

## Character Challenge Adventures

Phase B Training syllabus

Training Length: 8 hours

- High Element Dynamics: Dynamic belay
  - a. Guy system, cable, and poles
  - b. Cable sag; pullies move to middle of element and generate speed
  - c. Rope stretch
  - d. A,B,C - Anchor, Belay, Climber; force brings all three into line, Power Spot
  - e. Slack in belay system creates greater impact force Swing potential of climber
- Belay Practice at CB staple route using belayer, backup, and rope wrangler
- Work group through Commitment Bridge & Team Ladder
- Introduce Leap of Faith and belay differences. Rotate group through running the Leap.
- Demonstrate static course operation at intro
- Rotate staff through static course
- Demo Intervention lower with zip staff lowering each participant. Talk through lowering location options on static course.