

Thursday Evening Agenda (6:30 – 9:30 pm)

- 1. Introduction of Staff & Participants**
- 2. Read & Review**
 - Handout: Climb on Safely – Pass Out Cards
 - Handout: National Climbing Standards 2008 (overview)
 - Handout: Leave No Trace
 - Handout: Emergency Procedures at the Climbing Tower (overview)
 - Handout: Tower Rules, Cub Wall Rules (overview - will go over Saturday & Sunday)
- 3. What you are required to have: Instructors Card, First Aid/CPR Card, PHYSICAL**
- 4. Before anyone climbs: physicals (evaluation activity)**
- 5. Climbing Clothing / Climbing Equipment - Where to Purchase**
- 6. Knots & Swiss Seat – practice tying**
 - Fig 8
 - Fig 8 follow
 - Safety
 - Fig 8 bight
 - Double fisherman's
 - Water
 - [HOMEWORK – Work on Knots]
- 7. What to bring for the weekend**
 - Handout: Things you might want in your backpack
 - Sunday – Church Service
- 8. Homework:**
 - Read Merit Badge Book
 - Practice Knots
 - Peruse Climbing Info in Binder

Arrive Saturday by 7:45 am at CIT Tower – Please Bring Your Physical

Saturday (7:45 A. M. – 5:00 P. M.)

- 1. Arrive at the Climbing Tower by 7:45 am**
 - Introductions
 - Check Clothing, appropriate for climbing
 - Go over watches, jewelry, cellular phones, etc.
- 2. Unload Climbing Equipment at the Tower – meet in cabin to begin our day**
 - health records check in (everyone observe the process & questions)
- 3. Cabin Discussions (8:30 – 10:00)**
 - Philosophy of BSA & Tower Rules
 - Define & Discuss: Fear, Group Support, Buddy System, Scout Oath & Law
 - Instructor Responsibilities at the Tower
 - Emergency Procedures
 - Proper Use of Equipment, how to examine, Safety issues
 - Knots & Harnesses
 - Signals for climbing, belaying, rappelling (use in COPE game)
- 4. To The Tower (begin working in 2 Teams)**
 - Warm up game (COPE)
 - Evaluate the Area – team competition
 - Discuss concerns / things to watch for
 - Spotting
 - Demonstrate Set-ups - bench, belay, climber
- 5. Practice Belaying and Climbing**
 - Belay demonstration
 - climbing
- 6. Working Lunch (12:00 – 12:45)**
 - COPE game to complete lunch
- 7. Team skill areas (12:45 – 2:00)**
 - Swiss seats
 - Bench Set-ups
 - Practice Rappelling
 - Paperwork
- 8. Climbing / Rappelling <weather dependent> (2:00 – 4:00)**
- 9. Take down Tower (4:00 – 4:45)**
 - remove ropes
 - coil ropes
 - inventory equipment
 - rope logs
- 10. COPE game (4:45 – 5:00)**

Sunday (8:00 A. M. – 5:00 P. M.)

- 1. 7:30 am - Sunday Worship Service - Chapel**
- 2. Meet at Cub Wall at 8:00 am – pick up equipment**
- 3. Start at Cub Wall (8:10 – 10:00 am)**
 - Warm up Game (COPE)
 - Team Golf Competition
 - Cub Wall Rules
 - Evaluate Teams & Reward Winners
 - Differences between Boy Scouts and Cub Scouts
- 4. Go To Tower (10:00 am – 12:00 pm)**
 - complete set-ups for sign-off
 - Evaluate area
 - Set-up Rappel (Demonstrate for participants at practice site)
 - Climbing, belaying practice
- 5. Lunch – Team Photos (12:00 – 12:45 pm)**
- 6. Climb, Belay, Rappel (12:45)**
- 7. Take Down Tower (3:30 pm)**
- 8. Complete Final Evaluation (4:00 - 4:15 pm)**
- 9. Final COPE activity (4:15 – 4:30 pm)**
- 10. Final Questions**