

## Low Ropes Skill Sheet.

Participant Name:

Skills Criteria:

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

### **Bronze:**

- Supports peers by volunteering to spot and participating in initiatives
- Follows the rules and listens to instructions
- Shows a commitment to improving
- Works on balance and coordination
- Actively participates in all initiatives and low ropes elements
- Has attempted the slack line

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

### **Silver:**

- Demonstrates exceptional dedication to supporting peers
- Demonstrates proficient balance and coordination to complete all elements successfully
- Understands the kinetics behind balance and uses this understanding to better their form when participating in low ropes
- Has developed an initiative game that can be participated in by the group
- Uses initiatives and ice breakers to convey meaning and build relationships/community
- Uses elements unconventionally and creatively in order to add new dimensions of challenge
- Communicates effectively with peers in order to complete a task while demonstrating leadership

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

**Gold:**

- Demonstrates exceptionally improved balance and coordination
- Has developed and taught an initiative accompanied by a write up of what this initiative is designed to accomplish and how it is to be executed
- Slack lines
- Sets up and takes down the slack line
- Demonstrates exceptional leadership in the PCA and uses this to support peer's successfulness
- Consistently exercises creativity in order to expand on what the available elements offer to programming
- Helped lead during a Happy Hour block

Additional Comments and Feedback: