

High Ropes Skill Sheet.

Participant Name:

Skills Criteria:

Comments and Feedback for participants working to achieve their “Bronze” level:

Bronze:

- JRD-post belays consistently for peers with appropriate form
- Has attempted every high rope element at camp
- Is encouraging and supportive of peers while they climb
- Can properly put on a waist harness on their own
- Can tie 3 of:
 - Alpine butterfly bend
 - Alpine butterfly loop
 - Bowline
 - Clove hitch
 - Prusik knot
 - Figure 8 follow-through
 - Figure 8 on a byte
 - Water knot
 - Stopper knot
- Can properly size their own helmet

Comments and Feedback for participants working to achieve their “Silver” level:

Silver:

- Has demonstrated ATC belaying proficiently
- Can tie all:
 - Alpine butterfly bend
 - Alpine butterfly loop
 - Bowline
 - Clove hitch
 - Prusik knot
 - Figure 8 follow-through
 - Figure 8 on a byte
 - Water knot

- Stopper knot
- Has successfully made it to the top of all high ropes' elements at camp
- Has assisted with setting up a JRD post belay system
- Has participated in rock climbing daytrip

Comments and Feedback for participants working to achieve their “Silver” level:

Gold:

- Able to set up and take down ropes elements and attach to both JRD and ATC belay systems
- Able to accurately assess difficulty level of a climb using Yosemite Decimal System and provide logical rationale for the rating that they give
- Has taught a lesson related to rock climbing or challenge course use

Additional Comments/Feedback: