Introduction

The information in this manual is meant for everyone facilitating games, initiatives, low ropes elements and high elements at the 4-H Camp Bristol Hills in Bristol NY. When facilitating on the 4-H Camp Bristol Hills course, you are expected to have read this manual as well as be aware of the logistics here. It is your responsibility to leave the course and the equipment the way you found it. If you have any questions about any of the logistics or the elements please ask.

**DO NOT FACILITATE IF YOU DO NOT FULLY UNDERSTAND ALL GUIDELINES AND PROCEDURES CONTAINED HEREIN.**
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Logistical Details

Keys

The Camp Administrator, Camp Educator, Resident Camp Director and Adventure Specialist will receive keys to the challenge course. All keys must be signed out. It is the responsibility of the Adventure Specialist to ensure that all doors to the building are locked at night and on weekends when no one is in the building. This includes the sheds for both courses, ladders, and other related equipment.

Parking

Parking is available in the main lot in front of Cockram Lodge for groups using the course during the spring and fall seasons. Outside groups using the course during the camp program should park on the recreation field. In the event of multiple groups on site, Adventure Program participants may be asked to park on the North Drive.

Phone

- There is no phone assigned to the Ropes Course staff or facilities. Whenever there is a group on site at the course during the summer months, they will have a hand-held walkie-talkie to maintain communication with camp staff. During the off season, the nearest telephones are located in the Woodard Lodge or the Infirmary, and should be unlocked at all times when the course is in use. Staff persons who use their personal cellular phones will not be reimbursed for any charges incurred.

- Near each office phone is a list of emergency numbers. These numbers should be used in the case of an emergency.

Paper Work

- The Camp Educator or Camp Administrator or their assigns, will distribute and collect all paperwork for outside groups using the course. This paperwork will include the Program Reservation Form, the Liability Release, the participant demographics information, evaluations, and invoice.

- All participant evaluations should be mailed to the camp office at the end of the workshop. The camp office address is:
  4-H Camp Bristol Hills
  480 N. Main Street
First Aid Kits

First aid is just that, aid which is applied before second aid is available.

First Aid Kits are located in Ontario Lodge and in the Rescue Bag on the High-Ropes Course. Please carry a First Aid kit with you whenever you go to the ropes course.

Supply Replacement Procedure

- If you use any supplies from a First Aid Kit, please notify the Camp Nurse (during the camp season) or the Camp Educator (in the off-season) so that the kits may be restocked. You will also need to complete an incident/accident report for any use of medical supplies. At least one copy of this form should be stocked in the kits at all times. One copy of the form is also included in the back of this LOP Guide.

Procedures For Use Of The Sheds

- Return all materials neatly to the appropriate shed.
- Make a note of any materials needed in the sheds. Also indicate in detail any equipment that is damaged or in need of repair or replacement. Place this note in Adventure Program Specialists box (during the camp season) or give to the Camp Educator (off-season).
- Let us know how we can make the sheds better for you.
- Record all ropes use in the Ropes Log that is posted inside the High-Ropes Course Shed. Record the number of users (not hours) for each rope.
- When you leave the challenge course, lock all ladders and equipment storage sheds.
- All props for field activities are available in the shed behind Klopper Lodge. All items must be returned.

Emergency Procedures

In an emergency where care is needed
for an injured participant: Call 911.

- Identify that you are from 4-H Camp Bristol Hills and give your location (4437 Kear Road, north side of camp, behind Woodard Lodge)
- Inform the radio dispatcher of the nature of the emergency.
- Give the sex and approximate age of the victim.
- Give pertinent information on the status of the participant's AIRWAY, BREATHING, and CIRCULATION.
- Identify your location (have someone meet them at the edge of the field on the road leading to the woods or outside the building)
- Give your phone number:
  - 4-H Camp Bristol Hills: 394.7838
- Contact Camp Administrative Staff:
  - Administrator (Tim Davis): WORK: 394.3977 ext. 431
  - HOME: 367.9339
  - CELL: 354.3150
  - Educator (Jim Hooper): WORK: 394.3977 ext 407
  - HOME: 742.2575
  - CELL: 354.3421

If the injury is sustained by a camper, during the camp program, contact the Camp Director by radio. If the injury does not require an ambulance, the Camp Director will make arrangements to transport the victim to FF Thompson Hospital.

If the injury is sustained during by a participant that is NOT a camper (i.e. Off-season groups), the adult responsible for the group will make any decisions regarding transporting a victim to FF Thompson Hospital. That adult will have any necessary documentation from their organization regarding medical treatment.

Directions To FF Thompson Hospital (396.6600)
- Turn Right onto Kear Road, follow to end.
- Turn Left onto Montanye, follow to end.
- At top of hill, turn Right onto CR.32
- Remain on CR. 32 for 6.7 miles.
- Cross Rtes. 5& 20, look for Hospital Signs
- Turn Right onto West Street.
- Hospital and Emergency Entrance is on your left.
Spotting

Spotting is one of the most important skills taught on the challenge course. It prepares both a group and its members for the emotional and physical experiences that are to follow. In a standard sequence of adventure programming, a group has likely been involved in a series of icebreakers, warm-up games, and problem-solving exercises. The focus has been on getting to know each other, discovering the keys to help the group function effectively, and establishing acceptable boundaries and group norms. Participants may have learned to rely on each other for ideas, feedback, and cooperation, but it is unlikely that they have experienced a reliance on each other for physical safety. The introduction of spotting ushers in a heightened level of interaction. The tone in the group frequently changes when participants realize that they will be both trusting others for their safety and reciprocally having others trust them. Often, taking on this additional responsibility becomes a turning point for groups. Therefore, the training for spotting should be a careful and thoughtful process. It allows the facilitator an opportunity to assess the group. How are the participants reacting to the spotting exercises? Do they listen attentively? Are they serious with each other? Are they ready to move on to activities on the Challenge Course?

The prevention of injury is the goal of spotting. Some basic techniques for teaching spotting are as follows.

- Demonstrate a proper spotting position: hands up in a ready position, feet sturdily placed and attention focused on the participant. Emphasize that spotters should be prepared to follow the movement of the participant, adjusting their spotting position to best respond to any potential fall.

- Explain that spotting does not necessarily mean catching. Its purpose is to prevent injury by providing physical support, particularly to the head and upper body. It is important to point out the difficulty of stopping dynamic movement, even in a short fall.

- Understand that spotting should be taught in a progressive sequence. Begin with practice spotting activities that reinforce proper technique. A traditional progression usually starts with trust activities and moves through Two Person Trust leans to Willow in the Wind.

- Establish a clear and agreed upon pattern of communication between spotters and fallers. A meaningful verbal exchange alerts spotters to the movements of a participant. (Spotter ready? Spotter Ready! Permission to Lean? Lean away! Leaning!)

- Create opportunities for spotters to rotate positions and/or responsibilities. Realize that spotting can be tiring. Check in periodically with spotters to see how they are doing.

- Help your group to see spotting as a shared responsibility. In this way, larger group members do not get singled out as the safest spotters or the hardest one to protect. Encourage positive support and cheerleading for participants.

- Realize that spotting too closely may significantly reduce a participant’s challenge level on an element and ultimately his/her feelings of accomplishment. Help spotters find the balance between being effective and safe yet not overly protective in their spotting roles.
• As a facilitator, recognize that you will need to supervise spotters appropriately, reminding them of correct positioning as needed.

• Facilitators must be familiar with the spotting requirements for all your ropes course elements. Spotting on a traversing cable element requires different techniques than spotting on a swinging event.

• Realize that you can always exceed the minimum spotting requirements as outlined in the operating guidelines in this manual. Inexperienced or less mature groups may benefit from additional spotters. Extra spotters may also give waiting participants a more active role.
User Guide for Low Ropes

The following section on Low Ropes Course Challenges and Initiatives details the standard operating procedures for many of the low elements found at 4-H Camp Bristol Hills. Elements in this section are listed alphabetically. The information about each element is subdivided into the following categories:

**Task and Set Up**

A brief description of the objective for each challenge. Set-up instructions may be included with more unique elements.

**Group Size**

Suggests ideal working numbers for each element.

**Degree of Difficulty**

There are three levels:

- **Basic**—Introductory Challenges: In a sequence of activities, these elements would normally follow warm-ups, trust activities and perhaps some portable initiatives. Participants need basic spotting knowledge.

- **Intermediate**—Moderate Challenges: Groups should have good spotting skills as well as a demonstrated ability to work successfully together.

- **Advanced**—Higher Level Challenges: These elements may require focused spotting and the ability to manage dynamic movement. Initiatives might be complex requiring good problem-solving skills.

**Spotting Considerations**

This section includes the spotting instructions for each element. It is important that facilitators cover each point with their groups. Of course, a facilitator may choose to add additional operational instructions for an element, particularly if in his/her judgment, an activity warrants extra guidelines.
FACILITATOR’S ROLE

Included are safety reminders, tips to help an activity run more smoothly and special considerations for specific elements. All of these are in addition to the following general management responsibilities that are required before running any event.

- Checking the ground for unsafe ground cover, looking for branches broken at eye level, and inspecting for widow makers above.

- Clearly presenting the problem, reviewing the spotting requirements and answering any questions before the group begins the task.

- Inspecting the mechanics of each element to be sure it is in good working order. That would include a visual examination, where possible, of key components.

- Being aware of the needs of participants. This means ongoing assessment of the group’s progress. Appropriate schedule adjustments to better suit the group’s needs are good programming practices.

VARIATIONS

Alternative ways of using or presenting an element.
The Beam
A Utility pole secured horizontally between two trees at a height of approximately 6’ – 7’.

**T A S K**

- Using all members, the group must get everyone up and over The Beam.
- The group may have a maximum of two persons on the top of The Beam, assisting a third person up and over.
- The supporting trees and the cables securing The Beam to the trees can not be used.

**G R O U P  S I Z E**

A group must be large enough to have an adequate number of available spotters at all times.

**L E V E L  O F  D I F F I C U L T Y**

Advanced.

**S P O T T I N G  C O N S I D E R A T I O N S**

- Participants should agree to support everyone's effort.
- Allow only a maximum of two people on top of The Beam at one time and one in transition. (See introductory description)
- Have an appropriate number of spotters on the front and back of The Beam at all times with their focus on spotting.
- When on top of The Beam, participants should have their legs straddling The Beam, with their feet locked beneath.
- Maintain clear communication throughout the exercise so that only one person at a time is either ascending the front of the Beam or descending the backside of the Beam.
- Make sure all jewelry, watches, pencils and pens and other potentially hazardous items are removed from all participants.
• Once a person has gone over the beam, they must continue to spot participants coming down off the beam.

**F AC I L I T A T O R ’ S R O L E**

• Inspect Beam and supporting trees for soundness.

• Make sure that The Beam is smooth and free of splinters.

• Review spotting procedures, and remind the group of the importance of group spotting due to the height of the obstacle. Talk about the difficulty of trying to catch a falling participant from the top of the Beam.

• Pay particular attention to spotting the backside of The Beam.

• Stress the importance of spotting an individual throughout the entire task.

• Stress proper lifting and support, especially when participants are standing on other participants’ shoulders or are being lifted up to that position.

• Do not allow the group to use belts, shoelaces or other articles of clothing that might not support the heavier members of the group.

• Do not allow a participant’s head to be in a position where it is below his/her feet.

**V A R I A T I O N S**

• Invite the group to set a goal as to how many participants they would like to see get up and over the Beam. All members of the group would then not have to be passed over the Beam.

• Attempt the task non-verbally.
Do I Go

Four hula hoops are evenly placed around the plumb line of an eye-spliced swing rope. To illustrate, picture the number five face of a die. The rope is represented by the center dot of the number five. The remaining four dots represent the hoops. This is a variation on the Nitro Crossing.

**TASK**

- Have a group distribute themselves evenly on the four platforms. Four on a hoop at the start is maximum. If your group numbers more than sixteen, have larger hoops available.

- The object is for each person to swing to another hoop without touching the ground. A turf touch results in sending the offending swinger back to the hoop from which he/she started. Anyone else that happens to get knocked off a hoop must also return to his/her originating hoop.

**GROUP SIZE**

Twelve to sixteen participants work well. More can be accommodated with larger platforms.

**DEGREE OF DIFFICULTY**

Intermediate. Effective spotting is required for participants swinging onto platforms.

**SPOTTING CONSIDERATIONS**

- As all participants are usually positioned on one of the four platforms, the instructor normally manages spotting. However, additional spotters should be asked to help as needed.

- Participants should be cautioned against swinging too hard and too fast.

- Spot participants carefully as they are stepping out of the swing rope loop onto a hoop.
FACILITATOR'S ROLE

- Be mindful of the varying upper arm strengths of the participants. Encourage use of the foot loop as needed. Proactively spot as needed.
Fidget Ladder

The multi-runged wood and rope fidget ladder is an element that tests balance and precision. Suspended between two points, it is set at such an angle that the low end of the ladder is generally two to three feet off the ground and the high end eight to nine feet above the ground.

**Task:**

An individual once set on the low end of the ladder attempts to move upwards while remaining in a balanced position on hands and feet.

**Group Size:**

One individual attempts the ladder surrounded by a group of spotters.

**Degree of Difficulty:**

Advanced. Experienced and reliable spotters are needed for this dynamic element.

**Spotting Considerations:**

- Spotters need to be informed about the quick movement of the Fidget Ladder. Once weighted, the ladder can quickly flip upside down swinging in a wide arc as it turns. Spotters must stand clear of the ladder’s turning radius.
- Spotters should hold the fidget ladder still while a participant mounts the ladder.
- Spare bed mattresses placed underneath the ladder can successfully cushion falls. Two spotters should be placed at the high end of the fidget ladder ready to protect a falling participant from having contact with the high end support structure. Spotters should also be placed along the sides with arms spread apart to protect a climber who may fall off the Fidget Ladder. Again, care should be exercised to stay clear of the rungs in the event of a quick flip.
- Participants must be told to hold on to the element with both hands if a fall occurs. This keeps the head in an upright and protected position.

**Variations**

Offer the Fidget Ladder in varying degrees of difficulty. The easiest is slithering up the ladder like a snake using the whole body. More difficult is allowing use of knees, hands and feet. The most difficult is an attempt with just hands and feet.
King’s/Queen’s Finger

Utility Poles stand approximately 12’ and 10’ tall respectively. The group works to place a “ring” (foam swimming ring) atop the King’s or Queen’s Finger.

**Task**

- Have the group work to arrange themselves in a manner that will allow them to place the ring over the utility pole.

**Group Size**

A group must be large enough to have an adequate number of available spotters at all times.

**Degree of Difficulty**

Intermediate. Effective spotting is required for participants that are off the ground.

**Spotting Considerations**

- Participants should agree to support everyone’s effort.
- Make sure all jewelry, watches, pencils and pens are removed from all participants.
- Be sure that spotting continues after the completion of the activity until all members are safely on the ground.
- Encourage the group to allow for some members to participate by spotting rather than by climbing.
- Participants who elect to crouch on the ground to provide a pedestal for their group must be facing away from the pole to minimize the risk of falling head first into the pole.

**Facilitator’s Role**

- Make sure that the faces of the poles are smooth and free of splinters.
- Review spotting procedures, and remind the group of the importance of group spotting due to the height of the obstacle. Talk about the difficulty of trying to catch a falling participant from the top of the pole.
• The utility poles can be very slippery when wet. Exercise caution and use additional spotters as needed.

• Stress the importance of spotting an individual throughout the entire task.

• Stress proper lifting and support, especially when participants are standing on other participants’ shoulders or are being lifted up to that position.
Mohawk Walk

A Mohawk Walk is comprised of a series of low cable challenges strung between trees or poles that sequentially present a complex task for participants.

**Task**

For the group as a whole to traverse the entire length of the series of cables— from point A to Z— without making contact with the ground. A variety of hand-lines are installed at various points to modify the task.

**Group Size**

- 10-12 participants are ideal.
- If your group is bigger, divide them in half and have each of the smaller groups start on opposite ends.

**Degree of Difficulty**

Intermediate to Advanced. This depends upon the difficulty of the individual cable elements.

**Spotting Considerations**

- If a fall is imminent, have participants agree to step off the cable and not pull off other participants.
- Have participants agree to work together to avoid individuals making solo attempts without the group’s consideration.
- Use group members where spotting is necessary. Group members may step off the Mohawk Walk at resting points to serve as additional spotters.
- Agree not to run on the cable or dive for fixed points or trees.
- Spot more difficult sections of the Mohawk as needed. This would include any swings and key transition moves from one cable to another. Also, spot rock outcroppings or uneven areas of ground.
VARIATIONS

- If a member of the group falls off, have that person return to wherever the end of the group is located or to the beginning.

- Have the whole group return to the beginning of the problem if any one member falls off. (Better bring along lunch for this variation as it can lead to a rather long initiative problem.)

- Set a predetermined number of allowed falls before the activity begins and allow fallers to get back on at the spot from where they fell.

- If time is a concern, use only three or four sections of the element.

- Offer props to the group:
  - a crutch: a real one— at the beginning of the problem with the proviso that the crutch can make contact with the ground, but can only move forward never backward. Use of the crutch is disallowed if it touches the ground behind its most forward contact.
  - A hula hoop: a magic tool that can be used once in the activity.
Nitro Crossing

A swing rope is suspended from a hanging cable. As this is an element that challenges a group to swing from Point A to Point B, boundary markers can be positioned horizontally at the beginning and end of the problem.

**TASK (ONE VARIATION)**

For an entire group to swing across an area bordered by boundary markers without touching the ground by:

- First obtaining the dangling rope using any resource found **within the group** (no sticks, ropes, etc.). No leaping or diving is permitted.

- Transporting at some point during the crossing a container filled 7/8-full with water (nitro) without spilling a drop.

**GROUP SIZE**

10-16 participants are ideal.

**DEGREE OF DIFFICULTY**

Basic to Intermediate

**SPOTTING CONSIDERATIONS**

- Participants should agree not to use excessive force to swing members across the no-touch area.

- Participants should agree to not dive or jump for the rope.

- Participants should agree to encourage and support each person's swinging effort. Participants should not be coerced into trying this activity.
• Encourage careful spotting during the dismount if a group member uses the loop in the end of the rope.

• Disallow any wrapping of the rope around the hands as it may result in rope burns.

**FACILITATOR’S ROLE**

• Encourage participants to take a trial swing before the activity starts to see if they can support their own weight. If any group member has difficulty with the swing, adjust the task rules to accommodate their level of participation.

• Be prepared to spot participants as needed. Recognize that it is difficult to spot individuals in mid-swing. Also, pay special attention to participants who use the foot loop to make sure they step out cleanly from the loop.

**VARIATIONS**

Disc Jockeys

This is similar to the previous activity but now the landing is in a series of hoops (old bike tires work well) or discs. There is one hoop or disc per participant. Although guidelines vary for this event, participants essentially must remain in the tire in which they initially land.

Spotting considerations for both variations follow

Additional variation: Provide a straight static and a toe loop static, and require that half the group uses each rope.

**SPOTTING CONSIDERATIONS FOR DISC JOCKEYS**

• Inform participants that landing on a disc may cause it to slide.

• Have group members agree to communicate their intentions when swinging towards the discs or hoops. Have them plan together for the effect that a swinging body may have on a crowded area. Have participants agree to swing in a controlled manner.

• Agree not to allow participants on each other’s shoulders at any time during this activity.

• Swing Aboard discs may be slippery if wet. Exercise caution and use additional spotters as needed.
Porthole (Rebirth)

A large tire is suspended vertically between two supports at a height appropriate for the age and skill level of the participants. Tethers should be attached from eyes at the base of tire to eyes on support trees or poles to avoid excessive tire motion.

**Task**

To have the entire group pass through the suspended tire. Once through the tire, a person cannot return to the beginning side of the tire to help (except to offer back-up spotting).

**Group Size**

Both small and large groups are suitable.

**Degree of Difficulty**

Intermediate

**Spotting Considerations**

- Consistent and effective spotting is required. Spotters must be alert to protecting the head, neck and shoulders throughout the tire pass.

- Warn spotters to watch for flailing arms and legs as a participant passes through the tire.

- Diving or jumping through the tire are not allowed.

- Have spotters agree to bring participants carefully through the tire to avoid excessive rubbing.

