

CLIMBING STUDY GUIDE

The Ropes Course is an experiential adventure program, which offers groups and individuals the opportunity to participate in a series of activities involving mental, physical and emotional risk taking. This program also offers students an opportunity to increase their communication skills, while becoming effective at group problem solving. Attempting and succeeding in these activities often gives one a feeling of accomplishment, self-worth, elation and recognition that seemingly impossible situations are in fact quite possible.

Helmets: Are worn when climbing walls and on all high elements. They help protect participants from head injuries.

Harness: Commercially made using one inch webbing. Composed of a belay loop, 3 buckles, a rear strap and a label.

Belaying: To protect someone from falling to the ground from a height by means of a rope connected between the climber and the belayers.

Back-up Belayers: Support system for the belay team. Holds waistband of harness as the belay team backs up.

Carabiners: Are spring loaded, impressively strong, metal links used to connect the climbing rope to the harness system. Each carabiner has a gate, which you screw down to close.

Squeeze Check: Safety check of the carabiners- done by individual, group, and teacher before each climber.

Commands used in Climbing and Belaying:

Climber- when clipped and checked	"ON BELAY"
Belayers- when ready and acknowledging	"BELAY ON"
Climber- ready to climb	"CLIMBING"
Belayers- tell the climber to go on	"CLIMB ON"
Climber- when ready to come down	"FALLING"
Belayers- when ready, sit back in harness	"FALL ON"

***** Do not walk forward until climber has released from the wall/climb.*****

COOPERATIVE ACTIVITIES VOCABULARY

Our cooperative activities unit includes cooperative games and initiative games that are designed to require students to work and cooperate with one another, in order to solve a problem or succeed as a team.

RESPONSIBILITY: Making good decisions; choosing right from wrong.

COOPERATION: Working together with one another.

COMMUNICATION: Giving and receiving information.

RESPECT: To show consideration for yourself and others.

GOAL: Working towards a desirable outcome

RISK TAKING: Taking the chance that you might not succeed in a skill at first try.

COMPROMISE: A settlement in which each side makes concessions.

TEAMWORK: A cooperative effort to achieve a common goal.

CONTRACT: An agreement to do something.

MOTIVATION: The desire to perform a skill or activity.

TRUST: Belief in words, actions and decisions of others.

COMMUNICATION: Verbal=talking Non-Verbal=Expressed without spoken words.

PERSEVERANCE: To keep trying without giving up.

CIRCUMVENTING THE RULES: not following the directions; cheating.

PUT DOWN: A negative comment made to another person.

FITNESS COMPONENTS: Cardiovascular, Strength, Endurance,
Flexibility, Speed/Agility