association for Challenge Course Technology – Dictates engineering & construction of Climbing & COPE facilities – Updated annually.

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## COPE & CLIMBING LEVEL 1

- **LEAVE NO TRACE (MANUAL)**

- The 7 Principles of Leave No Trace
  - Plan Ahead and Prepare.
  - Travel and Camp on Durable Surfaces.
  - Dispose of Waste Properly (Pack It In; Pack It Out).
  - Leave What You Find.
  - Minimize Campfire Impacts.
  - Respect Wildlife.
  - Be Considerate of Other Visitors.



- **GUIDE TO SAFE SCOUTING**

- The Guide To Safe Scouting (GSS)
  - Foundation of ALL BSA standards.
  - If there is a conflict with other publications GSS Prevails!
- Age Appropriate Guidelines (Manual)



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## COPE & CLIMBING LEVEL 1

- **CHALLENGE BY CHOICE®**

- Recognizing that an activity or goal may pose a different level and type of challenge for each participant and personal change comes from within.

- **DEALING WITH FEAR**

- Recognizing signs of hesitation & fear in participants.
- Dealing with hesitation or fear situations.



- **EFFECTIVE TEACHING**

- **EDGE Method**
  - **E**xplain how to do the skill.
  - **D**emonstrate how to do the skill
  - **G**uide as the person tries out the new skill or instructs you in doing the skill, giving feedback along the way.
  - **E**nable them to use the newly learned skill on their own.



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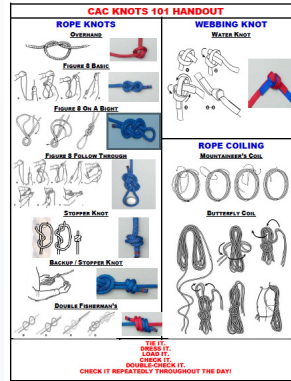
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## COPE & CLIMBING LEVEL 1

### • KNOTS 101 (HANDOUT)

- Rope Knots
  - Overhand
  - Figure 8 basic
  - Figure 8 on a bight
  - Figure 8 follow through
  - Stopper Knot
  - Backup / Safety Knot
  - Grapevine Knot / Double Fisherman's
- Webbing Knot
  - Water
- Rope Coiling
  - Mountaineer's Coil
  - Butterfly Coil



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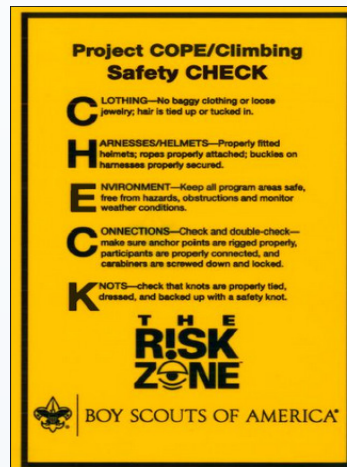
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## COPE & CLIMBING LEVEL 1

### • SAFETY CHECK

- Clothing
- Harnesses / Helmets
- Environment
- Connections
- Knots



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## COPE & CLIMBING LEVEL 1

### • INSTRUCTOR RESPONSIBILITIES

- Conduct a safe & rewarding experience for ALL participants.
- SAFETY, Fun & learning! - Always in this order.
- Staff selection.
- Accommodate access for dissimilar abilities.
- Be vigilant.
  - Maintain SAFE procedures.
  - Make corrective actions.
  - Monitor environment conditions.
  - Keep an eye on time
  - CHECK
- Guide participants in
  - Problem solving, building self esteem, foster group spirit, good role model.
- Communication Skills
  - Presenting
  - Listening



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## COPE & CLIMBING LEVEL 1

### • EVENT MANAGEMENT

- Event Lead is the primary safety observer and ULTIMATE authority on site – ONLY ONE!
- Proceed slowly and methodically
  - Don't rush.
  - Pay attention to task at hand.
- Communication
  - Internal: Climber – Belayer Commands.
  - External: Summon Help.
- Be Clear & Decisive
- Recognize & Correct



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## COPE & CLIMBING LEVEL 1

### • SITE MANAGEMENT

- Talk to local authorities & experts.
  - Understand rules, policies and procedures.
- Safety & Environmental hazards identified.
- Establish hazard and safe zones
- Quality, location and maintenance of anchors understood for natural areas and COPE elements.
- Ingress & Egress of participants & rescue personnel.
- Quality of Conditions and surfaces.
- Equipment and gear protection.



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## COPE & CLIMBING LEVEL 1

### • WEATHER

- Rain
  - Surfaces become slippery
    - Stay off rocks or wooden COPE elements.
  - Wet ropes are difficult for belayer to handle
  - Wet climbing equipment must be dried prior to storage
- Lightning
  - COPE High elements are lightning rods
  - Carabiners & other metal hardware conducts electricity from lightning strikes
  - Wet rope can conduct electricity like a wire
- Bad weather or lighting means
  - STOP & RETREAT to SAFE location.
- Weather Hazards Training
  - MyScouting.org



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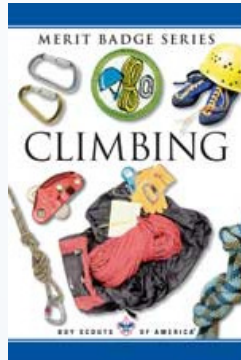
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### CLIMBING MERIT BADGE

- **REQUIREMENTS**

- Climbing Merit Badge Book
  - BSA Supply No. 35873
- Scouting.org



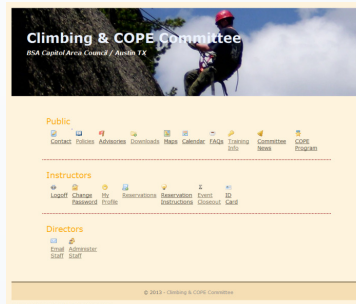
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### BSACLIMBING.ORG

- Course Material
- Hold Harmless Release
- Medial Forms
- Facility / Event Reservations
  - Event Closeout
- Policies
- Incidents
- Renewals
- Recalls
- Emails
  - Request
  - Notices
  - Advisories



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## HOMework

- **PRACTICE KNOTS AND KNOW THEM.**
- **CLIMBING – READ “TOPPING OUT”**
  - Chapter 2: Safety and Leadership
  - Chapter 3: Equipment
  - Chapter 4: Rope and Rope Handling
- **COPE – READ “PROJECT COPE”**
  - Chapter 2: Safety
  - Chapter 5: Equipment
- **MYSCOUTING.ORG ONLINE TRAINING**
  - Climb On Safely
  - Weather Hazards



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