- Set the participants feet firmly on the ground before letting go.

**Facilitator’s Role**

- Be present on the far side of the tire to spot as needed as the first participant moves through the tire. Remain in that position until a sufficient numbers of participants have passed through the tire to handle spotting responsibilities. Similarly, move to the front side of the tire to spot the last person moving through the tire.
• Suggest and be supportive of a second attempt so that the participants have the opportunity to reap the benefits of their joint experience.

**VARIATIONS**

• Attempt to make the passage without touching the tire.
**River Crossing**

Six cement blocks half buried horizontally in the ground in a staggered arrangement. The group also has 3-2”x6” boards to help them traverse.

**T A S K**

- Using all members, the group must get everyone across an imaginary “river”.
- The group can not touch the ground between the starting line and the ending line.
- Boards that “dip” into the “river” are quickly swept downstream, and are no longer able to be used.
- Boards are equal in length, and are uniformly too short to reach diagonally to the next level of block. They are barely long enough to reach to the adjacent block.

**G R O U P  S I Z E**

Suitable for large or small groups.

**L E V E L  O F  D I F F I C U L T Y**

Basic

**S P O T T I N G  C O N S I D E R A T I O N S**

- Participants should agree to support everyone’s effort.
- Allow only a maximum of four people to be supported by any one board at one time.
- Agree that participants should step off the boards if they feel that they are falling, rather than risk injury trying to stay on the board.
FACILITATOR’S ROLE

- Inspect the three boards and the cement blocks for soundness.
- Make sure that the boards are smooth and free of splinters.
- Stress that participants are not to allow their fingers or toes to be underneath any of the boards at any time.
- The boards are pressure treated and can be very heavy, especially for the younger children.

VARIATIONS

- Require that the boards be saved when the group crosses the river.
- Allow one representative from the group to visually inspect the blocks and the boards, while the remaining members of the group huddle away from the element.
- With younger participants, the weight of the boards may be too much, and “dipping” may be inevitable. Allow the boards to touch the ground for no more than 3 seconds. Do not allow the boards to bear weight when they are in the river, lest the group decide to walk on the boards for the three seconds allowed.
Spider’s Web

A prefabricated web is strung between two trees, 10–14 feet apart, comprised of approximately 15 to 17 open web sections. The web is constructed of rope and bungee cord.

**TASK (ONE VARIATION)**

To pass each member of the group through a separate web opening, without letting any body part touch any part of the web.

- Once a member has passed through an opening, that section of web is conceptually closed to further passage.

- Participants cannot be passed over or around the web.

**GROUP SIZE**

For a single web, 8-12 people are ideal. If it is an L-shaped web, the group can be larger. More holes, more action.

**DEGREE OF DIFFICULTY**

Basic

**SPOTTING CONSIDERATIONS**

- Group members need to actively spot carried participants during their entire passage through the web.

- Participants should agree to never drop or let go of a participant because someone touched the web.
• As lifting may be required in this task, encourage participants to protect their backs by using their legs to lift.

• Do not allow diving or jumping through the web.

• Participants who are picked up off the ground must be passed through the web feet first and face up.

• Spotters must be sure that a participant's feet are firmly planted on the ground before letting go.

**Facilitator's Role**

• Monitor the spotting and to be prepared to step in quickly if assistance is needed.

• Pay particular attention to the first and last participant through the web.

• It is recommended that participants be passed in a supine position (face up).

**Variations**

There are many options and varying rules for the web. Some of the most popular are:

• If there are more people than spaces, one or two spaces can be chosen for two group members to pass through. Once chosen, these spaces cannot be changed.

• If anyone penetrates an opening with any body part, that opening is exclusively his or hers, notwithstanding his or her size or the size of the opening.

• Modify the consequences for touching the web to match the ability of the participants. One option is to have the passed participant or even the group to begin again if a participant or a spotter on either side of the net touches the web.

• To weave an 11 mm climbing rope through the web. The rope must go through all holes of the web. Neither the rope nor any of the participants may touch any part of the web.

• Use spring-loaded clothespins to mark which web openings have already been used.
Swinging Log

The Swinging Log is represented by a 25-30-foot utility pole, suspended on cables between two trees approximately 10-12 inches off the ground. Swinging Logs should be tightly secured or detached when not in use to limit unsupervised access.

**TASK - VARIOUS POSSIBILITIES**

- The entire group tries to balance on the log long enough to sing a simple nursery rhyme song.
- One individual mounts and walks the length of the log, attempting to maintain his/her balance.
- Log pass: two individuals mount the log on opposite ends. Their goal is to traverse the log bypassing each other in some fashion in the middle. Close spotting is required.
- High 5: Two individuals attempt to meet in the center and give a High 5.
- Executive Reach: from a distance of about two to three feet from the log (draw a line in the dirt), an individual attempts to step onto the log, gain balance and remain in place for five to ten seconds.

**GROUP SIZE**

12 to 20 individuals. One or two individuals attempt the log as the remainder of the group spots.

**DEGREE OF DIFFICULTY**

Basic to Intermediate

**SPOTTING CONSIDERATIONS**

- Be sure to demonstrate the potential movement of the log if a fall occurs. Spotters should be able to adjust their spotting positions to protect both themselves and the participant when a fall occurs. A sideways stance helps to prevent shin injury.
There are two spotting options. One is to place spotters at intervals along the log. Each actively spots a participant as he/she passes his/her area. A second choice is to designate a minimum of two spotters who will traverse alongside the moving participant from either side of the log.

Two people need to be in position at the ends of the log to grab the support cables to lessen the motion of the log after a participant falls or steps off. Rope tether attached to the log could also be used to reduce log motion.

Emphasize pro-active spotting; i.e., step toward, not away from.

Spotters must never position themselves where they can be hit by the swinging log (including in between log and support trees).

Have participants agree to not forcefully jump off the log creating wild swinging motion.

Have participants agree not to run on the log.

**Facilitator’s Role**

- Give a complete demonstration of how the log can move and the various arcs through which it can swing.

- Alert the group to the log’s mass and weight and potential for inertial movement.

- Do not allow participants do sit on the log.

- On set-up and take-down of the log, make sure there are enough people to manage the weight of the log. Emphasize proper techniques for lifting.

**Variations**

- Walk the log backward or blindfolded.
Team Trolley Traverse

An adaptation of the Nitro Crossing element that allows for Universal Access. It features a 2’ x 2’ wooden platform that is suspended from a two wheel pulley system and overhead cable by adjustable multiline ropes. The trolley essentially replaces the Nitro swing rope.

**Task**

For a group to cross the designated “river crossing” using only the trolley.

**Group Size**

12 to 20 participants.

**Degree of Difficulty**

Basic. A good introductory activity.

**Spotting Considerations**

- Only three participants should be on the trolley at any one time. Participants should ride in a sitting position.

- Encourage participants to push the trolley in a safe manner. Uncontrolled swinging of the apparatus should be avoided.

- Make sure spotters stay clear of the path of the trolley when it is moving on the cable.

- Spotters should assist in the loading and unloading of the platform.
**FACILITATOR'S ROLE**

Using the adjustable prusik system, set the trolley at an appropriate height for the age and skill level of the participants.

**VARIATIONS**

Scenario: As miners deep underneath the Bristol Hills, your team is responsible for harvesting all of the Gold and all of the Coal from the ground. You have reached a cave which is loaded with both commodities, but each needs to go to its own processing facility. Your team must separate the gold from the coal, and then use the cart to transport it to the appropriate facility.

Setup: Gather the group in the holding area at the center of the Team Trolley Traverse line. Provide colored blocks, totaling one less block than the number of participants, with equal numbers of blocks. In the event of an even number of participants, use one more block of one color than the other (e.g., If you have 16 participants, use 8 black and 7 gold blocks).

Ground Rules:
- The Cart cannot travel without at least one person on board to pilot it.
- Coal (Black blocks) have to go to the Coal Processor (left).
- Gold (Gold blocks) have to go to the Gold Processor (right).
- These commodities are extremely valuable, so the bosses have decided that no miner can ever be left alone with a block, or they just might choose to steal it.
- Prolonged exposure to either commodity can have harmful effects on the miners. Therefore, OSHA has ruled that each miner can only be exposed to 2 blocks.
TP Shuffle

A utility pole or log, raised and supported in brackets a few inches off the ground.

**T A S K**

Divide the group in half. Split the groups so that each is standing on opposite ends of the pole facing each other. The challenge is for each group to move to the opposite end of the pole (trade ends) without anyone touching the ground.

**G R O U P  S I Z E**

8-14 participants

**D E G R E E  O F  D I F F I C U L T Y**

Basic. Good beginning activity to get group comfortable with appropriate touch and spotting.

**S P O T T I N G  C O N S I D E R A T I O N S**

- Agree that if a participant steps or falls off the log, he/she will step to the ground and try to not pull anyone else off.
- Spot as needed particularly when two participants are attempting a pass.

**V A R I A T I O N S**

- Add a time limit and assign penalty seconds for anyone who falls off.
- Start the problem where each group moves backward and ends up backward.
- Do the activity non-verbally.
- Have the group get on the log and then re-order themselves according to when their birthday falls in the calendar year.
- Place a hula hoop on the ground that can be used as a free space by any member of the group.
Triangle Tension Traverse

This element is formed by a triangle of tightly strung cables approximately 2 to 2½ feet above the ground. Two lengths of Multiline rope are attached to a single tree. These lines provide some support as participants attempt to walk along the cable.

**Task**

For an individual to attempt to traverse around the cables using the suspended ropes. Two participants may go at the same time if there are enough spotters.

**Group Size**

12 – 15 individuals. Each participant on the cables must be spotted by a minimum of two spotters.

**Degree of Difficulty**

Basic to Intermediate. Attentive spotting skills are required.
SPOTTING CONSIDERATIONS

- Spotters need to be aware of the nature of a fall from the Tension Traverse. A falling participant will tend to fall back towards the starting point, particularly if they maintain contact with the rope. To be effective, spotters need to position themselves accordingly, one half step back toward the starting point.

- A minimum of two spotters is required, one in front and one in back. If the terrain is more difficult, additional spotters should be used.

- A Rope Hauler should be assigned to keep the rope out of the way of the spotters and participants.

