

Trapeze Jump/ Power /Pamper Pole and Dangle Duo High Course Training Learning Objectives

Course Description

The Leavenworth 4-H Challenge high ropes course consists of two dynamically belayed stand-alone elements: a vertical playpen and a trapeze jump. The Vertical Playpen is a 40-foot-tall hanging obstacle course that can be climbed by up to 3 participants at a time. Climbers will be faced with many different physical challenges including the increasing distance between ladder rungs as they ascend. The trapeze jump sees participants climb a 25-foot freestanding pole, stand on the top, and jump off to try and catch a trapeze up to 7 feet away.

This training program builds upon the skills developed in **Facilitation Theory and Low Course Elements**. While there will be some theory involved, this is primarily a technical training that focuses on the skills needed to safely facilitate a high course experience. Trainees will learn how to properly inspect, size, and instruct participants in using harnesses and helmets, inspect the course for safety, set up and tear down the elements, how to belay and teach participants to belay.

This training is again built on the “Do, Reflect, Apply” model- trainees will start as participants on the elements, gaining first experience of what it means to use this course. We will then work on Theory and Technical skills hand in hand for the majority of the training time. Trainees will end the course with an opportunity to facilitate each other and other experienced facilitators on the elements.

*** Facilitation of high course elements requires a high level of personal comfort with being, and working, at heights. It is extremely difficult to focus on your participants if you are personally scared or uncomfortable with the situation you are in. It is not always possible to know beforehand how you will react to working at heights. ***

Logistical Details

- 16-hour training over two days, June 9-10, 2018.
- You must be able to be present for ALL of the training time
- You must complete Facilitation Theory and Low Course Elements training before attending this training.
 - It is preferred that you have time facilitating on the course in between these trainings as well
- Training will be at Challenge Course located within the Tierra Learning Center. The address 2000 NF-7705, Leavenworth, WA 98826 and follow WSU 4-H Challenge signage to the challenge course parking area.
- This is an intense experience- physically, mentally, and emotionally.
 - 100% of the time during training will be outside on the physical course- be prepared with adequate clothing for the weather.
 - We have a propane 2 burner stove and large cooler with ice onsite where you can store and heat food, but we will not be offering meals as part of the training, only fresh carbs, fruits and vegetables.

- There is no food for sale onsite. The closest food to the Leavenworth Challenge Course is approximately 8 miles away. Please plan to bring the food you need for each day.
- There is a lot of material to cover each day- your promptness to start times and break times helps us get through it all.
- You will probably need to do some reading of course materials on your own in the evenings.
- Successful participation in a group (as well as facilitation of a group) requires emotional buy-in. You will experience a wide range of often powerful emotions during this training.
- Training is NOT the end of the learning process, only the beginning. You will need to complete further apprentice time under experienced facilitators before becoming certified to lead groups independently.

Learning Objectives

Theory-

- Understand the basic needs of participants and how to meet them
- Maintain physical and emotional safety for everyone in your group (including yourself)
- Be able to create appropriate framing and apply appropriate debriefing tools to high course elements to meet your groups' goals
- Understand the Full Value Contract including the two “non-negotiables,” and how to help your group create an appropriate one
- Be able to explain Assumption of Risk and Contributory Negligence
- Be able to explain Perceived Risk vs Actual Risk
- Understand how Ages and Stages will impact the abilities of your group on the course
- Understand the relationship and differences between ACCT, state 4-H and LOP standards
- Deep understanding of the Experiential Learning Model (Do, Reflect, Apply) and how to implement for high course elements
- Deep understanding of Challenge by Choice

Technical-

- Perform pre-use inspections of helmets, harnesses, and lanyards for both facilitators and participants; and what to do if you question any of the gear
- Properly fit helmets and harnesses for participants, and lead them through gearing up as appropriate
- Perform pre-use inspection of high course elements, anchors, ropes, and other gear; and what to do if you question any of the gear
- Safely set up and tear down high course elements
- Be able to reliably tie and appropriately use basic climbing knots including but not limited to: Figure 8 (on a bight and follow-through), Bowline, Girth hitch, Double Fishermen's, and Prusik
- Understand the requirements of use for individual high course elements
- Be able to reliably belay participants and facilitators, and be able to clearly teach this skill to participants

- Be able to set up and tear down the rescue kit for the high course
- Be able to perform a cut-away rescue if needed, and understand alternatives to having to do so
- Be able to access the top of the course via cable grab and lanyards if needed
- Understand the components of the built course, and know what is acceptable for anchoring of lifelines
- Understand how to properly position and secure ladders on the course
- Understand how to use carabiners and rapid-links, their differences, and choosing appropriate hardware for your task