Ropes Course Facilitator Training Workshop

Southern Adventist University

Outdoor Leadership Program

May 4th-8th

**High ropes check-off skills**

Knots skills and usage:

* Figure eight
* Retrace figure eight
* Figure eight on a bight
* Double figure eight
* Ringbend
* double overhand

Set-up/ de-rigging skills:

* Pamper pole
* Stationary belay elements
* Traversing belay elements
* Climbing tower

Belay skills:

* Gri-gri
* ATC
* Eight plate
* Just right descender

Rappelling:

* Double rope rappel

Harness usage:

* Seat harness
* Fudge harness
* Chest harness
* Full body harness

Inspections:

* Rope
* Helmets
* Harnesses
* Hardware