

# High Ropes Course



Audubon Center  
of the North Woods

**Purpose:** See the Audubon Center land from a bird's eye view, and challenge yourself in this exciting sky-high class. Participants learn responsibility, teamwork and communication skills while performing acrobatic tasks three stories in the air.

## Concepts:

- Communication and cooperation are key in working through situations.
- Challenging perceived limits allows us to grow personally.
- Constructive challenges provide opportunity for learning and growth.

## Learning Outcomes: Students will be able to

- Analyze tough situations and work through them with positive results.
- Identify the commands and procedures needed to safely move through the "high ropes environment".
- Build and Inspire trust in other individuals through the "ground partner" role.
- Demonstrate and apply connections between the ropes course and everyday life.

## Minnesota Academic Standards:

NASPE (National Association for Sports & Physical Education)

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3: Participates regularly in physical activity.

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**REVISOR:** BEN JOHNSON, 2009

**CLASS LENGTH:** 3- 3 ½ HRS.

**AGES:** 4<sup>TH</sup> GRADE- ADULTS

**SEASON:** F, W, SP, S

**GROUP SIZE:** 20 w/ Chaperones

**SAFETY:** Students will meet at the main buildings and travel ¼ mile to the course over level terrain. Moderate physical ability is required to climb up to the course and to navigate the obstacles of the course.

**MATERIALS:** Rescue Bag, Zip line attachment, 2 belay ropes, 2 lazy lines, Metal steps for poles, Zip line retrieval rope, Harnesses, Helmets, Safety Lines, 2 ATC's, 2 Carabiners, Hand held radio from office, Ropes course shed key, and First Aid Kit

## PRE-CLASS PREP:

### Setting up Equipment

- Setting up belay ropes
- Placement of steps on poles
- Inspecting all the ropes, by hand and eyes, that will be used during the class
- Rescue bag: Tying a figure eight and back-up knot on the rescue rope and attaching the carabineer to the safety rope.
- Zip-line set-up/Rescue Bag Placement
- Starting a fire in stove on cold days

### Pre-Use Inspection

- Visual check of each element
- Looking for broken/damaged equipment
- Check under all the tower platforms and under and around the zip platform for wasp and hornet nests.

### Belay Rope Set-Up

- Take the P-cord and tie a clove hitch with two half hitches onto one end of the belay rope.
- Pull the belay rope up through the quick links at the top of the platform and back to the ground.
- Tie a figure eight on a bight with a single fisherman backup onto the rope hanging next to the climbing pole. This is used for belaying participants up.

### Group preparation

- Make sure that everyone has a signed risk waiver
- Everyone must have close-toed shoes to go on the high ropes course
- What are the group's learning expectations? (Level, scope, and/or sequence of material to be taught)

## CLASS OUTLINE:

- I. Introduction - 10 min
- II. Gear Up!- 25 min
- III. Go through Course- 2 hrs
- IV. Debrief- 15 min