- Falls happen quickly on this event. Spotters need to maintain a ready position at all times. If a fall occurs, spotters should move in to support the participant.

- Spotters need to move laterally with the traversing participant.

- Spotters need to be aware of the possibility of a participant’s flailing elbows as they try to maintain a balanced position.

- Participants should be advised to help themselves by stepping down from the cable if a fall is imminent and unavoidable.

- Rapid traversing movement on the cable should be discouraged.

VARIATIONS

- Move out and back on the cable. The return is often more difficult.
Trolleys

Trolleys are usually represented by two sturdy 4" x 4"s that are no more than 12 feet in length. Five-foot ropes, spaced at 12-inch intervals, provide hand-lines for participants.

**TASK**

- To have a group move along a prescribed route. This is usually done by placing right feet on one of the 4" x 4"s and left feet on the other. Participants may hold their respective ropes for balance.

- If a participant falls off during an attempt to ambulate, one option is to have the group return to the starting point to begin again.

- This performance orientation of the trolleys should be figured out by the participants; i.e., don’t tell them how to use the boards.

**GROUP SIZE**

Limited only by the number of available positions on the trolley.

**LEVEL OF DIFFICULTY**

Basic. A good introductory group exercise.

**SPOTTING CONSIDERATIONS**

Encourage participants to step off the Trolleys if they are losing their balance to avoid a group tumble.

**FACILITATOR’S ROLE**

- Check the area for obstacles—crossing uneven ground can snap the trolley boards.

- Check to make sure that the trolley hand lines are securely connected to the boards.
VARIATIONS

- If a participant falls off the trolleys, that individual is allowed to remount, but must be facing in the opposite direction or become blindfolded.

- Alternatively, if a participant falls off he/she must move to the front of the line and be the lead person; i.e., the person most apt to fall prey to the domino syndrome.

- For more activity, use shorter trolley lengths sized to accommodate 4-6 people. These shorter lengths may be constructed so that they can be connected together with Rapid Links. Additional links may add to the difficulty.

- Create an obstacle course with various tasks that the group must complete along the way. These challenges could metaphorically stand for goals and responsibilities of the group.
Trust Fall

Suitable areas for the Trust Fall activity include platforms, stumps or a series of graduated steps. The steps for bleachers found in sport settings are also appropriate.

**Task**

For a participant to perform a controlled fall into the arms of spotters.

**Group Size**

A minimum of eight catchers (spotters) is required.

**Degree of Difficulty**

Advanced. The spotting commitment of a group must be reliable. A group should be working well together and have built a solid level of trust.

**Spotting Considerations**

Spotters:

- The group is arranged in two parallel lines facing each other.
- Arms are zippered, extended and bent at the elbows, palms facing up.
- Feet are in stride position. Foot farthest from the platform and the faller is extended forward.
- Knees are flexed. Giving with the knees slightly on a catch provides for a softer landing.
- Spotters are positioned shoulder to shoulder (Velcro shoulders) to ensure a strong and tight catching bed of arms.
- Spotters’ heads are comfortably back.
- Spotters should have a clear understanding of the strongest and most appropriate position to catch the faller:
- Full attention is focused on the faller at all times.
- Spotters should be positioned close enough to the Trust Fall platform to close up any open space in the event that a faller sits or “folds”.
• Upon catching a faller, spotters need to pay close attention to the faller until she/he is in an upright, standing position on the ground. If needed, the spotters should assist the faller to that position.

• Clear communication between the spotters and the faller needs to happen on every attempt.

  1. Faller: “Spotter’s ready?”
  2. Spotters: “Spotter READY!”
  3. Faller: “Permission to Fall?”
  4. Spotters: “Fall Away!”
  5. Faller: “Falling!”

Fallers:

• Fallers should maintain a rigid position with head slightly back for the fall. Fallers should try to avoid a pike position as it makes for a more difficult catch.

• Hands and arms should be fixed in an interlocking system or other suitable technique to prevent flailing arms from injuring spotters.

• At the direction of a designated spotter, a faller is positioned so that his/her fall will be straight into the arms of the waiting spotters.

• After falling and being caught, fallers allow themselves to be positioned vertically, keeping their knees slightly flexed.

**FACILITATOR’S ROLE**

• It is important to emphasize participation by choice in this activity due to the physical and emotional challenges present.

• A maximum height for Trust Falls is 5 feet. However, an appropriate height could be lower as it is dependent upon the size, age and skill of your group.

• *Never* be the first person to fall.

• Be sure the group goes through a series of warm-up exercises and/or trust sequence before leading into this activity.

• Only attempt this activity when a group appears ready, motivated and demonstrating trustworthy behavior.
• Depending upon the height and configuration of the trust fall platform, a participant might be designated to spot the faller as he/she readies for the fall.

• Make sure all jewelry, watches, pencils and pens are removed from all fallers. It is recommended that baseball caps be taken off or turned backwards.
The Wall

A smooth-surfaced, free standing wall, 10 feet in height, secured to four 4’ x 4’ horizontal cross-supports. The 4’ x 4’ supports are bolted to a frame with locked storage space between the vertical and inclined walls. The element features a small platform between the two walls, which serves as a secure base for spotters positioned at the top of the wall. A ladder is provided at the side of the element for participants to safely descend after completing the challenge.

**TASK**

- Using all members, the group must get everyone up and over The Wall starting on either the vertical or inclined side, depending on the level of challenge desired.

- The group may have a maximum of two persons on the top of The Wall, assisting a third person up and over. The Facilitator may also be atop the platform.

- The sides of The Wall and support poles cannot be used.

**GROUP SIZE**

A group must be large enough to have an adequate number of available spotters at all times.

**LEVEL OF DIFFICULTY**

Advanced.
SPOTTING CONSIDERATIONS

- Participants should agree to support everyone's effort.

- Allow only a maximum of three people on top of The Wall at one time and one in transition. (See introductory description)

- Agree to have an appropriate number of spotters on the front and back of The Wall at all times with their focus on spotting.

- Agree that, when standing on platform at the top of The Wall, both feet will be planted firmly at all times. Spotters should continue to spot until both feet are firmly planted on the platform.

- Agree not to hang an individual by the legs in order to reach the last member of the group.

- Agree to maintain clear communication throughout the exercise so that only one person at a time is either ascending the front of the Wall or descending the backside of the Wall.

- Make sure all jewelry, watches, pencils and pens are removed from all participants.

- Once a person has gone over the wall, they become spotters only. They can no longer assist someone going over the wall.

FACILITATOR’S ROLE

- Inspect poles and support braces for soundness.

- Do not allow participants to insert their fingers in the cracks between the boards or in an available knothole.

- Make sure that the top and face of The Wall are smooth and free of splinters.

- Make sure that no nails are protruding from The Wall.

- Review spotting procedures, and remind the group of the importance of group spotting due to the height of the obstacle. Talk about the difficulty of trying to catch a falling participant from the top of the Wall.

- Pay particular attention to spotting the ladder when descending The Wall.

- Stress the importance of spotting an individual throughout the entire task.
- Stress proper lifting and support, especially when participants are standing on other participants’ shoulders or are being lifted up to that position.

- Do not allow the group to use belts, shoelaces or other articles of clothing.

- Do not allow a participant’s head to be in a position where it is below his/her feet.

- Do not allow participants to stand on other participants’ backs. It is acceptable to stand on other participants’ shoulders or bottom (when that participant is on all fours on the ground).

**VARIATIONS**

- Invite the group to set a goal as to how many participants they would like to see get up and over the Wall. All members of the group would then not have to be passed over the Wall.

- Attempt the task non-verbally.
Whale Watch

The Whale Watch is represented as a 7’ x14’ wooden platform that is balanced on a 6’x6’ fulcrum beam.

**Task**

To have the group carry out a challenge or a series of challenges utilizing the teetering deck of the Whale Watch. See variations.

**Group Size**

Ideally 12 participants, but upwards of 20 can participate, albeit as a crowd.

**Degree of Difficulty**

Basic to Intermediate-- challenge levels vary depending upon the presented task.

**Spotting Considerations**

Encourage participants to watch out for each other while on the Whale Watch especially to avoid any misstep off the platform.

**Facilitator’s Role**

- Present the various scenarios succinctly and clearly.

- Indicate that no one at any time should allow any body part to slip beneath the ends of the platform. Emphasize that the platform is heavy and moves up and down with momentum.

- When a group is exiting from the Whale Watch, encourage the group to depart from the same end to prevent anyone from suddenly getting flipped off the high end. There should be no jumping off the sides.

- The *Whale Watch* platform should not be used as a macro teeter-totter.
VARIATIONS

- With all participants aboard and in balance, group members can rotate positions. Possibilities are circle shuffles and side-to-side exchanges.

- A group begins on the ground. The challenge is to load all group members onto the Whale Watch, entering from the two ends. A variety of different consequences can be introduced if the Whale Watch becomes out of kilter.

- A crossing of the Whale Watch can be attempted, with all members starting on the ground at one end of the platform. Only one touch is allowed.

- Place a small beach ball on the Whale Watch platform amidst the feet of all participants. Attempt to have everyone exit from the Whale Watch while keeping the beach ball in balance on the platform. The beach ball may not be held in place by feet or hands.

- Squares may be inscribed on the Whale Watch. A game of Checkers can be played. Two teams situated on either end of the Whale Watch facing each other take turns making moves as in a Checkers game. If a team causes the Whale Watch to hit the ground, the turn goes to the other team.
Wild Woosey

Two, tautly strung cables diverging from approximately the same point, connecting with two distant anchors that are located about 14 feet apart. Both cables are no more than 16 inches above the ground.

**TASK**

- For two participants—one per cable— to walk the angled cables, while maintaining physical contact with one another, to the point where they can no longer continue (they break contact) or until they reach the far support trees.

- Present this as a group problem, not for individual pairs. Additional participants should be actively involved in spotting.

**GROUP SIZE**

Two on-cable participants with a team of spotters: two spotters each on the outside of the cables; additional spotters beneath the traversing pair, increasing in number as the duo progresses outward from the starting point.

**DEGREE OF DIFFICULTY**

Basic

**SPOTTING CONSIDERATIONS**

- Understand that participants can fall in any direction when first mounting the cable.

- Spotters located outside the cables are most important for the first 10-15 feet of the activity.

