

## **Climbing Level I Lesson Plan**

<b>Site Selection &amp; Management</b>	<b>1 hour</b>
<b>Environmental Conditions</b>	<b>30 minutes</b>
<b>Rock Climbing &amp; Technique</b>	<b>3 hours</b>
<b>Anchoring</b>	<b>3 hours</b>
<b>Bouldering</b>	<b>30 minutes</b>
<b>Teaching Climb On Safely</b>	<b>30 minutes</b>
<b>Teaching Climbing Merit Badge</b>	<b>1 hour</b>
<b>Total</b>	<b>9.5</b>

## **Climbing Level I Lesson Plan**

**Subject: Site Selection & Management**  
**Course: Climbing; Level I**  
**Time: 1 hour**

### **Training Aids and Equipment required**

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- Examples of information about local climbing resources
- BSA COPE and Climbing manual

### **Materials for Distribution**

- Maps of local parks or climbing areas
- Site map or description of the 'home' facilities.

### **Methods and Overview**

- Guided group discussion
- If possible this should take place at a natural or artificial area as a "walking discussion" stopping at key points to discuss items below.

### **Instructional objectives**

- For Site Selection
  - Identify resources that are available in your area for site specific knowledge of existing artificial and natural rock environments
  - Be aware of the access to and from a natural climbing site
  - Be aware of safety zones and spectator's area for artificial and natural rock environments
  - Understand safety of ingress and egress routes
  - Be aware of appropriate heights, angles and difficulties for artificial and natural rock environments for different age and skill levels.
  - Understand proper supervision and safety for onlookers
  - Be aware of evacuation routes
- For Site Management
  - Know the procedure to get participants and staff to and from the site
  - Know the procedures for having participants put on helmet and harness
  - Know the plan for staff setting up the anchors, ropes and safety lines
  - Know the procedures for staff placement during climbing rappelling activity
  - Know the procedures for taking down anchors, ropes and safety lines

### **Lesson plan:**

- Review the local contact information for artificial and natural climbing sites.
- Discuss valid sources for such information.
- Trail access should be easy for participants and emergency evacuation
- Tour fall zones and appropriate places for on lookers to be able to safely view the activities.

## Climbing Level I Lesson Plan

- Identify appropriate climbing heights for a variety of skill levels.
- Show ideal angles for climbing and rappelling.
- Show how and where to use non-climb rated adults in supervision and safety
- At natural sites show the following
  - Trails are free from loose, brittle, slippery or crumbly rock.
  - Sun and wind must be considered when deciding on an appropriate site.
  - Show anchors are in line with the climb and rappelling routes.
  - Bound areas and anchors for belayers and show they are in line with a potential fall.
  - Show how are anchor systems inspected during operation
- Review procedures needed to operate a natural or artificial climbing or rappelling site, including:
  - Travel to and from site
  - Procedures for proper use of equipment
  - Procedures for the preparation, operation and taking down of the site
  - Staff responsibilities during normal operation
    - Setup, operation, takedown
    - Timelines
- Review staff responsibilities during emergency situations at an artificial and natural site

# Climbing Level I Lesson Plan

**Subject: Environmental Conditions**

**Course: Climbing; Level I**

**Time: 30 minutes**

## **Instructional Objectives**

- Describe how environmental conditions may affect climbing and rappelling programs..
- Describe how to monitor these conditions

## **Training Aids and Equipment Required**

- none

## **Materials for Distribution**

- none

## **Methods and Overview**

- Guided free form group discussion of topics above

## Lesson Plan

Guided discussion: Environmental conditions

- Lead a guided free-form discussion on how environmental conditions may affect climbing and rappelling programs
- Instructors should make sure all topics are discussed
  - Weather
    - Wind, cold, heat
    - Rain, fog, snow, ice
  - Darkness & lightness
  - Animals
  - Plants
  - Insects
  - Traffic
  - Power lines
  - Loose rock, debris
- Discuss how to monitor these conditions

# Level I Climbing Lesson Plan

## **Level I Climbing Lesson Plan**

**Subject: Rock Climbing and Technique** (should this section exist here?)

**Course: Climbing; Level I**

**Time: 3 hours**

### **Instructional Objectives**

- Demonstrate facilitation of a top-rope climbing program.
- Demonstrate appropriate techniques of climbing.
- This is practical time to reinforce skills and proficiencies

## Level I Climbing Lesson Plan

**Subject: Anchors**

**Course: Climbing; Level I**

**Time: 3-6 hours (If level II is being taught simultaneously this can be shortened)**

### Instructional Objectives

- Identify requirements of an anchor system.
- Describe attributes of a basic anchor system
- Identify proper use and placement of a variety of protection devices
- Describe qualities of a solid anchor foundation;
  - Trees
  - Boulders
  - Rock; cracks, walls, outcroppings, etc

### Training Aids and Equipment Required

- COPE and Climbing reference manual
- Climbing Anchors, by John Long; Chockstone Press
- Protection and cordage
- Projector and slides showing anchors and the placement of protection

### Materials for Distribution

- None

### Methods and Overview

- Mini-lecture: Safe Anchor Systems
- Mini-lecture: Natural Anchor Points
- Mini-lecture: Placement Techniques for Active and Passive Protection

### LESSON PLAN: Anchors

Throughout this session, involve participants in constructing anchor systems. Insist that they be tied in to safety lines before approaching a fall hazard.

