



Certificate of Completion

This certifies that

Has completed _____ hours of “Level One”

HIGH ROPES COURSE FACILITATOR TRAINING

as taught by Climbers With Christ in conjunction with
Templed Hills Camp at the Templed Hills Camp high ropes
course facility, and has shown competency in each area of
skill as indicated on the reverse of this certificate.

Authorized Camp Director's Signature

Date

 **Templed hills**
Camp and Retreat Center

Authorized Facilitation Instructor's Signature

Date



Templed Hills High Challenge Course Procedures, Policies, and Safety Awareness: (non-highlighted areas not part of level 1 training)

- Awareness of onsite staffing, legal and first aid requirements
- Ability to conduct a pre-course orientation with participants.
- Superior* working knowledge of all safety gear used on a Ropes Course
- Working in pairs while on the course
- Establishing a notification schedule with office staff or other responsible person if working alone
- Establish a “check-in” time throughout the day during course operation
- two-way radio (with fresh batteries) while on course
- Adequate working knowledge or awareness of:
 - Platforms and/or ladders, cables, ropes, and/or other hardware
 - Proper clothing, footwear, and general physical fitness requirements
 - Specific target zones to protect such as head, neck, and spine
- Awareness of principles of assisting a participant off an exercise rather than ‘catching’ them. Legalities.
- Awareness of surrounding natural and weather hazards
- Adequate working/operational knowledge of specific (Templed Hills) elements
- Minimum breaking strength standards for various parts of a course and specific equipment
- Safe maintenance, care and storage of course equipment

Specific Training and Skills:

- Set up and take down of each and every high course element and
- High element belay set-up and take-down
- Successfully demonstrate a high course rescue (See skills below)
- Working knowledge of all equipment, policies and protocols of Templed Hills High ropes course program

- Ability to quickly and confidently tie all necessary knots
 - Overhand Knot
 - Figure 8 Knot and Figure 8 follow through
 - Water Knot (webbing knot)
 - Bowline Knot and Bowline on a bight
 - Münter Hitch
- Harnesses & Helmets
 - Proper body harness AND seat harness fitting and operation
 - Proper helmet fitting and usage
 - Tie-in procedures
- Climbing & Belaying Commands
- Use of Lobster (crab) Claws for climbing and self belaying
- Perform proper static and/or self belay with Lobster Claws on tree attachment points or belay cables
- Belaying (able to properly, safely, and confidently belay and/or arrest the fall of a participant in a fashion consistent with common practices and able to maintain the well being of the participant).
 - Knowledge of harness clip-in points and overhead anchor placement
 - Awareness of balance and counter-acting forces when arresting a fall
 - Awareness of belay anchors and/or use of shear reduction blocks (SRB)
 - Awareness of appropriate rescues techniques such as a belay escape
 - Belay using various belay devices (ATC or “bucket style”, Grigri, and the Münter hitch)
- Rescue Techniques
 - Trained in and demonstrate competence with rescue all possibly needed procedures.
 - Coaching a participant for self rescue
 - Instructor assist and Dynamic belay lowers
 - Cut-a-way rescues and Zip Line rescue
 - Additional and appropriate needs for each of the above