

Vertical Stage 2 Plan Intro Vertical Skills

Outdoor Adventure Skills Activity Resource



Suitable for	Organiser Skills	Specialist Skills	Duration	Location
 Cub Scouts  Scouts	 or 	 or 		
Cubs–Scouts	SA + Abseiling Skills on demand or Vertical Stage 4	Vertical Guide or Commercial Operator	90 mins	Scout Hall Indoors

A starter activity resource for learning introductory vertical skills prior to a future outing to an adventure playground or climbing gym.

Who this is for

Leaders and Youth supporting youth members in delivering the Outdoor Adventure Skills for **Vertical Stage 2**:

- Adult Leaders — Youth Program Leaders
- Youth two-down — with **Vertical Stage 4+** (any of abseiling, climbing, caving, or canyoning).

These two roles can verify **Vertical Stage 2** proficiency statements, before overall 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.

Tips for Leaders supporting youth members to Vertical Stage 2

- 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.
- All of the **Plan** topics at **Vertical Stage 2** are covered in the **Abseiling Skills** on demand training module available on training.scouts.com.au. You may like to complete that module prior to running the activity to improve your knowledge.
- 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.
- Any two of the knots in the Abseiling Skills module would be useful in a vertical activity. Figure-8 on the bight and Figure-8 rethreaded are the simplest for young members and used for attaching a harness to a belay rope (with and without carabiners respectively).
- Climbing gyms and abseiling towers are good options for the **Do** activities. This can require more planning for regional and rural Scout Groups to achieve; Suggest attending Scouting campsites with vertical facilities or contacting the Abseiling Team for regional options.

Example youth program

One full night (or two partial-nights) in the hall preparing for a vertical outing. The outing should be a climbing or abseiling activity.

Resources required

People:

- Adult Leaders or Youth Helpers

Equipment:

- Rope for knot tying
- Printed diagrams
- Coloured pencils
- Pavement chalk
- Dice

Locations:

- Scout Hall
- Climbing gym or vertical adventure playground designed for young people, or Scouting activity at abseiling tower.

Schedule

Time	Duration	Activity	Lead	Assist	Organiser
07:00 PM	00:05	Opening Parade			
07:05 PM	00:10	Discussion: Preparing for vertical activities			
07:15 PM	00:15	Activity: Knots for vertical activities			
07:30 PM	00:10	Game: Vertical Safety			
07:40 PM	00:10	Activity: Label a diagram			
07:50 PM	00:25	Game: Ropes and Caving Ladders			
08:15 PM	00:10	Review and Preview Outing			
08:25 PM	00:05	Closing Parade			
<i>Future Activity</i>		<i>Outing: Abseiling or Climbing activity</i>			

Discussion: Preparing for vertical activities

An age-appropriate overview of the upcoming vertical activity they are going to do, to understand the context of today's activities.

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

People	Resources	Duration	Location
1 leading for any youth members	None	10 mins	Indoors

Try to address:

- Where we are going
- What is abseiling and/or rock climbing
- How do we stay safe from falling (harnesses, ropes, helmets)
- How we stay safe from the rocks/sun (clothing, sunsmart)
- Their fears such as heights
- That they need to know how to stay safe for their badge progression
- What do we do in case of an accident (first aid/call for help)

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.

People	Resources	Duration	Location
1 leading for 3+ youth members	Rope	15 mins	Indoors

Explain the knots they are learning, and why they are important for vertical activities (see below). For very young members the two easiest vertical knots to teach are:

- Figure-8 on a bight - useful to connect a carabiner and harness to a rope for climbing.
- Figure-8 rethreaded - useful for attaching a harness to a belay rope without a carabiner.

Suggest providing a practical demonstration for vertical uses of both knots with youth members. Tie a rethreaded figure-8 around a belt to show tying a rope to your harness without a carabiner.

This video shows the tying method for the knots at this Stage: <https://youtu.be/Fc0IQSUu8Q0>

Tips:

- Use youth members working on youth Stage 5 to teach Stage 2 knots if possible.
- Cubs may enjoy using a long killer python lolly snake to tie the knots, and then they get to eat them afterwards. *Wash hands first and work on a clean surface, avoid touching someone else's lolly.*

Optional game. You can get Cubs to apply their new skills as part of a knot relay to make things fun. (+15 min)

1. Each patrol has one long rope, and a trolley board/ skateboard.
2. Each Cub takes the trolley board and one end of the rope to the far end of the hall.
3. There they tie a re-threaded figure-8 through the handle of the trolley board.
4. If the knots are correct, the Cub sits on the trolley while their patrol pulls them back to the start line using the rope.
5. Continue until all Cubs have tied the knots. If a Cub struggles with a knot, have their Patrol Leader step in and assist them.

Game: Vertical Safety

A game for Scouts to discuss the safety precautions taken prior to a rock activity.

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

People	Resources	Duration	Location
1 leading for 3+ youth members	Chalk or paper with sticky tape to clearly label the corners of the room	10 mins	Indoors

Setup: Designate one end of the hall as 'TRUE' and the other end 'FALSE'.

Instructions: I am going to call out something about my helmet, my harness, my footwear, or my carabiner, and then say something about safety in vertical activities. If it is TRUE you need to run to this end of the hall. If it is FALSE you run to that end. OK?

