

Climbing Level II Lesson Plan

Site Selection & Management	2 hours
Rock Climbing & Technique	3 hours
Anchoring	15 hours
Standards Recap	1 hour
Total	21 hours

Climbing Level II Lesson Plan

Subject: Level 2 Site Selection & Management

Course: Climbing Level II

Time: 2 hours

Instructional objectives

- Select a site for a natural area climbing activity
- Develop the procedure to get participants and staff to and from the site
- Develop the procedures for having participants put on helmet and harness
- Develop the procedures for setting up a top rope system for climbing and rappelling
- Develop the procedures for taking down the top rope system
- Determine routes, difficulty, anchor points and age appropriate activities.
- Set up a safety zone and a spectator's area for artificial and natural rock environments as well as a staff procedure for management.
- Develop event timeline including ingress, setup, operation, tear down and egress
- Develop emergency response plans and lines of communications

Training Aids and Equipment required

- Several sites both artificial and natural
- Climbing gear

Materials for Distribution

- None

Methods and Overview

- Hands on for participants.
- Hands off for staff. They should have their arms folded and observing for safety or answering questions only.

Lesson plan:

- Split class into small teams
- Have the teams set up and establish a management plan for an artificial or natural site.
- Let each team describe their event to other teams and self critique

Climbing Level II Lesson Plan

Subject: Rock Climbing and Technique

Course: Climbing; Level II

Time: 3 hours

Instructional Objectives

- Teach and evaluate facilitation of a top-rope climbing program.
- Teach and evaluate appropriate techniques of climbing.

Training Aids and Equipment Required

- BSA COPE and Climbing Reference Manual
- *Climbing* Merit Badge pamphlet
- All equipment necessary for setting up and conducting a climbing and rappelling program

Materials for Distribution

- None

Methods and Overview

- Participants demonstration of climbing techniques
- Set up a rotation where participants act in roles of both “teacher” and “student”
- Class should self critique

Lesson Plan: Climbing and Top-Roping

- Active participation is a key component of this portion of the course. Participants should be evaluated on their willingness to participate as well as effective communication and teaching skills.

Among the concepts to review during the ground school are:

- Examples of the climbing classification system
- Verbal signals for climbers and belayers
- Equipment and equipment checks (helmets, harnesses, hardware, climbing shoes, tape, chalk)
- Safety pointers:
 - Never climb alone and stay within your abilities.
 - Do not climb higher than shoulder-height without a belay, and even then make sure you are properly spotted.

Among the skills and issues to address are:

- Environmental conditions and Leave No Trace principles
- Ensuring the safety of the climbing/rappelling site
- Preparing participants (checking harness security, appropriateness of attire, etc.)
- Handholds (cracks; ledges; jugs or buckets; nubs; clings; pressure hold; finger, fist, and hand jams)
- Footholds (toe and foot jamming, edging, smearing, toe holds)
- Combination holds (mantling, liebacks, chimneying, counterbalance)

Climbing Level II Lesson Plan

- Down climbing
- Resting while climbing

Climbing Level II Lesson Plan

Subject: Anchors

Course: Climbing; Level II

Time: 12-15 hours (Total time between Level I and level II should be about 18 hours or until proficiency and confidence are reached.)

Instructional Objectives

- Be able to build an anchor system using artificial protection devices
- Participate in building multiple systems at various locations

Training Aids and Equipment Required

- Natural climbing area
- Climbing gear

Materials for Distribution

- None

Methods and Overview

- Mini lecture
- Hands on
- Here's the gear, go do it!

LESSON PLAN: Anchors

Question/Answer Session: Hold a question and answer session to confirm the knowledge of participants regarding anchors and anchor systems and adjust course timing and content appropriately. Participants should be elevated to instruction roles when ever possible.

Group discussion: Anchor Systems (E.A.R.N.E.S.T.)

- Demonstrate placement of active and passive protection
- Throughout this session, involve participants in constructing anchor systems. Insist that they be tied in to safety lines before approaching a fall hazard
- 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

Group Activity:

- Divide into small teams (2-3)
- Practice setting different types of anchor systems and critique
- Have groups rotate to another groups anchor system and evaluate.

Climbing Level II Lesson Plan

Subject: Standards Recap

Course: Climbing; Level II

Time: 60 minutes

Instructional Objectives;

- Understand the NCAP process and how COPE and Climbing programs fit within that process
- Have a good understanding of all the standards applicable to instructing the COPE program.

Training Aids and Equipment Required

- Current ACCT Standards
- Current NCAP Standards

Materials for Distribution

- Current ACCT Standards
- Current BSA National Camp COPE & Climbing standards

Methods and Overview

- Mini-lecture and group discussion: NCAP process
- Creative game to review the standards (Standards Jeopardy, Standards Charades)

Lesson Plan: Standards Recap

- Mini-lecture & group discussion: NCAP process
 - Briefly outline the NCAP process explaining the following:
 - NCAP Standards
- Few things are more boring and tedious than trying to present all of the ACCT and BSA COPE & Climbing standards in a single sit down session. Relevant standards should be covered as part of the subject matter presentations and discussions. This way the standard makes sense and the student is more apt to remember it. This is not intended to be a complete review of all of the standards, only the ones relevant to the job of instructing COPE programs.
- One method that might be used is to make a checklist of the standards that need to be covered in the course on a flipchart, and check them off as they are covered in the session. Before this session begins, review the list and make sure all of the standards relevant to COPE have been addressed. Identify any standards not already discussed and present this information to the class.
- After assuring all of the ACCT and BSA COPE & Climbing standards have been presented spend some time fielding questions or quizzing the students to assure that they understand