

Ropes Course Facilitation
KIN 198 01

INSTRUCTOR: Randy Drake

OFFICE/OFFICE HOURS: 300 Adair Hall/T, R 12:00-1:00

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COURSE DESCRIPTION

This course is designed to introduce students to ropes course facilitation skills and techniques. The course will meet primarily at the ropes course, though due to weather, some classes may meet in Adair Hall. The course may include students demonstrating skills in an actual program and practicing skills in class and through assisting with Adventure Games classes.

PREREQUISITE

Each student taking this course must have taken Adventure Games I (KIN 130) previously.

COURSE CREDIT

2 semester hours 1

COURSE CONTENT

Basics of safety; emotional & physical

Icebreakers & Name Games

Low Ropes: Mobile Props

Low Ropes: Fixed Elements

Facilitation Skills for Low Elements

Equipment: Ropes, Harnesses, Helmets

Set Up & Take Down

High Ropes: Static Belay Elements

High Ropes: Dynamic Belay

Other/Unique Systems: Giant Swing, 3-G Whiz, Zip Line

Rescues and Problems

Retrieval Skills

Safety Checking Skills

Facilitation Skills for High Elements

EVALUATION

Each student must pass BOTH written and practical examinations to receive credit.

Written – Midterm and final written exams will be given. The midterm will include low ropes facilitation components; the final will consist of high ropes facilitation skills.

Practical – Students will be expected to demonstrate understanding and application of safety, effective group leadership skills, and set-up/take down of equipment.

ATTENDANCE REQUIREMENT

Due to the nature of this course, a student is expected to attend all sessions. No more than 3 classes may be missed. An attendance policy for the course that describes in detail the class attendance expectations will be provided in a separate form. Please read, understand, and sign this form.

CONSIDERATIONS

A recognized teaching strategy in experiential education involves physical guidance of a student through a technique by an instructor. If such a strategy violates a student's "comfort zone," he/she is encouraged to inform the instructor so that an alternative method can be used.

REQUIRED READING

Low and High Ropes Course Facilitators Manuals. (available from the instructor)

Jacobson & Ruddy: Open to Outcome (available from the bookstore)

HOMEWORK

Each student will be required to complete homework as assigned. This may include readings (from required list, handouts, and Internet sources), individual or group presentations, and practical skills demonstrations/application.