



Rock Climbing Instructor Training Course September 18th and 19th 2021



How to get your unit Rock Climbing!

Would you like to take your unit Rock Climbing? We live in an area with plenty of Rock Climbing opportunities. Scouts can experience dramatic growth in confidence and maturity in just one afternoon of Rock Climbing.

There are 3 levels of training;

- Level 2 – Is the instructor that must lead unit level outings. Min age 21 yrs.
- Level 1 – This instructor(s) assists the Level 2 Instructor. Min age 18 yrs.
- Instructor In Training – This is a youth assisting the outing, but does not count towards the required number of certified instructors. Min age 16 yrs.

After successful completion of the course, participants will receive a Certificate of Training.

The Level 2 training is 20 hours, for both classroom and outdoors training.

We meet Saturday and Sunday from 8am to 6pm.

Maximum number of participants is 12.

This class is not geared to teach you how to climb, but how to climb the “Scout Way”.

- Level 2 candidates should be accomplished recreational climbers with good climbing skills, and will be required to demonstrate proficiency at tying knots, setting up Top Rope Anchors and other skills presented during the course. Also need to have been a prior Level 1 instructor.
- Level 1 candidates, we will work with you to improve skills as needed, ie. knots and belaying.

Course Specifics

- **Dates:** September 18th and 19th
- **Class size:** Limited to 12 participants. Minimum 3.
- **Fees:** \$50 for course materials, lunch and consumables.
- **Food:** Lunch will be provided, please make other plans for snacks and other meals.
- **Location:** Pikes Peak Council BSA Service Center, Conference/Training Rooms
 - 985 W. Fillmore Street, Colorado Springs, CO 80907 (I-25 & Fillmore)
- **Registration:** Interested participants contact the Course Director by email to register for the event at k.postma@att.net.
- **Preparation:** Complete and return by Email all of the items below.
 - Complete and return your BSA Health Form Parts A and B, part A signed. - https://filestore.scouting.org/filestore/HealthSafety/pdf/680-001_ABC.pdf
 - Fill out the Colorado Springs Rock Climbing Permit - <https://coloradosprings.gov/parks/webform/2019-rock-climbing-permit>
 - Take the "Climb on Safely" online training.
 - Take the "Youth Protection" online training.
- Personal gear – You are encouraged to bring your own climbing gear to class. Gear will be provided if you need it, but some students are more comfortable in their own gear.

Course Objectives:

This instruction class is not a beginner level class, but we will work with participants individually to bring your level up to a strong base.

If there is adverse weather, we will adjust the timing of activities so we can get outdoors and on the rock.

Basic Agenda:

Office facility classroom and Climbing site locations 8 am to 6 pm

Day 1 - Saturday

- Greeting and Intro - 15 m
- Climb On Safely - 30 m
- Safety / Accident prevent – 30m
- Knots - 1 h
- Climbing MB - 1 h
- Site Sel and Mgmt - 1 h
- Environmental Conditions – 30
- Anchors intro
- Lunch
- Climbing - 3 h
 - Belay technique

- Verbal Signals

- Rescues

- Equip Inspection -1 h

Day 2 -Sunday

- Stds Recap - 1 h
- Site Sel and mgmt - 1.5 h
- Anchors in class -2.5 h
- Lunch
- Bouldering - 30 m
- Anchors - 4 h