

**CAPITOL AREA COUNCIL CLIMBINMG & COPE COMMITTEE (CACCCC)
CLIMBING INSTRUCTOR COURSE
SAFETY, Fun & learning!**

FALL COURSE SCHEDULE / VENUE				
WEEK	VENUE	DAY - DATE	COURSE TIME	COMMENTS
WEEK 1	Frank Fickett Center	Wednesday - 2013-10-09	7:00 PM – 9:30 PM	Climbing & COPE Foundation Level I
	LPSR / DOK's Tower / GLSR	Saturday – 2013-10-12	7:30 AM – 5:00 PM	Climbing & COPE Foundation Level I
WEEK 2	Frank Fickett Center	Wednesday - 2013-10-16	7:00 PM – 9:30 PM	Climbing Instructor Foundation Level II
	Bull Creek Park	Saturday – 2013-10-19	1:00 PM – 5:00 PM	Climbing Instructor Foundation Level II Intro to Real Rock / Natural Areas
WEEK 3	Frank Fickett Center	Wednesday - 2013-10-23	7:00 PM – 9:30 PM	Climbing Instructor Level II Specifics
	LPSR / DOK's Tower	Friday - 2013-10-25	7:00 PM – 10:30 PM	Climbing Tower / Wall Instructor Level II DOK's Tower Specifics
		Saturday – 2013-10-26	7:30 AM – 5:00 PM	
WEEK 4*	Enchanted Rock (Climbing Instructor Level II Specifics)	Saturday – 2013-11-09	7:00 AM – 5:00 PM	Climbing Instructor Level II Specifics / Real Rock / Natural Area Specifics
		Sunday - 2013-11-10	7:00 AM – 5:00 PM	
WEEK 4*	GLSR (COPE Level I Specifics)	Friday – TBD	Friday 6:00 PM Through Sunday 4:00 PM	COPE Instructor Level I Specifics (Breakfast & Lunch will be provided)
		Saturday – TBD		
		Sunday – TBD		
WEEK 5*	Enchanted Rock (Climbing Instructor Level II Specifics)	Saturday - TBDA	7:00 PM – Sunset	Climbing Instructor Level II Specifics / Real Rock / Natural Area Specifics A second day at Enchanted Rock will be schedule (Date To Be Announced) for Track 4 participants unable to make E-Rock Day, Track 2 participants & any Climbing Instructors seeking the NA Endorsement. (Bring bag lunch)

IMPORTANT COURSE INFORMATION

You **MUST** print this document “CI-Instructor Requirements Grid” and bring it with you to all course classes. All other documents may be viewed in class on your laptop or smart device. If you want to print as you go and build your own manual, the Climbing Instructor Requirements Grid will give you an idea of what you'll need for the course modules.

ALL TRAINING MATERIAL DOCUMENTS ARE AVAILABLE ON-LINE AT: [HTTP://BSACLIMBING.ORG/](http://BSACLIMBING.ORG/) – From the Climbing & COPE Committee Home screen select the **Public** > **Training Info** menu link. On the **Adult Training** screen scroll down and select the **Training Materials** link OR enter [HTTP://BSACLIMBING.ORG/TRAINING-MATERIALS/](http://BSACLIMBING.ORG/TRAINING-MATERIALS/) into your browser and login using the provided “Student” user account information.

MUST DO LIST

- CLIMBING INSTRUCTOR REQUIREMENTS GRID** – NEATLY print your FULL NAME, E-MAIL ADDRESS, PHONE # and COUNCIL on of each page of this document and bring with you to all classes.
 - o Don't lose or misplace this document, all pages **MUST BE TURNED IN** at the conclusion of the course in order to enter you into the BSACLIMBING.ORG online system. You are responsible for getting course requirements signed off by an Instructor when you have completed a requirement. This document will enable you to keep track of your personal progress through completion of the course.
- COURSE MANUAL, PRACTICE ROPE & WEBBING** – To keep expenses associated with providing this program the Course Manual, Practice Rope & Webbing MUST be returned at completion of course. Your understanding is appreciated.
- CACCCC HOLD HARMLESS RELEASE & CLIMBING MEDICAL FROM** – All participants must complete and turn in this form on the first day of class. <http://bsaclimbing.org/downloads/>
- MEDICAL FORM FOR ALL BSA MEMBERS** – All participants must present a completed COPY of your BSA Annual Health and Medical Record Parts A, B & C to the Event Lead Instructor if attending the Real Rock / Natural Area Specifics at Enchanted Rock. <http://www.scouting.org/filestore/HealthSafety/pdf/whole.pdf>