- Spotters beneath the on-cable
participants (turtle spotters) should clasp their hands on top of their knees.

- Spotters should move only as fast as the participants, staying beneath the cable walkers.
- As the two participants maneuver farther apart on the cables, more spotters should be added beneath the cable walkers.
- Do not allow participants to interlock fingers while attempting the activity.

**Facilitator’s Role**

- Be aware of potential injuries from this event: finger injuries from interlocking hands, uncomfortable pain from undue pressure on wrists, back injury from unsupported backs while spotting underneath the cable walkers.

**Variations**

- Establish a point on the cables that participants will attempt to reach and return from. If pairs make it to end, attempt a return to the beginning.
- Create a group problem: add together the distance traversed by each pair to create a group goal.
HIGH ROPE COURSE ELEMENTS

Belaying

The high elements on a ropes course require a method of participant protection known as a belay system. The belay system uses rope, carabiners and other specialized hardware to provide protection for anyone climbing higher than can be safely spotted from the ground.

Within the 4-H Camp Bristol Hills course, four different belay systems are in use: a Dynamic Belay, a modification of the Dynamic Belay called an Australian belay, and Static Belay and a Self-Belay.

In a Dynamic belay, a designated person, the belayer, is responsible for managing the safety of the climber. S/he does this through the use of applied friction to the rope with the aid of a belay device or body belay technique. The belayer has the ability to take in or let out slack, which corresponds to the movement of the climber.

- the body (standing hip, or “butt” belay) belay, which uses the belayer's body and a gloved brake hand to gain friction. At 4-H Camp Bristol Hills we use the body belay only as a backup to the mechanical belay system.

- mechanical device belays (Sticht Plate, Trango Pyramid or HB Sheriff) which add friction to the system. A Figure 8 is no longer considered an appropriate belay device except at the Pamper Pole or in rescues.

An Australian belay is a system in which a group of individuals act as belayers. Protection for the climber is secured by clipping the belayers into a tied loop (from Bowlines on the Bight tied at regular intervals) at the ground end of the climbing rope. As the climber moves up the tree or indoor wall, the belayers continuously back up maintaining tautness in the rope. This system is limited to obstacle free climbing set-ups. The belay on the Flying Squirrel is an application of the Australian Belay.

A Static belay is a fixed belay system in which a climber is clipped into an adjustable lanyard that is directly connected to the overhead belay set-up. The only example of a static belay on the 4-H Camp Bristol Hills ropes courses is the Zip Wire connection between the participant and the Zip Pulley.

A Self-Belay system is one in which a climber manages his/her own safety usually through the use of an attached two-armed safety lanyard, often referred to as lobster claws. The arms of the lanyard are clipped alternatively into approved protection points during a climber’s ascent. ONLY 4-H Camp Bristol Hills staff that have received training in lead climbing are allowed to use a self-belay.
Belaying is an important skill that must be taught in a logical progression beginning with the proper teaching of knots and equipment usage, ground school practice, and actual climbing practice with backup systems.

Information in this chapter is not to be considered as a substitute for training, but as a means of review after training has occurred.

**Best Belay Practices**

Whether using a body belay or a mechanical belay device, these guidelines should be followed:

- The braking hand should ALWAYS be closed around the rope. Leather gloves are available for belayers. Leather gloves worn on a belayer's break hand may make belay work more comfortable. Use of a leather glove is optional. If a glove is worn, it must be a properly fitted glove.

- Proper tension in the belay line should be kept at all times. There is a balance between having excess slack or constant tension. Realize that the belay rope is there to protect the climber from harm and not to provide assistance to the climber unless the climber requests it.

- If a belayer cannot take in or let out rope to accommodate a climber’s pace, the belayer should communicate to the climber to slow down.

- A belayer should be aware of the dynamic stretch of the climbing rope (between 4 and 10%). A fall that occurs near the start of a climb (10 to 15 feet up) could result in ground contact if sufficient tension is not maintained in the belay.

- A belayer should move laterally with any participant who is traversing an element, keeping slightly ahead of that person. Traverse with the participant, brake hand engaged, being alert to catch a fall at any time.

- When a climber is climbing the tree, the belayer should be positioned behind the climber, such that the pulley is kept as close to the climbing tree as possible to minimize the swing in the event of a fall.

- The belayer should stand at a reasonable distance from the element (approx. 10-12 feet). Standing too far from the element may cause the belayer to be pulled forward in the event of a fall and risk possibly losing control of the rope.

- The belayer’s attention should be focused on the climber at all times.

- Proper climbing signals or some other agreed upon verbal exchange should be used to maintain good, clear communication with the climber.
• A Back-Up Belayer is a critical component of the Belay system. A backup belayer provides an additional layer of safety in the event that the belayer is incapacitated for any reason (i.e., stung by a bee, suffers a rope burn, other medical emergency). The backup belayer is positioned behind the anchor. A backup belayer should be used for each climber on the course.

• An anchor should be used if there is a significant weight differential between the climber and the belayer. Belayers will always utilize an anchor during summer camp programs. Off season, anchors will be utilized at the belayers discretion. Other people of sufficient size, including campers, may be employed as anchors.

• Only competent and well-trained belayers are allowed to belay.

• Make sure the belay rope is properly positioned on the element and that the participant is clipped in on the proper side for a trouble free ascent. A climber should follow the path of the ascending rope. Belayers should watch for snags on staples, tree nubbins etc.

• Climbers should be lowered in a safe and controlled manner.

• A belayer must do a thorough check of the climber’s equipment prior to the climb. This should include an examination for proper fitting of the helmet and harness, a locked carabiner and a properly tied climbing knot.

• Encourage climbers appropriately. Give climbers time to set reasonable goals. Honor their decisions. Ask climbers to indicate the type of support they want or don’t want from the group such as verbal encouragement, silence, etc.

**Body Belay**

The choice of belay technique reflects personal preference. A properly executed body belay is a low-tech method that provides a direct and safe connection between the climber and belayer. It is a good skill to know in the event of an emergency or if a mechanical belay device is not available. The majority of belayers nowadays tend to use some type of mechanical belay device. These come in a variety of shapes and configurations (4-H Camp Bristol Hills uses stich plates, pyramids, and sheriff’s. Figure 8s are provided for use on the Pamper Pole). Belay devices enhance the friction in the belay system allowing some belayers to feel more confident, particularly for lighter persons belaying heavier participants.

**Some general guidelines for using a body belay are:**

• The belay rope must run through at least one carabiner that is connected to the lower side or leg loop of the harness. This will help to keep the rope running underneath the buttocks for added friction and comfort. If using just a single carabiner, as opposed to two carabiners on each of the leg loops, the positioning of the carabiner is always on the side (hip) opposite to the brake hand. In the event of emergency, a body belay can be performed without the carabiner.
To brake (lock down) the rope in the body belay, the brake hand moves the rope over the upper thigh and down toward the crotch.

The belay position should be secure with one’s weight equally distributed over the feet, knees comfortably flexed and feet spaced slightly wider than shoulders.

Properly fitted gloves suitable for belaying should be worn. A glove on the break hand is mandatory when using a body belay.

The body belayer should wear avoid wearing pants or shorts made of synthetic material. The friction produced in belaying can quickly melt through these materials. Use an extra pair of larger shorts or leather belay chaps for added comfort.

The appropriate back-up for a body belay is another body belay, with the back-up belayer standing at an angle in front of and facing the primary belayer. This positioning results in bringing the belay rope across the belayer’s body, causing the belayer to be caught in a loop of rope if the belay is dropped. The back-up belayer must be equipped the same way as the primary belayer.

**Mechanical Belay Devices**

There are many acceptable belay devices in use today. 4-H Camp Bristol Hills uses sticht plates, pyramids, and sheriffs. There are also figure-8 ascenders, but these are no longer considered appropriate except in use on the pamper pole, or during a rescue due to their tendency to curl the rope.

Belay devices are designed to augment the friction in a belay system. Most belay devices achieve this friction by passing a bight of rope through an opening and bending it around a post, usually a carabiner fixed to a harness. In the case of the Sticht plate, the rope loop is inserted from the blank side of the plate and through the attached spring. In the case of the Pyramid, the loop may be inserted into either end of the device, coming out the other end. This tight loop does not slip easily into the device and will require some insertion pressure. (Note: For the Pyramid, if the narrow side faces out, there will be a little less friction. If the wider side faces out, there will be a little more friction).

Some general guidelines for using a Mechanical Belay Device are:

- To brake using a mechanical belay device, the brake hand pulls the rope down and to the side of the belay device in a smooth movement. This motion creates a crimping action on the rope, increasing friction and thus adding significant holding power.

- To back-up a belayer using a mechanical device, there are two options. One is for the back-up belayer to stand to the side and slightly behind the primary belayer. S/he will take in rope using both hands at the same rate as the primary belayer, taking care to leave enough slack in the rope, often referred to as a smile in the rope, so as to not interfere with the rope handling needs of the primary belayer. A second method has the back-up
belayer taking in rope using a modified body belay. Positioning is the same for each. **In both cases, eyes remain focused on the belayer.**

- When a belay rope is properly run through a belay device, normally mild pressure applied by the belayer will stop a fall. However, *if the rope is dropped*, there will not be enough friction in the system to control a fall. It then becomes the job of the backup belayer to grip and hold the rope tightly with both hands, activating the attached belay device.

- The use of gloves is optional when using a belay device. Gloves however can reduce wear and tear on hands particularly in lengthy belay sessions. *Please note that poorly fitting gloves, as well as loose clothing and long hair, can get caught in belay devices causing them to jam.*

- 4-H Camp Bristol Hills has a figure-8 for belaying the Pamper Pole. Figure 8's can cause kinks in the belay rope, and can make belaying more difficult. Not long ago, the figure-8 was a standard belay device, but newer devices have put the 8 out of favor.

- When using commercially made harnesses, follow the manufacturer's instructions for the proper connection (clip in) point when using mechanical belay devices.

**Other helpful hints about Belay Systems**

- Remember that there is a lot of give in a dynamic belay system, particularly in courses installed in trees. Belayers must be prepared for falls from a height of less than ten feet. A snug belay, proper belayer positioning, and the use of spotters can be prudent strategies for protecting starting climbers.

- A belay rope that is held very tight does not necessarily make the climber more secure. In fact, it may hinder the climber by throwing them off balance and inhibiting forward movement on traversing elements. Allow the participant a choice in determining the amount of slack in their belay rope, within safe perimeters.

- The best strategy for catching a fall may not be to lock down tight on the belay device. In certain cases the abrupt stopping of a fall will result in a pendulum swing. This happens when there is a very dynamic belay system — stretch of rope, reaction to fall, give of trees. Best practice in this instance is to keep some pressure on the belay rope, letting the participant descend below the element. At that point, a total brake may be applied or a continuation of a smooth belayed descent.

- Lowering methods from different elements may vary. The main purpose is to have them descend in such a manner that they clear the obstacle without injury. **A slow, controlled and smooth descent is critical.**

- Participants may want to grab their belay rope for added security. It's OK, and often a good secure feeling for the climber to grab the rope attached directly in front of him/her. In a descent, holding onto the descending portion of the rope is fine. Grabbing the ascending portion of the rope may result in painful rope burn.
• Backup belayers are used to add greater security to the belay systems, most particularly with novice or student belayers. However, if backup belayers are not alert and/or properly trained, they may overreact and cause the brake hand of the primary belayer to be pulled away from his/her side. Backup belayers must remember that they act only if the primary belayer loses control of the belay rope.

• Anchors may add more security to the system especially when belaying larger persons. Acceptable practices include having a group member hold onto a belayer's harness or to have a group member provide downward hand pressure on the belayer's shoulders. When the belayer is following the movement of a participant on a traversing element, the support crew needs to move with the belayer and not hinder or interfere with the belayer's hands or the free end of the belay rope.

**Belay Transfers**

A belay transfer occurs when a climber switches from one belay system to another. The only element at 4-H Camp Bristol Hills that requires such a transfer is on the zip platform. A zip-trained instructor will be atop the platform to perform this transfer.

**Guidelines for Using Participant Belayers**

**Participant belayers are program participants who either have not received extensive formal belay training or who are novice belayers in a training program. In both examples, it is assumed that participant belayers do not have the same qualified competence and training as an instructor. Therefore, the following protocol are strongly recommended.**

• Participants must receive a thorough explanation of proper belaying procedures (hand movements, commands, use of equipment). Participants should practice these procedures on the ground before height is introduced.

• Training for participant belayers should be equivalent in length to that which a person would receive during a professional skills training workshop.

• A ground team with back-up belayers and anchors can be used.

**The Australian Belay**

The Australian belay is a group belay method. It has been recognized as a practice that involves more participants in the belay process. Selling points for this system are its simplicity, in set-up, instruction and implementation. The Australian belay works through a system of counterbalanced weights. The weight of the climber is supported and offset by the combined weights of several belayers. Each is tied in or attached to opposing ends of the climbing rope. The only element that routinely uses an Australian belay at 4-H Camp Bristol Hills is the Flying Squirrel.
Set-Up

To start, set up the climbing rope through the belay set-up. At the climber’s end of the rope, tie a climbing knot (Bowline on a Bight) with a back-up knot (Barrel Knot). At the belayer’s end of the rope, tie a similar knot but this time make sure that the loops of the knot are large (at least a foot in length). Tie a series of Bowline-on-bights, such that there is one knot per pair of belayers. These knots should be approximately 5'-6' apart along the ground end of the belay line. Belayers then have the option of clipping in, by way of a locking carabiner, or simply holding onto the rope while they are belaying. Belayers who are holding the rope should NOT hold on inside a loop, in the event that the loop might close in on their hand.

The Belay System

In simplest terms, the Australian Belay system works by having the belayers move slowly backwards as the climber advances upwards. Tension in the climbing rope is maintained at all times. The belayers always move in a direct line with the climber remaining parallel to his/her position on the climb. The lower is executed in reverse in the same way, a slow moving forward of the belayers to maintain a controlled descent.

Safety Considerations

- As with any belay system, a proper pre-climbing check must be completed.

- The number of belayers must outweigh the weight of the climber by a significant margin. 4-H Camp Bristol Hills typically uses 10-12 belayers on the ground end of the belay line.

- Communication with the belayer becomes more complex with a group belay. A 4-H Camp Bristol Hills facilitator will act as the belay leader. This individual will be responsible for coordinating the movements of the belay team as well as communicating with the climber.

- Watch for overcrowding and bumping in the belay team. Each individual should have the space to move easily and safely forwards and backwards.

- The belay team should be focused on the climber at all times maintaining appropriate tension on the climbing rope. The belay team must be monitored and supervised by an instructor at all times.

- Although the Australian Belay method requires no special hand techniques, participants must receive proper training and practice on the ground before using in actual climbing situations.
THE HIGH COURSE CHECKLIST

It is imperative that ropes course instructors be diligent in their preparation to introduce individuals to high ropes course elements. A consistent series of steps must be followed prior to each climbing experience.

Setting up the High Ropes Course

Ropes course instructors have two primary set-up methods for high elements. Each of the methods has its advantages and disadvantages and requires different skill levels. **At no time should an instructor attempt to exceed his or her level of skill and ability in this area.** Proper training is required for self-belay use.

The two methods are as follows:

- Pulling the belay rope up with a haul cord. A haul cord (also called P-Cord, or parachute cord) is tied or clipped onto the end of the belay rope. Once attached, the belay rope is pulled up and through the shear reduction device. Reverse the procedure to remove the belay rope.

- Using a self-belay system (Lobster Claws with Zorbers) for leading edge climbing and protection.

  These self-belay devices allow instructors to climb a tree or pole and be protected throughout the climb. An instructor climbs solo using a self-belay by alternately clipping each individual claw into appropriate protection points during the ascent. In a rhythmic fashion, a climber continuously removes the lower of the two clipped claws and re-clips it to a new higher protection point. It is important to clip as high and often as possible. The claws of the self-belay device should always be clipped into points that are at waist height or higher. This is to prevent a long and potentially painful fall. Further, an instructor should only clip into protection points that are designed to bear the weight of a fall. Upon reaching the belay cable, the instructor can adjust the self-belay by using a variety of clip-in techniques to establish a safe and comfortable working stance. These claws are not to be clipped into climbing staples. Use only the belay anchor bolts for claws.

Equipment

- All belay ropes and self-belay systems are stored in the High Ropes Course Shed. Equipment should be put away carefully after each use.

- All ropes should be inspected before each use. Any rope damage should be noted and the rope removed from regular use. If you are in doubt about the condition of a rope, report the rope to the Adventure Specialist or the Camp Administrator/Camp Educator.
• Remove any piece of equipment that does not function properly and have it inspected.

• A **Rescue Kit** should be on the course whenever high elements are in use. **The contents of the rescue kit should not be used except in the case of emergency or during practice sessions. Do not take any hardware or ropes out of the bag for regular use.** At least one instructor familiar with the contents and use of this equipment must be on site any time that there are climbers on the course.

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**Harnesses**

• **Headwall Universal Harnesses.** These are not designed to be put on backwards. The Yellow Tag must be facing out.

• **Chest Harnesses:** The Chest Harness (with seat harness) with back clips is required on the Flying Squirrel and Pamper Pole. The Chest harness with a back clip may be used only with the Universal harness or the Studebaker Wrap. Do not use this piece of equipment without proper instruction or training.
Pre-climbing Checks for Instructors

- The element and area around the elements should be visually inspected for any unnatural or potentially dangerous obstacles. These could include: glass, exposed roots, stumps, rocks, or hanging dead limbs overhead.

- All equipment should be carefully inspected. This includes all ropes, carabiners, seats, harnesses, helmets, belay devices and lead climbing protection devices.

- Make sure that all belay ropes and hardware are properly set up. This means that all belay apparatus (pulleys, shear reduction devices, carabiners and rapid links) are properly affixed to belay cables. Carabiner and rapid link gates should be oriented in the down position and locked.

- Belay ropes should be properly oriented in relation to the cables and support trees (poles) for both the belayer and climber.

- Belay ropes should not be twisted and should hang freely from the belay set-ups. A Super-Eight knot and a barrel (safety) knot for climbing should be tied in the rope.

- At least one instructor should be prepared to perform a rescue on the challenge course if necessary.

- A walkie-talkie (during the summer season) and a First Aid kit should be on site. Woodard Lodge should be unlocked in the event that the telephone is needed.

- Instructors should continuously supervise climbing area reminding participants to:
  - Check all equipment prior to each climb for proper fit and securing of helmet and harness, locked gate on carabiner, and correctly tied and dressed climbing knot
  - Refrain from stepping on the climbing rope.

Considerations of Belay Rope Attachment Systems

Attachment of the belay rope to the participant before s/he ascends is one of the more important tasks that the instructor performs or observes. There are a variety of acceptable systems in the field today.

- The climbing knot must be securely tied and dressed with a proper safety knot. 4-H Camp Bristol Hills uses the Super Eight. For rescues, a Retraced Figure 8 Loop (direct tie-in) is preferred.

- Tying directly into a harness is permitted if a Figure 8 follow-through sequence (with safety knot) is used.
• Locking carabiners must be used for clip-in systems (with the exception of direct tie-ins or with self-belay systems). Carabiners should be locked and squeeze checked for each climb.

• When using a rear clip-in, the rear belay loop and the chest harness should be incorporated in the carabiner/climbing rope.

• When using a commercial harness, the locking carabiner must be clipped into the portion of the harness designed to accept a carabiner. Follow the manufacturer’s instructions that come with the harness. Do not deviate from these directions.

• Chest harnesses with back clip-ins are required on the Flying Squirrel and Pamper Pole. Chest harnesses are used to help maintain a more upright body posture while hanging on a rope.
Burma Bridge

This element features a V-shaped bridge formed by a foot cable and 2 multi-line hand rails.

**SET UP**

Set up from the top down on the belay cable: Stainless Steel Pulley; 12mm Rapid Link; Stainless Steel SR Device.

**TASK**

To walk across the foot cable using the two hand lines for support.

