

Central Georgia Council (CGC) C.O.P.E. & Climbing Instructor Training

Course Name	Central Georgia Council COPE & Climbing Foundations Instructor Level I (Climbing Towers/Indoor Wall) Training Course
Course Dates	May 27 th – May 29 th
Course Duration	20 Hours (Fri:6pm -10pm, Sat: 9am – 9pm, Sun: 9am to 12 pm)
Course Location	Camp Ben Hawkins
Course Fee	(No cost! But we do ask a commitment to work at least two climbing activities during the year)
Course Eligibility -	<ul style="list-style-type: none"> • BSA Registered Adult (at least 18 years old) • BSA Registered Youth (at least 16 years old and have earned or currently working on the Climbing Merit Badge)
Course Prerequisites & Required Reading Prior to Start of Course	<ul style="list-style-type: none"> • BSA Youth Protection Training ¹ • BSA Climb On Safely ¹ • BSA Weather Hazards ¹ • BSA Annual Medical and Health Form (Parts A & B) ² • Read Chapters 2, 5-11, 13-14, and 27 in the BSA “Belay On” Manual ³
Course Provided Equipment	<p>A climbing harness and helmet will be provided for use by each participant during the training course. If you have your own climbing harness and helmet, you may bring them to the weekend course and request approval for use.</p> <p><i>IMPORTANT NOTE: Prior to granting permission for use, all personal climbing harnesses and helmets will be subject to inspection by the course staff to ensure they meet both BSA’s and the manufacturer’s safety and appropriate use standards. You must bring documentation for your gear in regard to the manufacturer’s suggested retirement date and date of purchase for the gear to be approved for use.</i></p>
Course References	<ul style="list-style-type: none"> • BSA “Belay On” Manual • BSA “Climb On Safely” Training Outline • BSA “Climbing” Merit Badge Pamphlet • Climbing Knots including but not limited to the following: Figure 8, Figure 8 Follow Through, Figure 8 on bight, Water Knot, Stopper Knot, Clove Hitch and the Munter with Mule. <p><i>An excellent on-line resource is “Animated Knots” by Grog (www.animatedknots.com).</i></p>
Course Registration	Please register online at the Calendar section of the Central Georgia Council web site: http://pgno.centralgeorgiacouncil.org/app/calendar/month?orgkey=1143&orglist=-1
Course Questions	-Contact Paul Southerland (PSouth169@gmail.com - 478-461-4762) or Stephanie Rumley (sjrtimes2@gmail.com – 478-334-8039)

Course Description

The course is designed to cover the Challenging Outdoor Personal Experience (COPE) and Climbing Instructor Level I Foundations and Climbing Instructor Level I competencies. The course goal is to ensure that you can safely and effectively support Central Ga. Council Unit, District, and Council climbing/rappelling activities held at Camp Benjamin Hawkins. Training will be conducted following the BSA guidelines of “Climb On Safely”, “Belay On”, National Camp Accreditation Program (NCAP) Standards, and CGC’s COPE and Climbing Policies and Procedures.

This Level I course is intended for BSA registered adults who meet the above prerequisites and are interested in learning and teaching the basics of climbing and rappelling on CGC’s Climbing Tower and assisting with COPE activities. Upon successful completion of the course (to include demonstrating climbing/rappelling core competencies), adults will receive their BSA “Climbing Instructor Level I” training card.

BSA registered youth who meet the above prerequisites are also eligible to take the Level I course. Upon successful completion (to include demonstrating climbing/rappelling core competencies), youth will receive their BSA “Climbing Instructor in Training” card.

Please note that this course will only focus on CGC’s artificial climbing surfaces (i.e. Tower and COPE elements) and will not cover natural rock climbing/rappelling or anchor set-up/safety

¹ BSA prerequisite training must be current (i.e. within 2 years) or completed before the Instructor Training Card can be issued ² BSA Annual Medical Form (Parts A & B) must be current (i.e. within 12 months)