CAC CLIMBING INSTRUCTOR REQUIREMENTS GRID

STUDENT NAME		E-MAIL ADDRESS		PHONE NUMBER	COUNCIL
CAPITOL AREA COUNCIL – CLIMBING INSTRUCTOR QUALIFICATION					
ITEM #	DATE M/D	INSTRUCTOR INITIALS	REQUIREMENT	WEEK	
1.			Challenge by Choice©	1	
2.			BSA Age Appropriate Guidelines	1	
3.			Discuss the CHECK system and it's application	1	
4.			Leave No Trace for COPE & Climbing	1	
5.			Recognizing and addressing signs of hesitation and fear in participants.	1	
6.			Risk Management – Discuss proper number and type of staff, basic needs (food, water, sleep). Follow local operating procedures for the camp/program. Monitor and assess environmental conditions including severe weather.	1	
7.			Put on helmet and seat harness and properly evaluate fit	1	
8.			Tie in a chest harness for a participant	1	
9.			Set up a figure 8 on a harness and thread activity rope.	1	
10.			Set up a friction belay device "ATC" with anchor	1	
11.			Coil a climbing rope of 100' or more.	1	
12.			Tour DOK'S Tower Pavilion and identify main storage areas and operational rules, participant boundary lines and youth protection problem zones.	1	
13.			Tour DOK'S Tower base and identify boundaries, typical gear storage areas and participant processes.	1	
14.			Tour DOK'S Tower and identify main storage areas and operational rules, participant boundary lines and youth protection problem zones.	1	
15.			Discuss rules and safety issues of tower door during DOK's Tower D side operations.	1	
16.			Demonstrate proper spotting techniques and communications, Climbing wall, Traversing activities, Swinging activities, Trust falls, and Dynamic ropes.	1	
17.			Complete Climb on safely On Line MyScouting.org (Provide proof of completion)	1	
18.			Complete Weather Hazards On Line MyScouting.org (Provide proof of completion)	1	
19.			Discuss roles of lead instructor at DOK'S Tower.	1	
20.			Discuss Site selection / Site Management / Identify primary site considerations for safely conducting BSA climbing or rappelling activities	1 & 2	
21.			Discuss accident prevention and emergency procedures overview including Participant screening / Annual Health and Medical Records / Course specific emergency procedures.	1 & 3	
22.			Properly place at least 10 lower level climb holds T wrench.	1 & 3	
23.			Demonstrate DOK'S Tower specific verbal sequences for belayer and participant.	1 & 3	
24.			KNOTS - 101 <input type="checkbox"/> 8 <input type="checkbox"/> Figure 8 on bight <input type="checkbox"/> Figure 8 follow through <input type="checkbox"/> Safety / Stopper <input type="checkbox"/> Grapevine (Double Fisherman's), <input type="checkbox"/> Water knot	1, 2 & 3	
25.			Demonstrate technique of Belaying for: Break Under Slide (BUS), Slip-Slap-Slide and how to teach and supervise belaying.	1, 2 & 3	
26.			Belay 3 or more climbers with at least one static and one dynamic rope.	1, 2 & 3	
27.			Belay 3 or more rappels	1, 2 & 3	
28.			Anchor Systems (E.A.R.N.E.S.T.)	2	