Calls [repeat as required to get correct answers]	Answers
My footwear stops me slipping on slippery rocks	TRUE
My helmet protects my head from falling pebbles	TRUE
My carabiner stops me from getting sunburned	FALSE
My harness is what I wear to attach to the rope	TRUE
My carabiner connects the rope to my harness	TRUE
My helmet is made out of marshmallow to protect my head	FALSE
My footwear has to have good grip	TRUE
My harness has buckles that need checking	TRUE
My harness is always red so everyone can see me	FALSE
My carabiner needs to be looked after and kept clean	TRUE
My carabiner has a screw lock that needs to be checked	TRUE
My helmet has a chin strap that needs to be done up	TRUE
My sunglasses have to be worn at all times around a cliff	FALSE
My harness needs to be fitted properly to keep me safe	TRUE
My carabiner connects to a knot in the rope	TRUE

Activity: Label a diagram

Cubs 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 1+ youth members	Coloured pencils, Printed diagrams (see attached).	10 mins	Indoors

Instructions: On the attached vertical activity drawing connect the labels to the image to show where the safety equipment belongs. Colouring-in is optional. Print as many copies as required of the attached drawing.

Game: Ropes and caving ladders (snakes and ladders)

Game of snakes and ladders to test Cubs' safety knowledge of vertical activities.

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

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

People	Resources	Duration	Location
1 leading for 4-12 youth members	Dice, Pavement chalk (alternatively large whiteboard, markers, and magnets)	25 mins	Indoors or large paved car park

Setup: Draw a huge 5x5 grid of squares on the ground (alternatively on a whiteboard) and add ladders and abseils (snakes) in a large form of snakes and ladders for the youth to play on. Draw in about 10 question marks “?” on blank squares.

Cubs take turns to roll a single die and move the number of corresponding squares on the playing grid.

If the player ends their turn landing on the lower end of a ladder, they (or their token) can climb the ladder shortcut.

If the player ends their turn landing on the upper end of an abseil rope, they (or their token) must descend the abseil penalty.

If the player ends their turn landing on a “?” square, ask them a Vertical Safety Question. A correct answer gets to roll again.

Vertical safety questions: [recycle questions to different Youth]	Correct answer:
Can I stand close to the edge of a climb without a safety line?	No - if you trip or stumble then you may fall to the bottom of the climb and hurt yourself
Is it OK to graffiti the rock?	No - we must respect the environment
Can I abseil without my harness being done up correctly?	No - the harness will not hold you properly and you may fall out of the harness and hurt yourself
Is a figure-8 on a bight a good knot to attach to my harness for a vertical activity?	Yes - it is the correct knot to use.

Can I just go and do a vertical activity by myself and not tell anyone?	No - buddy system and let people know where you are going and when you expect to be back
What is the correct footwear for a vertical activity?	Footwear that is correct for the activity - runners for abseil wall, rock climbing shoes or grippy runners for rock climbing. Grippy boots with ankle support for caving
Should I follow the instructions of leaders when doing a vertical activity?	Yes - One of the jobs of the leader in charge is to ensure that you have a safe and enjoyable adventure
How do I protect myself from the sun during a vertical activity?	Long sleeves, sunscreen, shade, sunglasses [note: can only wear hats away from the cliff because of helmets]
Why do we tie a stopper knot in the end of our abseiling rope?	So we don't abseil off the end of it, and fall and hurt ourselves.
Why do we need to check the carabiners are locked before we abseil or climb?	So they don't come undone, and we don't fall and hurt ourselves.

Outing: Abseiling or Climbing activity

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

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

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

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

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

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

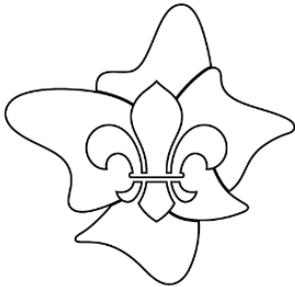
Stage 2: Review > I have talked about what I enjoyed, learnt, or improved upon from at least two rock-based activities

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

People	Resources	Duration	Location
Trained Vertical Guide 1 leading for 4-12 youth members	Equipment: As supplied by facility (harnesses and/or helmets)	90 mins	Professional vertical adventure playground, 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 will be required.

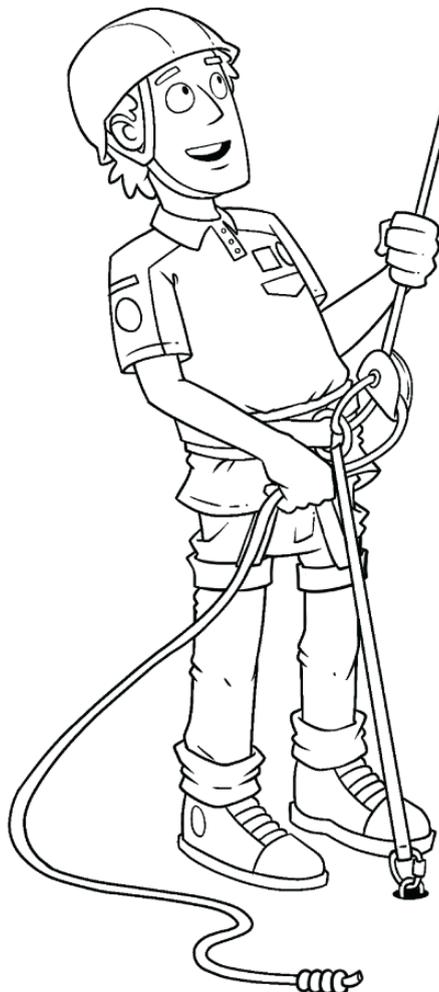
Following the activity: Review activity as per the proficiency statements above.



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