Challenge Course Facilitator Certification Training

Pro Image Adventures

RETENTION through Journaling and QUIZZES

**Journaling Ideas-What did you learn today that improved your:**

Risk management / FALL PROTECTION knowledge

Observation skills

Supervisory skills of: peer staff, guests

Ability to sequence more artfully

Judgment Compassion Creativity Humility

Budget ($) economy

Efficiency

Facilitation skills in general

Ability to relate / TRANSFER the experience to guests real life

**low ropes:**

1. What were the names of the ALL activities / elements we did today?

2. Did you notice evidence of sequencing?

Please give at least two sequencing examples and how that helped your learning and skills.

3. Name at least 3 specific and one general aspects of fall protection that we experienced.

4. Name at least 2 metaphors that matched the activities that we did; put another way, what is the learning that you could transfer into your life based on at least 2 things we did today?

5. A. Name at least two specific areas that you experienced growth in today;

B. Name a growth area you observed in EACH (by name!) of your other participants today.

(NOTICE, NOTICE, NOTICE!)

C. How do you know? (Be specific but brief)

6. ADVENTURE - What does that mean, actually? (HINT - look up pg 76 in chapter 3 of the manual the RECIPE six components of a successful initiative)

Give 3 specific examples of how the trainer non verbally wove creative adventure into the day.

7. GRABBSS - Consider the preplanning involved in any of the activities today.

Give at least two examples when it was really good and why; and one example of where you think it could have been improved and how.

8. ROLE of the FACILITATOR - In the manual, near the end of chapter 2, Ken Kalisch talks about a number of wise insights regarding the facilitator's many different roles. Briefly cite at least two that were very significant learning for you and why.

9. In chapter 6, Blair McKissock talks about group process, reflection techniques, aspects of a good facilitator, and more. Name at least 3 SPECIFIC insights you will incorporate into your own bag of tricks from any of these concepts.

10. What are Zones of Growth and which is the category you want to encourage people to be in?

11. Give 2 practical examples how you adapt group process and reflection to fit the demands of limited time, especially in a school setting.

12. Describe a new (to your bag of tricks) sequence of adventure activities that you trust will result in guests having a productive teambuilding experience.

**HIGH ROPES:**

**Technical Skills Questions**:

1. A Name the 4 components of personal protective gear (PPE), (AKA personal safety gear-PSG)

B. What are the PPE checks you perform (IN ORDER, please) BEFORE allowing self or someone else to go off the ground on belay?

2. What is the minimum rated breaking strength in any component on a challenge course for personal protective equipment (PPE)?

3. A. Why is it CRITICAL to follow the manufacturers recommendations?

B. Where can we find them?

4.A. How many tucks in 3 stranded / braided rope are required minimum to hold an eye splice?

B. How many minimum tucks for redundancy to a Prusik knot?

4. A. What is the difference between static and dynamic rope?

B. Where would you clearly use one over the other?

(Give at least one example for each)

5. What are three advantages of the technique you observed for coiling rope?

**DEFINITIONS and TERMS**

1. A. Select at least 5 new terms that you have seen in action today as part of your training (that are in the GLOSSARY for ANSI 2.0-.3 2014 Challenge course standards).

B. Now CORRECTLY define those 5 new terms. (Found online - PRCA website, GLOSSARY, FREE)

**RISK MANAGEMENT**

1. A. Who is the most dangerous person on the ropes (challenge) course?

(Hint - pronouns matter!)

B. Why? (Give more than 1!)

C. So list some SPECIFIC proactive actions you have learned to practice to counter that?

1. What are at least 3 OTHER new safety phrases you practiced this week?
2. Name at least three items you started to notice when you did a fall hazard plan in the area of the challenge course you worked on today.
3. What are the four strategies you can use to MITIGATE RISK?
4. Give at least two examples of how (one / two of) the LOP's have assisted your understanding and helped MITIGATE your risk in using the course.
5. List two helpful improvements you could make to any of the LOP's you have observed? (Consider simplicity in understanding, accuracy, SAFETY, and the sequence of events).
6. Why is it CRITICAL to be vigilant: to TACTILELY (FEEL) AND VISUALLY (LOOK) at PPE frequently, even if you already checked it earlier? Describe 2 new habits you use.

**SELF - Climbing Confidence, Facilitator and Metaphor Awareness Development**

1. A. What made you the most afraid during the training? B. How, if you did, did you make progress toward dealing with that? (Remember what Eleanor Roosevelt said…”Do one thing every day that scares you”) C. How did the people here this week either help or not help in that process for you?

D. Name one instance where being "challenged by choice" came alive in being effective today.

2. Whether you’re cautious or fearless, what would be something you could / would alter (reasonable - safe!) to adjust the level of challenge for you in the future...like maybe tomorrow?

3. Who is one person you found yourself admiring today and why?

What attribute did they appear to possess / practice?

Of the written test found at the back of the manual, chapter 7, do the high ropes level 1 written test questions: