

Vertical Stage 1-3 Skills for Venturers

Outdoor Adventure Skills Activity Resource



| Suitable for | Organiser Skills | Specialist Skills | Duration | Location |
|----------------------|---|---|--------------|------------------------|
| Venturers–Rovers | SA + Abseiling Skills on demand or Vertical Stage 5 | Vertical Guide or Commercial Operator | 120 mins | Scout Hall Indoors |

A starter activity resource for teenagers for learning basic vertical skills prior to two future outings to a climbing gym or abseiling tower.

Who this is for

Venturers and Leaders supporting youth members in delivering the Outdoor Adventure Skills for **Vertical Stage 1-3**:

- Adult Leaders — Youth Program Leader with Scouting Adventure..
- Youth two-down — with **Vertical Stage 5+** (any of abseiling, climbing, caving, or canyoning).

These two roles can verify **Vertical Stage 3** proficiency statements, before Stage sign-off by the Unit Council. A useful tool to help with assisting youth members during this process is the guidance statement popup in the Scouts | Terrain app next to each proficiency statement. That should provide discussion points with which to engage the youth member.

Youth new to scouting should be adequately baselined in terrain prior to working through this resource.

Tips for Leaders supporting teenagers to Vertical Stage 1-3

- This is a starter resource. If run as described it should meet the listed proficiency statements. However, it should be customized to suit your available resources, intended outing, and youth members' needs.
- This resource is designed specifically for teenagers. Younger youth members should use the other age-appropriate resources. It is highly encouraged that the Adult Leaders support the Venturers to plan and lead these sessions for their Milestones using this resource.
- Any Leader with the training listed above can deliver parts of this activity. However the specialist vertical components need to be delivered by trained personnel, such as at a climbing gym, adventure park, or on a Scouting activity.
- Most of the **Plan** topics at **Vertical Stage 3** are covered in the **Vertical Skills on demand training module** available on training.scouts.com.au. You may choose to use it to improve your knowledge.
- The remaining topics are covered in this Activity Resource.
- This program is best structured around two vertical outings with the Unit or Activity Patrol. It is designed to allow a Venturer starting at Stage 1 to rapidly progress through to Stage 3, in order to begin preparation for an upcoming Stage 4 activity. The two outings could be any of two weeknight activities to a rock climbing gym, or an abseiling session such as at a Scouting event.

Example youth program

Two vertical outings and a half weeknight at the hall.

Resources required

People:

- Adequate people familiar with tying vertical knots and their uses (see above).

Equipment:

- Any rope for knots.
- Mobile devices with wifi or data for trivia, or alternatively printed instructions
- Printed copies of diagram for labelling

Locations:

- Scout Hall
- Climbing gym or Scouting activity.

Schedule

| Time | Duration | Activity | Lead | Assist | Organiser |
|-------------------------|----------|---|------|--------|-----------|
| <i>Recent Activity-</i> | | <i>Outing: Vertical activity #1</i> | | | |
| 07:30 PM | 00:05 | Opening Parade | | | |
| 07:35 PM | 00:10 | Discussion: Post-activity group review | | | |
| 07:45 PM | 00:25 | Game: Vertical safety trivia | | | |
| 08:10 PM | 00:05 | Activity: Label a diagram | | | |
| 08:05 PM | 00:10 | Discussion: Belays, carabiners, and anchors | | | |
| 08:15 PM | 00:35 | Activity: Knots for vertical activities | | | |
| 08:50 PM | 00:05 | Finish | | | |
| <i>Future Activity-</i> | | <i>Outing: Vertical activity #2</i> | | | |

Outing: Abseiling or climbing activity #1

Venturers participate in a vertical climbing and/or abseiling activity run by skilled persons.

Stage 1: Plan > I know what the best type of clothes for a rock activity are and can dress myself for an activity.

Stage 3: Do > I have helped a Stage one scout learn to adjust his or her helmet.

Stage 1: Do > I know the safety rules for climbing on rocks, trees, fences and man-made structures.

Stage 1: Do > I have been to a rock playground and know how to play safely and cooperatively with others.

Stage 1: Do > I can take care of my personal equipment for the duration of a rock activity.

Stage 1: Do > I know how to wear and adjust a helmet.

Stage 2: Plan > I can put on my own helmet and harness properly.

Stage 2: Do > I have abseiled once at this stage.

Stage 2: Do > I have been climbing twice on an artificial wall or natural rock formation.