**FACILITATOR’S ROLE**

- Complete the pre-climbing check.
  - Check the knot in the end of the belay rope.
  - Visually check that a locking carabiner has been properly clipped into the harness. It should be locked and squeeze checked.
  - Before climbing, check that the harness is tied correctly according to manufacturer’s recommendations.
  - Make sure that the participant is wearing a correctly sized helmet and that it is put on properly.
- Follow all belay guidelines described under *Best Belay Practices* in this manual.
- Make sure that the climbing rope is set up properly so that the climber has a direct path to the cable and does not have to climb over one of the Burma Bridge hand lines.
- When lowering climbers from the Burma Bridge, have them position themselves for the descent so that the climbing rope will be properly situated for the next climber. The climber should descend underneath the hand line.
- When a climber is ready to be lowered, they should keep both hands on the belay rope, and both feet on the foot cable. They should keep their legs straight to maintain a safe distance from the cable. The participant should take care to duck under the right hand-line before being lowered to the ground.
**Catwalk**

A horizontally positioned pole or log suspended between two trees. The belay cable is positioned above the log, parallel to the ground and at a height of nine to ten feet above the log.

**SET UP**

Set up from the top down on the belay cable: Stainless Steel Pulley; 12 mm Rapid Link; Stainless Steel SR Device.

**TASK**

The challenge is to walk across the log. The belay rope may be used for balance if desired.

**FACILITATOR'S ROLE**

- Complete the pre-climbing check.
  - Check the knot in the end of the belay rope.
  - Visually check that a locking carabiner has been properly clipped into the harness. It should be locked and squeeze checked.
  - Before climbing, check that the harness is belted correctly according to manufacturer’s recommendations.
  - Make sure that the participant is wearing a correctly sized helmet and that it is put on properly.
- Follow all belay guidelines described under *Best Belay Practices* in this manual.
- Set up the element in such a way so that the belayer can follow the traversing participant freely.
- When a climber is ready to be lowered, they should keep both hands on the belay rope, and both feet on the log. They should keep their legs straight to maintain a safe distance from the log. The belayer should take care to quickly lower the participant below the log then slow the descent on the way to the ground.
**Dangle Duo**

**SET UP**

Set up from the top down on the belay cable: 12 mm Rapid Link, Stainless Steel SR Device (Install 2 sets). A Dangle Trio or Quad would require three and four belay set-ups accordingly.

A vertically hung, oversized ladder suspended from an overhead cable or clipped directly into support trees or poles. The rungs are usually 4” x 4” x 8” pressure treated boards. A separate belay cable is suspended seven feet above the uppermost log.

**TASK**

- The participants climb the ladder using only the support of the logs and/or each other.

- Use of the side support cables for climbing is disallowed.

**FACILITATOR’S ROLE**

- Complete the pre-climbing check.
  
  - Attach the bottom rung of the ladder.
  
  - Check the knot in the end of the belay rope.
  
  - Visually check that a locking carabiner has been properly clipped into the harness. It should be locked and squeeze checked.

  - Before climbing, check that the harness is belted correctly according to manufacturer’s recommendations.
• Make sure that the participant is wearing a correctly sized helmet and that it is put on properly.

• Follow all belay guidelines described under *Best Belay Practices* in this manual.

• Have two spotters spot each participant when mounting the first rung. Rope stretch at this point may prevent a belayer from arresting a ground fall.

• Do not allow participants to climb in such a way that their belay rope gets wrapped around a rung.

• To lower participants, have someone pull the Dangle Duo out of the way (out of plumb) to create a clear path to the ground. This can be done by looping a rope over the bottom rung and pulling it away from the descending climbers. It is best to lower participants one at a time.
Flying Squirrel

SET UP

A cable is strung between two trees. A Rapid Link with an attached cable pulley is fixed at a midpoint on the cable. A second pulley is attached at a similar height on another tree located approximately 30 feet behind the cabled trees. A third pulley is used at hip height on the same tree.

TASK

To be a flying squirrel:

- Change the clip-in point to the back of a combination chest harness and seat harness.

- Have the rest of the group (minimum ten people) clip into the other end of the rope. Pairs of members of the group are clipped into opposite sides of the rope with a split bowline-on-a-bight.

- To begin the launch process, have the participant move a few steps towards the yellow stake. After proper commands, have the participant then run toward the yellow stake. It is important for the participant to run straight and not at an angle. This will avoid a spiraling swinging motion. At the same time the group also moves out smartly toward the marked tree, thereby pulling the participant into the air. Once the participant is safely off the ground, the group should slow its forward momentum. Excessive pulling action will result in unsafe swinging of the participant.

- Upward pulling of the participant must stop at such a point so that there is no risk of the participant coming in contact with the belay cable. To ensure this, the facilitator should tie a butterfly knot in the rope, approximately 6’-8’ above the participant.

FACILITATOR’S ROLE

Complete the pre-climbing check.

- Check the knot in the end of the belay rope.

- Visually check that a locking carabiner has been properly clipped into the harness. It should be locked and squeeze checked.

- Before climbing, check that harness is belted correctly according to manufacturer’s recommendations.

- Make sure that the participant is wearing a correctly sized helmet and that it is put on properly.
• Use climbing commands between the “squirrel” and the belay team. Commands for the Flying Squirrel consist of:
  o “Squirrel Ready?”
  o “Squirrel Ready!”
  o “Line Ready?”
  o “Line Ready!”
  o “Squirrel Run!”
  o “Line Run!”
  o “Line Stop!”

• Pay attention to the height of the flyer. His/her maximum height should be far enough below the belay cable to prevent any possibility of hitting the cable or flipping over the cable. The facilitator will call out “STOP” to stop the belay line, and prevent the squirrel from being lifted too high, risking contact with the belay line.

• A long pendulum glide results when the flyer remains below halfway to the pulley.

• As the participant descends, have a greeter be there to offer a support hand thus avoiding contact with the ground while still swinging.
Holy Cow Swing

SET UP

To set up the haul system:

- Using a p-cord, hoist up the haul rope (static).
- At one end of the haul rope, tie a Super 8 knot. This will be the clip-in point for the swinger.
- Tie a butterfly knot in the haul system rope approximately 4-5 feet from the clip-in point for the participant.
- Attach a 3/8” multiline retrieval rope to the butterfly knot with a small clip.
- Set up the pull so that participants can move in an unobstructed path at an angle to the swinger (and clear from the swinger)

To set up the swing lanyard:

- Use a triple-locking steel carabiner to attach the top end of the Holy Cow swing tether to the large metal ring that links the overhead cables. The participant will clip into the bottom part of the tether with a locking aluminum carabiner which will clip to a steel Delta link.
- Attach the haul line to the jib release, which is, in turn, attached to the Delta Link.

TASK

To pull a participant up to his/her desired height and have that participant pull a release system activating the swing.

FACILITATOR’S ROLE

Complete the pre-climbing check.

- Check the knot in the end of the belay rope.

- Visually check that a locking carabiner has been properly clipped into the harness. It should be locked and squeeze checked.

- Before climbing, check that the harness is belted correctly according to manufacturer’s recommendations.

- Make sure that the participant is wearing a correctly sized helmet and that it is put on properly.

- Front clip-ins are preferred for the swing.
• To operate the swing, follow these procedures:

  • Place a step ladder beneath the clip in point. Have a participant climb up the step ladder. Make sure it is spotted by other participants.
  • Have the participant clip with a locking aluminum carabiner into the fixed Delta link at the end of the Holy Cow tether. Lock it shut. The carabiner should also be clipped into the front of their Universal harness.
  • Open the jib release (also attached to fixed Rapid Link) and place the Super 8 knot of the haul line into opening. Snap shut. Make sure ropes are not crossed and will run smoothly.
  • Place a significant number of pullers on haul line. Prepare them for the pull and the eventual release. (They will topple over if they don’t have a good stance at the time of release)
  • Have one participant manage the retrieval line. That person should be standing off to the opposite side of the pullers holding the rope loosely or at the end.
  • **MAKE SURE THAT THERE ARE NO ROPES THAT COULD BE TANGLED WITH THE SWINGER WHEN HE/SHE RELEASES THE SYSTEM.**
  • Have the participant step off of the ladder, hanging free.
  • Take away the step ladder.
  • Activate the pullers. Have them pull the participant up to his/her desired height.
  • Have the participant tug on the small white line attached to the jib release, pulling towards him or her to open the jib release. It is recommended that the swinger turn his/her head at this moment to ensure that there is no facial contact with the jib release.
  • Allow the participant to swing freely. When the swinger’s momentum is slowing, gently tap the swinger’s legs to reduce the speed. Having the swinger cross his/her ankles helps to provide a solid point of contact for the spotters and prevents excessive pulling on the legs. Bring the participant to a stop. Move in the step ladder and help the participant stand steadily on the ladder before unclipping.
  • Pull down on retrieval rope to prepare for connecting to the next swinger.
Multivine Traverse

SET UP

Set up from the top down on the belay cable: Stainless Steel Pulley, 12mm Rapid Link, Stainless Steel SR Device.

A single, tensioned foot cable with a series of Multiline ropes suspended from an overhead cable, purposefully positioned just beyond reach.

TASK

To walk across the foot cable using the various support rope vines for aid.

FACILITATOR’S ROLE

• Complete the pre-climbing check.

  • Check the knot in the end of the belay rope.

  • Visually check that a locking carabiner has been properly clipped into the harness. It should be locked and squeeze checked.

  • Before climbing, check that the harness is belted correctly according to manufacturer’s recommendations.

  • Make sure that the participant is wearing a correctly sized helmet and that it is put on properly.

• Follow all belay guidelines described under Best Belay Practices in this manual.

• Set up the element in such a way that the belayer can move easily with the traversing participant. Watch to make sure that the rope vines do not tangle with the belay rope.

• The belayer must be positioned and alert to the possibility of a pendulum fall.

• When a climber is ready to be lowered, they should keep both hands on the belay rope, and both feet on the foot cable. They should keep their legs straight to maintain a safe distance from the cable.
Pamper Pole

SET UP

Set Up: A Stainless Steel Shear Reduction device is hooked to the belay cable with a 12mm Rapid link. From a second cable, directly beneath the belay cable, a trapeze bar is suspended about 6 feet away from the top of the Pamper Pole.

TASK

This activity involves climbing to the top of a pole, standing on top of the pole and then, if desired, diving out to a trapeze suspended from a cable.

