

ADVENTURE EDUCATION

An atmosphere that is fun, supportive and challenging characterizes the Adventure Education concept. Non-competitive games, group initiatives, problem solving skills and ropes course events are the principal activities used to help individuals reach their goals: to improve self-esteem, to develop strategies that enhance decision-making, and to respect differences within a group.

Challenge by choice:

Challenge by choice is to challenge yourself beyond your comfort zone. Challenge means going beyond the old, pushing into new territory, new ways of doing things; dealing with fear and accepting help and support. It also provides an opportunity for change and success.

Climber:

The climber is the student attempting an element.

Non Climbing Duties:

- ◆ Belay: Belaying is when a student leader/teacher controls the climbing rope of the climber. The belayer brakes the climber in the case of a fall and also lowers the climber down from the element. The belayer is connected to one end of the rope with a carabiner/ATC attached to their harness.
- ◆ Anchor: The person anchors down the back of the belayer's harness to keep them on the ground when lowering the climber to the ground.
- ◆ Back-up Belay: This person stands to the side of the belayer and allows the rope to slide through their hands. In the case that the belayer loses control of the rope, the back up belayer sits down, causing the rope to brake.
- ◆ Rope Straightener: This student straightens the ropes as the climber ascends the element and makes sure no one steps on the rope. This is important so that the rope does not have any knots or twists when the climber is being lowered.
- ◆ Spotter: Spotting is very important in Adventure Education. The proper way to spot someone is to have a staggered, bent-knee stance with the arms and hands up (bumpers up) ready to guide the person to the ground. Always support the head and neck.
- ◆ Encourager: These students positively encourage the climber.

ALL STUDENTS SHOULD BE PARTICIPATING WHEN NOT CLIMBING

Climbing Commands:

Climber **"On Belay"**

Belayer **"Belay On"**

Climber **"Ready to climb"**

Belayer **"Climb when ready"**

Climber **"Climbing"**

Belayer **"Climb away"**

The 3 H's

Harness: Equipment put on like pants/shorts, worn by both the belayer and climber, which is connected to the climbing rope by the hardware.

- Choose a harness
- Step into legs
- Secure buckles All buckles must be closed, **O** means open , **⌋** means closed **[**
- Check safety straps

Helmet: Equipment worn on the head to protect the Climber

- Helmet must be worn when climbing
- Helmet must be secured and clipped
- Helmet should fit snug, no movement (Shake Test)

Hardware: Consists of carabiners, ATC's and climbing ropes.

- Carabiner: Metal device used to connect the rope to the climber and belayer. When climbing it is important to use a locking carabiner.
⇒ Scratch the belly (Flat against Flat)
⇒ Always screw down, don't screw up
⇒ Tighten carabiner all the way down, and loosen half turn (so it won't stick)
- ATC: Air Traffic Control; Friction device used by the belayer that allows the climber to descend safely.
- Rope: Climbing ropes must always be cared for, kept straight and free of kinks and debris.

Examples of values stressed throughout Adventure Education:

Honesty	Problem Solving	Cooperation	Communication
Listening Skills	Trust	Leadership	Teamwork
Self Confidence	Tolerance	Patience	Vocalization
Responsibility	Decision Making	Respect	Supportive
Socialization	Fun	Compassion	Humility

Examples of some activities throughout Adventure Education:

LOW ELEMENTS

Tension Traverse
Wild Woozy
Swinging Log
Multi-Vine

HIGH ELEMENTS

Baordwalk
Multi-Vine
High Wire
Pamper Pole
High Beam
Zip Wire
Flying Squirrel

GROUP INITIATIVES

Whale Watch
Spider Web
Port Hole
Magic Stepping Stones
Nitro-Crossing
Mohawk Walk
Trust Falls
Wall
Island Hopping

Student Leaders:

The Student Leader's job is to assist and support the instructor in the management of the class. Their responsibility is to model everything asked of the students. Student leaders are selected through an application process. Any student wishing to Student Lead should contact a Adventure Education teacher for more information.