Stage 2: Do > I can show where I am allowed to climb, before I start climbing.

Stage 3: Plan > I know the safety rules for participating on climbing wall or ropes challenge courses.

Stage 3: Do > I have taken part in at least two vertical activities at this Stage.

Stage 3: Do > I have climbed or abseiled a 10 metre wall at this stage.

| People | Resources | Duration | Location |
|---------------------------------|--|----------|---|
| 1 leading for any youth members | As supplied by facility (harnesses and/or helmets) | 120 mins | Professional climbing gym, or Scouting activity abseiling tower |

Prior to the activity: Safety briefing on being sunsmart, clothing, helmet and harness, where and when we are allowed to climb.

Discussion: Post-activity group review

Following a vertical activity Venturers take it in turns to talk about their experiences as a Review.

Stage 1: Review > I can talk about what I enjoyed, learnt, or improved upon by participating in a rock-based activity.

Stage 2: Review > I have talked about what I enjoyed, learnt, or improved upon from at least two rock-based activities.

Stage 2: Review > I can suggest what I would do differently on a future rock-based activity to enjoy it more, to be safer, or to learn new things.

Stage 3: Review > I have discussed with my Patrol ways that we can improve the safety of our rock-based activities.

| People | Resources | Duration | Location |
|------------------------------------|-----------|----------|----------|
| 1 leading for any youth members | None | 10 mins | Any |

Sit or stand in a circle. Venturers take it in turns to review the two vertical activities they have participated in. This can be done at the end of the activity, or later back in the hall. There are four points to review, so go around the circle four times:

1. What I enjoyed about the vertical activity was...
2. What I learnt during the vertical activity was...
3. What I would do differently on a future rock-based activity is...
4. Our Unit can improve the safety of future rock-based activities by...

Optional deep dive:

5. Something I found challenging is... I found it challenging because...
6. Since completing this activity one perception I have changed is...

Game: Vertical safety trivia

Play a game of trivia to test everyone’s knowledge about safety on vertical activities.

Stage 1: Plan > I know not to break or damage trees when climbing them.

Stage 1: Plan > I know what to do if I get lost at an activity.

Stage 1: Plan > I can explain the buddy system.

Stage 1: Plan > I have discussed what the purpose of a helmet is.

Stage 1: Do > I know how to contact the emergency services.

Stage 2: Plan > I can discuss what safety precautions you should take before going on a rock activity.

Stage 2: Plan > I have explained what impact I can have on local vegetation when participating in rock sports.

Stage 2: Plan > I can explain why we do harness and carabiner checks before we begin our rock activity.

Stage 2: Do > I can protect myself from sun exposure.

Stage 2: Do > I have discussed the appropriate action I should take in the case of an accident.

Stage 3: Plan > I know what the risks are for participating in a vertical activity in different weather conditions.

Stage 3: Plan > I can explain the importance of wearing the right clothing and gear while participating in a vertical activity.

Stage 3: Plan > I know which items I should carry with me when participating in a vertical activity.

Stage 3: Plan > I know how and where to get the latest weather forecast for the area I will be climbing in.

Stage 3: Plan > I can point out a good anchor for a rock activity

Stage 3: Do > I can teach the importance of the buddy system to a younger Scout.

| People | Resources | Duration | Location |
|------------------------------------|--|----------|----------|
| 1 leading for any youth members | Mobile phone with wifi or mobile data, or printed questions | 20 mins | Any |

Online Kahoot instructions: The host will need to register for a Kahoot login, however, players do not need a login.

1. Host will use the following link to launch the game:
<https://create.kahoot.it/details/67f4ffe3-b748-40c2-bd34-1703c7f819df>
2. Click Play.

3. Players use their own devices, (like a phone), to join the game via kahoot.it or the Kahoot! app, by entering the PIN and their nickname.
4. Once all players are in the game lobby, click Start.