FACILITATOR'S ROLE

- Complete the pre-climbing check.
  - Check the knot in the end of the belay rope.
  - Visually check that a locking carabiner has been properly clipped into the harness. It should be locked and squeeze checked.
  - Before climbing, check that the harness is belted correctly according to manufacturer's recommendations.
  - Make sure that the participant is wearing a correctly sized helmet and that it is put on properly.
  - Follow all belay guidelines described under Best Belay Practices in this manual.
  - A back clip on this event is required as it keeps the belay rope out of the way of the jumping climber. A chest harness is required. This should be correctly fitted to the participant and connected to the seat harness and rope properly.
  - The belay for the Pamper Pole is set up using a figure-8 device, linked directly to a telephone pole, by way of a rapid link, backed up with a cable wrap. The belayer holds the brake end of the belay rope, and stands behind the pole.
  - Belayers should be prepared to take in slack quickly when the jumper leaps to diminish the amount of free fall after a missed jump.
  - If a climber catches the trapeze, he/she should be instructed to let go when the trapeze bar is swinging away from the Pamper Pole.
**Pirate’s Crossing (Heebie Jeebie)**

Set up from the top down on the belay cable: Stainless Steel Pulley, 12mm Rapid Link, Stainless Steel SR Device.

Two Multiline ropes create a large X in the center of this element. These intersecting lines each connect both to the foot cable and one of the support trees. The belay cable runs overhead parallel to the foot cable.

**TASK**

To walk across the foot cable using the Multi-line ropes as aids to negotiate the difficult center section.

**FACILITATOR’S ROLE**

- Complete the pre-climbing check.
  - Check the knot in the end of the belay rope.
  - Visually check that a locking carabiner has been properly clipped into the harness. It should be locked and squeeze checked.
  - Before climbing, check that the harness is belted correctly according to manufacturer’s recommendations.
  - Make sure that the participant is wearing a correctly sized helmet and that it is put on properly.
- Follow all belay guidelines described under *Best Belay Practices* in this manual.
- Falls tend to occur in the center of the climb at the X. Pay attention to the positioning of the climber’s feet to make sure that they do not get stuck in the acute angle formed by the foot cable and the multi-line rope.
- When a climber is ready to be lowered, they should keep both hands on the belay rope, and both feet on the foot cable. They should keep their legs straight to maintain a safe distance from the cable.
Zip Wire

The Zip Wire provides an exciting means of egress from a high element. Two belays are used for the Zip. The first is a dynamic belay that runs through a large Rapid Link or an SR Device connected to a through-bolted Nut Eye bolt located near the Zip Wire platform. The second is a static belay used for the ride down the Zip Wire. The transfer between the two occurs on the Zip Wire platform. The instructor on the Zip Wire platform performs the transfer.

**TASK**

To zip down a cable on a two-wheeled cable pulley.

**FACILITATOR’S ROLE**

- Complete the pre-climbing check.
  - Check the knot in the end of the belay rope.
  - Visually check that a locking carabiner has been properly clipped into the harness. It should be locked and squeeze checked.
  - Before climbing, check that the harness is belted correctly according to manufacturer’s recommendations.
  - Make sure that the participant is wearing a correctly sized helmet and that it is put on properly.
- Follow all belay guidelines described under *Best Belay Practices* in this manual.
- One instructor is required to be on the Zip platform to perform the transfer of the ground belay to the Zip Static rope. (A climber **must always** be clipped into at least one belay). The instructor is responsible for setting up the 2-wheeled Zip pulley correctly.

- Before letting the participant zip, the instructor must check with the dismount team to make sure everyone is ready. Do a final check to ensure that the Zip attachment rope is securely and correctly connected to the participant. Make sure that the participant is not still attached to the belay rope or a lobster claw.

- Have the participant move to the edge of the platform with their feet hanging off the edge. Make sure that the participant slides out far enough from the platform to avoid hitting the platform edge. The exit move should be smooth and straight out from the platform. Any side to side swinging motion should be avoided.

- The 4-H Camp Bristol Hills zip utilizes a gravity brake system (as opposed to a bungee brake system). A dismount team needs to be in place at the take-down location to help the rider disconnect from the cable. A tall step ladder is used to facilitate this move.

- Care should be taken while disconnecting a rider. The supporting ladder should be spotted and the dismounting rider should descend the ladder carefully. Do not allow jumping from the ladder.

- A retrieval line which is also attached to the Zip pulley (if there are to be more rides) is then walked back to the instructor on the platform.
FORMS
Self-Assessment

Your Name: ___________________________ Date: ____________

Type of Training: _______________________ Date(s) of Training: _______________________

Address: _____________________________ State: __________________ Zip: __________

Phone: _____________________________ E-Mail: __________________________

All participants in 4-H Camp Bristol Hills’ Adventure Program training should complete this form in order to evaluate their own skill level. Your instructor will comment on your self-assessment based on his/her observation of your abilities during the course of your training. Please note that the techniques you have learned must be reviewed and practiced in order to be maintained or improve.

Please complete this form using the following rating system to describe your comfort level with the skills presented:

A       Very Confident 
B       Fairly Confident
C     Somewhat Confident
D     Not Confident

Part I - Please answer the questions in this section from your workshop experience.

1. □ I am new to Adventure.
   □ I have had _____ years of Adventure experience.

2. When leading groups in Adventure games, I am (circle one):
   A Very Confident  B Fairly Confident  C Somewhat Confident  D Not Confident

   Comments: ________________________________________________________________

3. When leading groups in Adventure initiatives, I am (circle one):
   A Very Confident  B Fairly Confident  C Somewhat Confident  D Not Confident

   Comments: ________________________________________________________________

4. When leading activities on low ropes course elements, I am (circle one):
   A Very Confident  B Fairly Confident  C Somewhat Confident  D Not Confident

   Comments: ________________________________________________________________

5. When leading activities on high ropes course elements, I am (circle one):
   A Very Confident  B Fairly Confident  C Somewhat Confident  D Not Confident

   Comments: ________________________________________________________________
6. When leading a debrief of an Adventure activity, I feel (circle one):
   A Very Confident     B Fairly Confident     C Somewhat Confident     D Not Confident
   Comments: ____________________________________________________________

7. When sequencing and adapting Adventure activities, I feel (circle one):
   A Very Confident     B Fairly Confident     C Somewhat Confident     D Not Confident
   Comments: ____________________________________________________________
   ____________________________________________________________
**Part II** - This section asks you to assess yourself with respect to the minimum skill level necessary for the safe management of a challenge ropes course. While the skills listed are essential, not all are covered in the Adventure Basics training. If a particular topic was not taught in your training, please indicate that fact in your comments.

1. I understand spotting techniques and feel competent as a spotter on the low ropes course.
   - A Very Confident  B Fairly Confident  C Somewhat Confident  D Not Confident
   Comments: __________________________________________________________

2. I can correctly tie a Super Eight Knot.
   - A Very Confident  B Fairly Confident  C Somewhat Confident  D Not Confident
   Comments: __________________________________________________________

3. I can correctly tie a Figure 8 Loop.
   - A Very Confident  B Fairly Confident  C Somewhat Confident  D Not Confident
   Comments: __________________________________________________________

4. I can correctly tie a Figure 8 Follow-Through.
   - A Very Confident  B Fairly Confident  C Somewhat Confident  D Not Confident
   Comments: __________________________________________________________

4. I can correctly put on and fit a sewn harness.
   - A Very Confident  B Fairly Confident  C Somewhat Confident  D Not Confident
   Comments: __________________________________________________________

5. I can correctly and efficiently tie a Studebaker Wrap.
   - A Very Confident  B Fairly Confident  C Somewhat Confident  D Not Confident
   Comments: __________________________________________________________

6. I can belay using a belay device.
   - A Very Confident  B Fairly Confident  C Somewhat Confident  D Not Confident
   Comments: __________________________________________________________
7. With appropriate back-up, I can belay someone weighing more than I.
   A Very Confident  B Fairly Confident  C Somewhat Confident  D Not Confident
   Comments: ________________________________________________________________
   ________________________________________________________________

8. I can lead-climb to set up belays and set up or replace haul cords on a high ropes course.
   A Very Confident  B Fairly Confident  C Somewhat Confident  D Not Confident
   Comments: ________________________________________________________________
   ________________________________________________________________

10. I can perform a technical rescue.
    A Very Confident  B Fairly Confident  C Somewhat Confident  D Not Confident
    Comments: ________________________________________________________________
    ________________________________________________________________

Instructor's Comments: (Use additional sheet, if necessary.)

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Participant’s Name: ____________  Participant’s Signature: ____________

Instructor’s Name: ____________  Instructor’s Signature: ____________
# Adventure Program Facilitator Training Checklist

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## Foundations

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<tr>
<td></td>
<td>Spotting Skills/Trust Sequence</td>
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</table>

## Warm-Up Activities

<table>
<thead>
<tr>
<th>Date Trained</th>
<th>High Course Elements</th>
<th>Date Trained</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Zip Brake Line</td>
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</table>

## Low Elements

<table>
<thead>
<tr>
<th>Date Trained</th>
<th>High Course Elements</th>
<th>Date Trained</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Zip Platform (*)</td>
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<tr>
<td></td>
<td>Flying Squirrel (*)</td>
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## High Course Rescue

<table>
<thead>
<tr>
<th>Date Trained</th>
<th>Additional Training</th>
<th>Date Trained</th>
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<tbody>
<tr>
<td></td>
<td>1-person Cut Away Rescue</td>
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<tr>
<td></td>
<td>2-Person Cut Away Rescue</td>
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## Additional Training

<table>
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<tr>
<th>Date Trained</th>
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## High Course Setup

<table>
<thead>
<tr>
<th>Date Trained</th>
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## High Course Elements

<table>
<thead>
<tr>
<th>Date Trained</th>
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- Elements marked with "(*)" are considered Level 2, and require additional specific training.
# Facilitator Observation Form

Facilitator: ________________________________________________________

This form should be completed by the Project Adventure Specialist, Camp Educator or Camp Administrator.

<table>
<thead>
<tr>
<th>Observer</th>
<th>Date</th>
<th>Enforces Safety Regulations (Y/N)</th>
<th>IDs and Manages Hazards (Y/N)</th>
<th>Applies Appropriate Emergency Procedures</th>
<th>Training Needs</th>
<th>Date Training Completed</th>
</tr>
</thead>
<tbody>
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Incident Report