

Study Sheet for Low Ropes Certification Training Class

1. Grade to pass and receive Certification
 - a. Skills: Pass or Fail
 - b. Written Exam: 85 or better
2. Low Course
 - a. Low Elements
 - b. Initiatives
3. Elements on your Course
4. Clothing:
 - a. Good
 - b. Bad
5. Commands
6. Job:
 - a. Instructor
 - b. Spotter
7. Processing
 - a. Type of question - write 8 of them
8. Challenge by Choice
9. Spotting Techniques
 - a. Spotting Position
 - b. Zipper
10. Three E's
 - a. Element
 - b. Environment
 - c. Equipment
11. What do you look at every day when you come to Ropes
12. What is the first thing you do when a group comes to the Ropes
13. Out of Control
 - a. Group
 - b. Person
14. Person does not want to do the activity
15. Trust
16. First Aid/CPR
17. When do you fill out an Accident Report
18. Negligence:
 - a. Cause & Effect
 - b. Commission
 - c. Omission
19. Risk management
 - a. Pre-Event
 - b. Event
 - c. Post-Event
20. Safety of the Program
 - a. Time test & true Spotting & Belay Technical
 - b. Professionalism & annual training
21. Focus on the participant not ???
 - a. Good
 - b. Bad
22. SPO:
 - a. Standing Operating Procedures
23. Camp Rules
24. Extra:
25. 1-2-3 Method:
 - a. Story
 - b. Spotting
 - c. 3-E's