

BSA Climbing - Instructor In Training (IIT) Schedule – Spring 2008

FRIDAY – APRIL 18, 2008

EVENING SCHEDULE

Activities:

- Arrive by 6:00 p.m.
- 7:00 p.m. – 8:00 p.m.
 - ✓ Introduce Training Staff
 - ✓ Icebreaker games
 - ✓ Meet the participants
 - ✓ Philosophy of BSA climbing/rappelling
 - ✓ Discuss Scout Oath & Law
- 8:00 p.m. – 9:30 p.m.
 - ✓ Climb on Safely
 - ✓ COPE game
 - ✓ Leave No Trace
- 10:00 p.m. Snack Break
 - ✓ Equipment
 - ✓ Knots & coiling
 - ✓ clothing

SATURDAY – APRIL 19, 2008

P. M. SCHEDULE

Activities:

- 12:00 p.m. – 12:45 p.m.
 - Lunch
 - COPE game
- 12:45 p.m. – 2:30 p.m.
 - four stations (20 minutes each)
 - rappelling
 - swiss seats
 - health forms / paperwork
 - set-ups
- 2:30 p.m. – 3:00
 - equipment check
- 3:30 - 5:00 p.m.
 - Climbing in teams
 - Students practice as lead instructor
 - Rescues & First Aid
- 5:00 p.m. – 6:00 p.m.
 - Tower Take Down
 - Coil ropes
- 6:00 p.m. – 6:15 p.m.
 - COPE game
- 6:15 p.m. – 7:00 p.m.
 - Dinner
- 7:15 p.m. –
 - Rope Logs
 - Jeopardy Team Competition

SATURDAY – APRIL 19, 2008

A. M. SCHEDULE

Activities:

- Before Breakfast
 - check clothing
 - discuss how to store watches and jewelry
- 7:00 a.m. – 10:00 a.m.
 - Breakfast at the Climbing Tower
 - Spandex climbing suit challenge
 - Tower Rules
 - Evaluate the climbing area
 - Fit harnesses
 - Review knots
 - Set up tower
 - Spotting
 - Anchor systems
 - Climbing commands
 - warm up exercises - COPE
- 10:00 a.m. – 12:00 p.m.
 - Climb in teams

SUNDAY – APRIL 20, 2008

A. M. SCHEDULE

Activities:

- 7:00 a.m. – 10:00 a.m.
 - Breakfast at Tower Cabin
 - Church Service at Clayton Rice
 - GOLF game
 - Cub Wall rules
- 10:00 a.m. – 12:00 p.m.
 - continue wall set-up (testing)
 - set up rappel, rappelling techniques, rescues

SUNDAY – APRIL 20, 2008

P. M. SCHEDULE

Activities:

- 12:00 – 12:45 Lunch
- 12:45 p.m. – 3:30 p.m.
 - lunch at Tower
 - IITs complete final evaluation
 - COPE games
 - Testing Areas
- 3:30 p.m. – 4:00 p.m.
 - tear down and put away climbing equipment
 - Pack up
 - Clean cabin