- Construct Anchor Systems (E.A.R.N.E.S.T.)
- Demonstrate placement of active and passive protection
- Discuss inspection of fixed locations and hardware.
  - Natural Anchor Points
  - Edge protection
  - Explain E.A.R.N.E.S.T
  - Discuss use of bolts and hangers

**Question/Answer Session:** Hold a question and answer session to confirm the knowledge of participants regarding anchors and anchor systems

### Group Activity:

Practice setting different types of anchor systems and critique

## Level I Climbing Lesson Plan

**Subject: Bouldering**

**Course: Climbing; Level I**

**Time: 30 minutes**

### Instructional Objectives

At the end of this session, participants will be able to

- Describe the purpose of bouldering.
- Demonstrate effective bouldering.
- Explain how to address the safety concerning bouldering.

### Training Aids and Equipment Required

- BSA COPE and Climbing Reference Manual
- Climbing wall or bouldering area, if available
- Bouldering pads or other

### Materials for Distribution

- None

### Methods and Overview

- Mini-lecture and group discussion: Bouldering Basics
- Demonstration: Safe and Effective Bouldering
- Group activity: Bouldering in Small Groups

### Lesson Plan: Bouldering

Discuss/ Demonstrate bouldering Basics

- Movement may be up and down, but the general direction is horizontal
- Bouldering is an ideal way to practice technique
- Bouldering also helps to strengthen climbers mentally and physically
- Bouldering may be incorporated into a climbing and rappelling program for teaching basic skills and for engaging the attention of groups of participants while they wait their turn.
- Falling is a natural part of the bouldering
- Bouldering allows climbers to push themselves beyond what might be appropriate on a higher climb
- All bouldering activities should be closely spotted and supervised.

Discuss/Demonstrate Safe and Effective Bouldering

- A boulderer's feet are never higher than his or her shoulder height above the ground.
- Boulderer's are always protected by a minimum of 2 spotters.
- Review proper spotting technique.
- Minimize distractions
- Creating a positive, supportive environment
- Ensuring the appropriateness of the site
- Discouraging showing off, competitive displays, or other inappropriate behavior

## **Level I Climbing Lesson Plan**

- Maintaining a proper ratio of spotters to boulderers (minimum 2-to-1)
- Preventing the area from becoming overcrowded

### Bouldering in Small Groups

- Have participants form small working groups.
- Allow them to demonstrate and practice leading each other through bouldering activities.
- Direct the learners so that they all experience being a boulderer, spotter, and leader.
- Reinforce safety concerns and the purposes of bouldering.
- Encourage participants to actively consider how they will supervise activities in their own programs, especially in terms of creating a safe and supportive environment in which people can learn meaningful skills.
- Challenge participants to overcome such unexpected circumstances as supporting overweight, visually impaired, or hearing impaired participants.

## Level I Climbing Lesson Plan

**Subject: Teaching Climb on Safely**

**Course: Climbing; Level I**

**Time: 30 minutes**

**NOTE:** *Training in Climb On Safely can be conducted by anyone who has an interest in climbing or rappelling; it does not require a skilled climber or rappeller. **Climb On Safely is not skills training.***

**Explain that Climb on Safely is for BSA Unit activities. The National Camp Standards are for council and district activities.**

### Instructional Objectives

At the end of this session, participants will be able to

- Explain how each of the eight points of the Climb On Safely program contributes to the objective of assuring safe unit climbing/rappelling.
- Understand why the first and last points—qualified supervision and discipline—are crucial and why all other points rely on these two points.
- Understand the process of selecting qualified instructors.
- Organize and carry out a safe unit climbing/rappelling activity, observing the eight points of the Climb On Safely program.
- Review the materials list for a better understanding of the resources available and how these can be used to help plan and safely carry out a climbing/rappelling activity.
- Understand the age appropriate climbing and rappelling guidelines

### Training Aids and Equipment Required

- COPE & Climbing climbing manual
- Mountaineering: The Freedom of the Hills, Don Graydon and Kurt Hanson, editors;
- *Other* Mountaineering Books or resources
- Parental Informed Consent Agreement
- Passport to High Adventure
- Annual Health and Medical Record Form
- Principles of Leave No Trace

### Materials for Distribution

- Climb On Safely: A Guide to Unit Climbing and Rappelling brochure, one per participant
- Climb On Safely Training Outline, one per participant
- CoS cards

### Methods and Overview

- Show Power Point presentation (Optional)
- Present the eight points framing each with real world situations or definitions

**LESSON PLAN:** Present 8 points of Climb on Safely

## **Level I Climbing Lesson Plan**

1. Qualified Supervision
2. Qualified Instructors
3. Physical Fitness
4. Safe Area
5. Equipment
6. Planning
7. Environmental Conditions
8. Discipline

### **Question and Answer session**

- COS Training Outline
- Hypotheticals to Review Age-Appropriate Climbing and Rappelling Guidelines

## **Level I Climbing Lesson Plan**

**Subject: Climbing Merit Badge and Venturing Mountaineering elective**

**Course: Climbing Level I**

**Time: 1 hour**

### **Instructional Objectives**

At the end of this session, participants will be able to

- Explain how to teach each of the requirements in the Climbing Merit Badge.
  - The staff should make sure to present a recommended progression of requirements.

### **Training Aids and Equipment Required**

- COPE & Climbing Manual
- Climbing Merit Badge Pamphlet
- Venturing Ranger book

### **Methods and Overview**

- Mini Lecture – Timing of a merit badge program
- Hands on small team problem solving

### **LESSON PLAN: Climbing Merit Badge Requirements**

Discuss time frame for summer camp a merit badge or Mountaineering elective program Discuss how a unit program might interact with a local climbing gym

- Schedule
- Requirement distribution; units can do many of the requirements without climbing expertise, so who does what?
- Climb on Safely

Divide into small groups and assign a few requirements and learning styles to each group. Let them present the materials to the rest of the group. Have each group critique their own presentation.

Divide into small groups and layout a plan for a unit to interact with a local climbing gym or guide service to provide a merit badge program. Have each group critique their own presentation.