Alternatively use the following question bank. If you have someone OAS Stage 5 or above in your Unit they may modify or create new questions.

| # | Question | Option A | Option B | Option C | Option D |
|----|--|--|--|---|---|
| 1 | What do I do if I get lost in a cave? | Call out repeatedly until someone replies | Try every direction until you find the right one | Stay where I am and wait to be found | Send my buddy off to find everyone else |
| 2 | I use the buddy system to... | Ensure someone knows where I am at all times | Check my harness, belay device, and carabiners | Send for help if I am injured | All of the above |
| 3 | I plan to keep my patrol safe by | Keeping a minimum safe party size of ~5 | Telling someone where we are going | Checking the weather forecast | All of the above |
| 4 | In the event of an emergency | I should stay where I am and wait for directions | I should climb up to the person and render assistance | I should dial 000 | I should follow the first aid action plan |
| 5 | A good anchor point for a vertical activity might include | A rated stainless steel bolt | A 4WD vehicle | Three trees | All of the above |
| 6 | I wear a climbing helmet because | To protect my head in case I trip over | To protect my head from a low cave ceiling | To protect my head from a falling rock | All of the above |
| 7 | I wear my climbing helmet | Whenever my buddy wears theirs | From before I approach the cliff site until after I have left the cliff site | Whenever I am abseiling, climbing or belaying | Only when it's not sunny |
| 8 | I ask my buddy to check that my harness... | is tight and secure at the waist | is not back-to-front | has enough gear loops | matches my helmet |
| 9 | I ask my buddy to check that my main carabiner... | matches my belay | is not back-to-front | is locked | is loaded correctly and locked |
| 10 | It is important I bring the right clothing because | I will get in trouble if I don't | I will get teased if I wear the wrong thing | My clothing protects my skin and grips the rock | I never anger the fashion police |
| 11 | The equipment I carry on a vertical activity includes | Harness and helmet | Water bottle | Lunch | All of the above |
| 12 | How can I damage the environment during a vertical activity? | Chipping at the rocks | Damage the trunk or limbs of plants | Disrupt the hibernating or breeding season of bats or falcons | All of the above |
| 13 | I protect myself from the sun by... | Swapping my helmet for a hat while waiting my turn | Apply sunscreen and wear long sleeves | Abseiling in the shade or at night | Wearing a cap under my helmet |
| 14 | The dangers of hot conditions on a vertical activity include | Lightning strike | Slippery conditions | Being thrown around on rope | Sunburn and heatstroke |

| | | | | | |
|----|---|-----------------------------|------------------------|--|-----------------------------|
| 15 | The dangers of thunderstorm conditions on a vertical activity include | Sunburn and heatstroke | Lightning strike | Frizzy hair | Being thrown around on rope |
| 16 | The dangers of wet conditions on a vertical activity include | Being thrown around on rope | Sunburn and heatstroke | Slippery conditions and hypothermia risk | Terrible jokes |
| 17 | The dangers of windy conditions on a vertical activity include | Flood risk | Sunburn and heatstroke | Terrible jokes | Being thrown around on rope |
| 18 | What source of information do I seek out about the expected conditions for an upcoming vertical trip? | Bureau of Meteorology | Mum | Buddy | Magic 8 ball |

Answers: 1)c, 2)d, 3)d, 4)d, 5)d, 6)d, 7)b, 8)a, 9)c, 10)c, 11)d, 12)d, 13)b, 14)d, 15)b, 16)c, 17)d, 18)a

Activity: Label a diagram

Venturers label a diagram with all of the essential vertical equipment.

Stage 2: Plan > I can draw or label a diagram labelling all of the essential equipment required for rock activities.

| People | Resources | Duration | Location |
|---------------------------------|--|----------|----------|
| 1 leading for any youth members | Printed diagrams or Smartphone and craft materials | 5 mins + | Indoors |

Options:

1. Print and then label everything you can in the attached vertical colouring sheet.
or
2. Recreate a scene from one of your vertical outings, individually or as a unit making sure to include the equipment you used. Stop motion can be used to bring your creation to life. (may take over 30min)
 - o Download a free stop motion app.
 - o Create frames by drawing or laying objects and people on the ground in position.
 - o Take photos of each scene as prompted by the stop motion app.
 - o Play your stop motion back pointing out the essential safety equipment.

Hint: This could probably be done as the final round to 'vertical trivia'. or whilst assisting your local Cub Unit on their vertical activity night.

Discussion: Belays, carabiners, and anchors

Lead a group discussion with Venturers after a vertical activity about belays and carabiners.