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29.			Discuss pre-use inspection checklists Discuss inspecting: <input type="checkbox"/> Auto-belay devices <input type="checkbox"/> Cables <input type="checkbox"/> Fixed connectors (i.e. cable clamps, quick-links, ferrules, bolts) <input type="checkbox"/> Area- approach trails, climbing surface, environmental conditions	2	
30.			Discuss Effective Teaching Using EDGE (Explain, Demonstrate, Guide, Enable)	2	
31.			Identify carabiner parts and proper use of several different types of carabineers in several different applications	2	
32.			Identify and contrast the static and dynamic belay systems used on the tower. Discuss safety issues of each.	2	
33.			Identify active and passive protection devices	2	
34.			Setup tree anchors: tensionless wrap, wrap 3 pull 2, girth hitch and basket hitch.	2	
35.			Set up two point equalized webelette both static and dynamic.	2	
36.			Set up three point equalized Cordelette both static and dynamic.	2	
37.			Set up a pulley system using prussic to lift and lower a climber.	2	
38.			Discuss responses to several climbing emergency scenarios in a given environment	2	
39.			Discuss emergency communication paths, identify location of local emergency contact information and rescue vehicle ingress and egress.	2	
40.			Demonstrate technique of Rappelling and how to teach and supervise rappelling.	2 & 3	
41.			Demonstrate technique of Climbing and how to teach and supervise climbing	2 & 3	
42.			KNOTS - 202 <input type="checkbox"/> Super 8, <input type="checkbox"/> Bowline <input type="checkbox"/> Bowline on a bight <input type="checkbox"/> Alpine butterfly <input type="checkbox"/> Figure 9 on bight <input type="checkbox"/> Clove hitch <input type="checkbox"/> Killik hitch (Timber Hitch) <input type="checkbox"/> Basket hitch <input type="checkbox"/> Prusik <input type="checkbox"/> Klemheist <input type="checkbox"/> Backmann <input type="checkbox"/> Munter hitch <input type="checkbox"/> Munter – Mule Knot	2 & 3	
43.			Discuss equipment standards relating to equipment inventory control, inspection and instructor's role in process. Equipment is to be used only according to manufacturer's recommendations Proper techniques for marking equipment, importance of drying wet gear before storing	2 & 3	
44.			Demonstrate equipment inspection <input type="checkbox"/> Rope <input type="checkbox"/> Webbing and slings <input type="checkbox"/> Harnesses <input type="checkbox"/> Helmets <input type="checkbox"/> Hardware (i.e. carabiners, friction devices, trolleys, spring loaded camming devices, etc)	2 & 3	
45.			Discuss policies and procedures for reserving DOK'S Tower online checking out keys, completing paperwork, logs and turning in keys.	2 & 3	

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46.			Discussion understanding special needs and making accommodations and developing plans to accommodate special needs persons.	3
47.			Set up a releasable rappel with a munter-mule combination.	3
48.			Discuss Climbing Merit Badge Requirements	3
49.			Demonstrate self-tie off for use in rappelling	3
50.			Spend 4 hours at a climbing site or facility actively involved in belaying.	3
51.			Demonstrate knowledge of first aid bag/kit location and content.	3
52.			Demonstrate knowledge of rescue DOK's Tower Incident Resolution Device (IRD) "pulley system" location and usage.	3
53.			Participate in setting up and executing different tower rescue scenarios including: <input type="checkbox"/> Etrier <input type="checkbox"/> Pulley system <input type="checkbox"/> Vector lift <input type="checkbox"/> Releasable rappel <input type="checkbox"/> Self-rescue <input type="checkbox"/> Act as the group leader in at least one of the scenarios.	3
54.			Set up fireman's belay rappel system	3
55.			Setup & stow 20' rappel	3
56.			Setup & stow 30' rappel	3
57.			Setup & stow 50' rappel	3
58.			Setup & stow A side climb	3
59.			Setup & stow B side climb	3
60.			Setup & stow C side climb	3
61.			Operationally demonstrate to a Capitol Area Council Climbing Instructor confidence and general competency with setups and equipment. Demonstrate operational awareness at a top level with the qualities of confidence and leadership necessary to be an instructor.	3
62.			Set up a top rope climbing belay system on Natural Area (NA) / Real Rock	4
63.			Set up a rappel activity line and belay system on Natural Area (NA) / Real Rock	4

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BSACLIMBING.ORG SITE UPDATED - BY:

DATE: