



VERTICAL SKILLS CAMP

May 11 - 13, 2018 at Camp Opemikon

Camp Opemikon will be hosting a weekend Vertical Skills camp for 3rd year Scouts and Venturer Scouts participating with their Troop/Company. The aim of the weekend is to provide an opportunity for youth to gain knowledge leading to completion of competencies in the Vertical Outdoor Adventure Skill. Instructors will be on hand to provide the necessary guidance and ensure everything runs safely.

After instruction, the youth will be given opportunities to perfect and demonstrate that they have attained the competencies set out in the Vertical OAS. We expect to cover many of the skills required but will not sign off their being attained as that is the task of the Troop or Company. The list of the competencies we hope to cover is on page 2.

The outline for the weekend will be:

Friday evening	Safety briefing and knots instruction and practice.
Saturday morning	Belay technique and practice, equipment overview.
Saturday afternoon	Climbing at rock face or ropes course.
Saturday evening	Review knots, safety, equipment, etc. Use bouldering wall.
Sunday morning	Climbing at rock face or ropes course.

All necessary equipment will be supplied, participants are free to bring harnesses and helmets but we reserve the right to not allow their use if they do not meet our standards on inspection.

Please ensure participants bring a pack for the hike, water bottles and dress appropriately for the weather. Participants should wear running or climbing shoes for the climbs and may want to bring boots for the hike over to the rock face.

In order to keep costs down, you get to choose where you want to stay and whether you want to be catered. If self-contained, plan a bag lunch or support people to prepare meals to save time.

Cost (includes instruction and equipment):

Tenting (Clements field)	\$31 per person
Clements Lodge	\$37 per person
Catering, additional	\$36 per person

Scouters not participating in the activity are not required to pay for accommodations, only for catering if they choose.

Limit of 20 participants, preference will be given to youth participants over Scouters (though we'll try to find time to let the scouters have some fun as well).

For information, contact Alex Gazaleh at scouteralex@gmail.com. **Registration deadline is May 5.** Please register at opebookings@scouts.ca – Subject Line Vertical Skills Camp using the Registration form.

VERTICAL OAS

- 1.1: I know the safety rules for climbing on rocks, trees, fences and man-made structures.
- 1.2: I have been to a jungle gym playground and know how to play safely and cooperatively with others (using the climbing wall in cub field).
- 2.1: I have been climbing on an artificial wall or natural rock formation.
- 2.2: I can properly put on a climbing helmet.
- 2.3: I can identify and name the parts of a carabineer (do research ahead of time).
- 3.1: I have correctly tied a figure-8 follow-through knot.
- 3.2 I know when and where I should have a climbing helmet on.
- 3.3 I know the safety rules for climbing/rappelling at an artificial climbing wall.
- 3.4 I know how to care for, handle and store a climbing rope, harness, helmet and climbing webbing.
- 3.7 I can put on and adjust a climbing harness.
- 3.8: I know the safety rules for participating on an aerial/ropes challenge course.
- 3.9: I know the difference between: 1. single-pitch, 2.multi-pitch, 3. top-rope, 4. lead climbing, 5. seconding climbing methods (do research ahead of time).
- 4.1 I have tied a climbing rope into my climbing harness.
- 4.2 I know the main safety rules for climbing or rappelling at an outdoor natural climbing site.
- 4.3 I know how to perform an equipment safety check of myself, my climbing partner and anchor and belay systems.
- 4.4 I know the communication calls and script to follow between a climbing and belayer.
- 4.5 I have coiled a climbing rope (any method).
- 4.6 I know what makes a safe and unsafe climbing site.
- 4.7 I can belay using an auto-locking belay device.
- 4.8 I can name and identify the use of three types of locking carabineers and three types of non- locking carabineers (do research ahead of time).
- 5.1: I can tie these knots: water (tape), double fishermen's, prussic, clove hitch and bowline.
- 5.3: I can perform a safety inspection of a climbing helmet, harness, rope and carabineers.
- 5.4 I can belay using a friction, (non-moving part) belay device such as a tube or auto-blocking device. (possibly)
- 5.6: I can lower a climber on a top rope down to the ground. (possibly)