Stage 3: Plan > I understand the need for belays in relation to vertical activities

Stage 3: Plan > I can point out a good anchor for a rock activity

Stage 3: Do > I can demonstrate how to correctly care for carabiners and explain why it is important.

| People | Resources | Duration | Location |
|--------|-----------|----------|----------|
|--------|-----------|----------|----------|

| | | | |
|------------------------------------|------|---------|-----|
| 1 leading for any youth members | None | 10 mins | Any |
|------------------------------------|------|---------|-----|

| | QUESTIONS FOR VENTURERS | SUMMARY |
|-------------------|--|--|
| BELAYS | <p>Belay questions for group discussion:</p> <ul style="list-style-type: none"> • What is a belay? • Why do we need them? • What is the technique for operating a belay? | <p>Summary to read at the end:</p> <ul style="list-style-type: none"> • Belays are designed to stop a fall. • The belayer operates the belay device. • The device uses friction to stop the rope. • There are different styles favoured by different activities, eg. caving, canyoning, climbing. • Learning how to use the belay device is a skill. |
| CARABINERS | <p>Carabiner questions for group discussion:</p> <ul style="list-style-type: none"> • How do we care for carabiners? • Why do we check carabiners before using them? • Why is it important to look after them? | <p>Summary to read at the end:</p> <ul style="list-style-type: none"> • Keep carabiners clean and dry. • We don't drop them or stand on them. • We inspect them for damage, and to ensure they are working properly. • Carabiners need to work because our life depends on it. |
| ANCHORS | <p>Anchor questions for group discussion:</p> <ul style="list-style-type: none"> • What is an anchor in vertical activities? • What makes a good anchor? • What things might not be good choices for anchors? | <p>Summary to read at the end:</p> <ul style="list-style-type: none"> • An anchor point is something natural or artificial that we can attach rigging to for our ropes or belays. • A good anchor is something very strong that isn't going to break under the load from a fall. • Good anchors: a big sturdy tree, big solid rocks, and sometimes strong steel structures secured to the ground. • Things that are not good anchor points: little trees, dead trees, logs, flimsy fences or railings, crumbly rocks, anything with sharp corners, shallow boulders that our rope can slip over, small boulders that can be uprooted. |

Activity: Vertical first aid scenarios

Practice giving basic first aid for a vertical activity. While these Vertical proficiency statements are duplicates of Bushcraft Stage 3, they should be contextualised to a vertical activity.

Stage 3: Do > I know what DRSABCD stands for and how to apply it in first aid situations.

Stage 3: Do > I know how to treat cuts and minor bleeding.

| | | | |
|-----------------------------------|---|-----------------|-----------------|
| People | Resources | Duration | Location |
| 1 leading for 3+ youth members | Water, band aid, irrigation syringe, tweezers, improvised bandage. | ~20 mins | Indoors |

First Aid treatment for rope burn is the same as any other burn. Revise the first aid guidelines for minor burns and wound cleaning (see www.anzcor.org), Remember scrapes with dirt in them (dirty wounds) need to be cleaned unless there is life threatening bleeding.

Part 1: Discussion

The most common vertical injuries are weather and environment related like sunburn. Because we use ropes, friction burns (rope burn) are also possible if we are not paying attention. Some rocks are rough like sandpaper, occasionally we get small abrasions on arms or legs. Ask Scouts what they think the treatments are for these types of illness or injury.

Part 2: Scenarios

In patrols, give Scouts first aid scenarios to set up and then treat. Pretend that 1 Scout is injured, and the patrol needs to come up with the solution and treat the injured person.

| | |
|--|--|
| <p style="text-align: right;">A</p> <p>You have been caving all day and got a bit delayed when someone dropped their head torch in the caves shallow stream earlier and nobody remembered their second light source.</p> <p>When you emerge from the cave entrance you are greeted by the moon, stars and some bats taking off from a nearby hole in the ground. You know you are late out and need to check in but everyone's having a good time and there's no phone signal anyway.</p> <p>It's a little way back to camp but you think it will only take 1 hour once you reach your stashed push bikes. On the way back your Ventura leader is moving slower than usual and mumbling.</p> | <p style="text-align: right;">B</p> <p>You have just finished an amazing day out on your vertical adventure and are packing up ropes. Before the last rope is taken down your most "energetic" ventura decides to abseil one more time but is being rushed. They abseil down at full speed and are brought to a sudden stop just before the ground.</p> <p>When they removed their descending device they suddenly dropped it from the heat of the speedy descent. As they come towards you holding their hand and screaming for ice you notice a hole in their T-shirt and deep 10 cm long rope shape indentation in the skin above their hip. It's both red and white.</p> |
| <p style="text-align: right;">C</p> <p>During your rockclimbing activity your patrol is approached by some nearby climbers. They have come over because they did not bring a first aid kit with them and they want some help. They tell you that the climber managed to lose balance when not paying attention and you can see a three finger-width abrasion (scrape) on the left forearm. It's not bleeding much but you can see some dirt in it.</p> | <p style="text-align: right;">D</p> <p>You are on your way to a slot canyon. It's raining but you're all suited up and everyone has a helmet on. It hasn't been raining long and the leaders assure you the water will not fill up this specific canyon but you're a bit nervous.</p> <p>Once inside the canyon you notice a foot poking out from behind a rock and there's some blood in a puddle of water coming from this person's foot.</p> |

Scenario answers: A) Cold stress (hypothermia), B) Minor rope burn, C) Minor cut that needs cleaning, D) Minor bleed but did you follow DRSABCD?

Activity: Knots for vertical activities

Tying knots for vertical activities.

Stage 2: Plan > I know why knotting skills are important for vertical activities.

Stage 2: Do > I can tie two knots that will help me in vertical activities.

Stage 3: Do > I have correctly tied a re-threaded Figure-of-8 knot, Alpine butterfly knot and a Tape knot and can apply them to a vertical activity

| People | Resources | Duration | Location |
|------------------------------------|--|----------|----------|
| 1 leading for any youth members | Rope Webbing/Tape Pulley (optional part 2) | 20 mins | Any |

Part 1: knots

There are many knots used for vertical activities. By the end of Vertical Stage 3 Venturers need to know the following:

- Figure-8 - Used as the starting formation of the rethreaded figure-8 and several other, basic and advanced variations.
- Figure-8 on a bight - used to connect a rope to a harness or anchor point with a carabiner.
- Rethreaded Figure-8 - used to create a figure-8 bight around an object. and the standard for tying a rope into a harness.
- Alpine butterfly knot - useful to create a loop in the middle of a rope, and can be pulled in any direction. Useful for building anchors or attaching a belay to a rope.
- Tape knot - useful to join two ends of webbing together, such as to create a sling to rig around a big tree.

Venturers may self-teach these knots by using the videos in this link <https://youtu.be/Fc0IQSUu8Q0>. A skilled Venturer OAS Vertical Stage 5+ or a Leader may be able to provide demonstrations and peer-to-peer assistance.

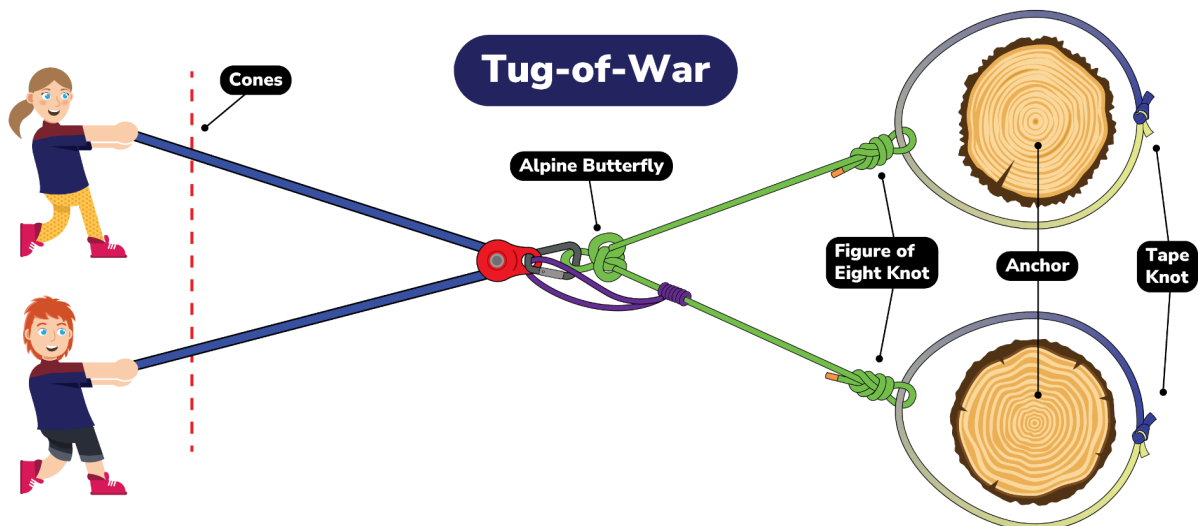
Hint: If you are intending to progress to Stage 4 for an upcoming activity, you might want to consider adding: double fisherman's knot and a three wrap prusik knot.

Part 2: (Optional) use knots to create an anchor and play tug of war.

Anchors for vertical activities generally consist of 2 artificial or 3 natural anchor points. This is advanced and is covered in detail by the end of Stage 6. For now construct a simple anchor for a game of tug of war.

In your local park or Scout Hall.

1. Select 2 large healthy trees or existing anchor points.
2. Tie a piece of webbing around each with a tape knot (place the knot at the back of the tree, and pad the tree to prevent ring barking)
3. Attach both ends of a rope to the webbing using a rethreaded figure-8, or figure-8 on a bight with a carabiner.
4. In the middle tie an alpine butterfly knot creating a V in the rope.
5. Attach a pulley and rope to the Alpine butterfly.
6. Attach a short tether to the pulley to prevent it becoming a projectile if your anchor breaks.
7. Have a tough round robin game of tug of war with your Unit.



Safety warning: Thin ropes cut hands! For the Tug of war activity the rope used must be thicker than an adult thumb. Rope must not be wrapped around hands when pulling. If using a pulley it needs to be a high strength pulley!

Tip: If you don't have webbing to practice the tape knot, improvise. Cut the metal end off a ratchet or tie down strap. Just never use it in any real anchors.

Outing: Abseiling or climbing activity #2

See outing #1.

Vertical outing #2

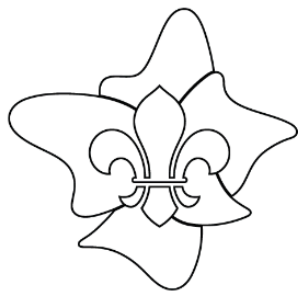
Note: It is recommended to do one abseiling activity and one rock climbing activity using ropes. Because one of the proficiency statements is "I have climbed twice at this stage", a bouldering activity in a local bouldering gym, Scout park with a bouldering wall, public bouldering wall, or short natural bouldering is a good additional option should you need one.

As a Venturer you may not need to do two activities for this program. If you have previously been rock climbing or abseiling on a Scouting activity such as a state or district camp, or even a school camp, these would all be acceptable activities. If you have enough experiences to meet the 'Do' proficiency statements, instead focus on your upcoming Stage 4 activity for your outing.

Contextualized Statements:

These Vertical proficiency statements and the first aid ones from above are duplicates of Bushcraft Stage 3. If possible attend an event with younger sections on one of your vertical outings to create a joint vertical activity night. A trip to a public bouldering facility is free and can be done on a weeknight.

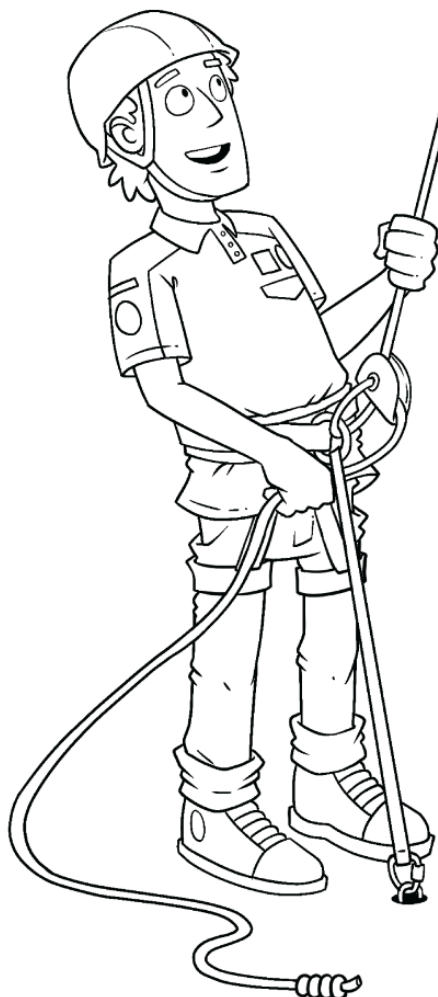
Stage 3: Do > I can teach the importance of the buddy system to a younger Scout.



Scouts
VICTORIA

Draw a line between each word and the item on the characters

- Helmet
- Harness
- Paying Attention
- No Slack in Rope
- Both Hands on Rope
- Belay Device



Name: _____
Group: _____



- Long Hair Tied Back
- Helmet
- Harness
- Footwear
- Long Pants
- Rope