





Vertical Stage 1 Plan Rock Skills

Outdoor Adventure Skills Activity Resource




Suitable for	Organiser Skills	Specialist Skills	Duration	Location
 Joey Scouts Cub Scouts Joey's-Cubs	 or  Scouting Adventure or Vertical Stage 3	 Might be required for the outing.	 60 mins	 Scout Hall Indoors

A starter activity resource for learning rock-play skills prior to a future outing to a rock playground.

Who this is for

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

- Adult Leaders — Youth Program Leaders.
- Youth two-down — with **Vertical Stage 3+**.

These two roles can verify **Vertical Stage 1** 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 1

- 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.
- Most of the topics at **Vertical Stage 1** are common sense. More detailed topics are covered in the Abseiling Skills on demand training module available on training.scouts.com.au. You could optionally complete that module prior to running the activity to improve your knowledge.
- The program may also be broken-up over several weeks.

Example youth program

One night in the hall preparing for a vertical outing. The outing should be a rock adventure playground activity.

Resources required

People:

- The outing activity requires increased adult or teenage supervision for Joeys (2:1) or Cubs (3:1 ratio)

Equipment:

- A selection of good and bad clothing for rock activities;
- Youth members bring their own bike helmet from home.

Locations:

- Scout Hall

"Rock playgrounds" for the outing may include:

- Vertical adventure playgrounds or climbing centres — over a dozen in Greater Melbourne, plus in Geelong, Phillip Island, Traralgon, Ballarat, Wodonga.
- A bouldering wall — several local councils maintain public walls that can be climbed under supervision, < 2 metres in height. with mature supervision for spotting.
- A rocky shore platform with elevated climbable sections that can be safely clambered and explored under supervision — like Sorrento Back Beach, Ricketts Point, many headlands on the Bass Strait coast.
- A granite outcrop with large boulders 1–2 metres high that can be safely clambered and explored under supervision.
- A commercial tourist cave — Buchan caves or Princess Margaret Rose caves near Nelson.

Schedule

Time	Duration	Activity	Lead	Assist	Organiser
06:00 PM	00:05	Opening Parade			
06:05 PM	00:05	Discussion: Preparing for a vertical outing			
06:10 PM	00:15	Activity: Clothes packing relay			
06:25 PM	00:10	Game: This or That			
06:35 PM	00:05	Activity: Wearing a helmet			
06:40 PM	00:15	Optional vertical themed game			
06:55 PM	00:05	Closing Parade			
<i>Future Activity</i>		<i>Outing: Rock Playground activity</i>			

Discussion: Preparing for a vertical outing

A quick age-appropriate overview of the upcoming rock outing they are going to do, to understand the context of today's activities.

People	Resources	Duration	Location
1 leading for any youth members	None	5 mins	Indoors

Group discussion to provide information about:

- Where we're going,
- What we will be doing,
- Why we need to be prepared,
- What we are going to learn about tonight so we can be safe on the outing,
- Explain what rock climbing, abseiling, and caving is,
- How learning to be safe now will help them stay safe during future vertical activities.

Activity: Clothes packing relay

A relay for Joeys to show they can pack the right clothing.

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

People	Resources	Duration	Location
1 leading for any youth members	Good and bad clothing, enough for the number of Joeys per relay group.	10 mins	Indoors

Part 1: Group discussion

Lead a discussion about the right clothing to bring for a rock activity. discussion can include whether based decisions and what you might need if you get wet or sweaty.:

Good clothing examples:

- Good fitting shoes with grip
- Sunsmart hat/sunscreen,
- Clothing to protect our skin from scrapes and cuts.
- Shorts
- Spare warm and dry layer
- Tights

Poor clothing examples:

- Loose/ wobbly shoes, flip flops, high heels.
- Hat with a big bobble on top won't fit under helmet
- Tops with long loose draw strings
- Leather jacket
- Dress
- Loose jewelry and rings on fingers

Part 2: Clothing swap relay

Joeys take it in turns to select bad items from their patrol clothing pile to run up to the other end of the hall and exchange for good items, before returning to their patrol. After several turns they should have suitable clothing for their activity.

Game: This or that

A game where youth either run to one end of the hall or the other based on whether the answer is yes you can do it or no you should not do it.

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

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

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 the safety rules for climbing on rocks, trees, fences and man-made structures.

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

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

Start all Youth in the middle of the hall. One side is the correct answer, the opposite side is the incorrect answer. Leader asks a question with two options, and the Youth run to the correct answer side of the hall. Adjust questions to suit your unit.

A good way to burn energy and can be run as short 1 minute games or up to 10 minutes. You could make it a competition with the last one (or however many) remaining at the end of the game getting a treat or points.

Question	Hall Side 1	Hall Side 2
Your friend has hurt themselves at a rock activity. Should you:	Leave them on the ground and keep climbing?	Tell a Leader?
You are excited to go over to the other side of the playground but your buddy isn't ready, Do you:	Run ahead and hope they will catch up soon.	Wait for them and go together
You are going to watch your friend climb a rocky boulder. You should:	Wear your helmet in case your friend accidentally knocks a rock loose?	Leave your helmet behind because you are not doing any climbing right now?
You have become lost during a rock activity?	Do you stay where you are and wait to be found?	Do you get to the highest point to see where everyone is?
A safety rule for climbing rocks or structures is:	Kick loose rocks out of your way when people are below you.	Make sure it's strong before climbing and have a rope or buddy spot in case you fall.

You are climbing a tree but a branch is in your way stopping you from getting higher.	Do you find another tree to climb?	Do you snap the branch off and continue climbing?
The safety rule for climbing trees is:	Always stay on strong branches with solid feet and hand holds?	Always climb as high as you can no matter what?
You arrive at a rock playground. You should:	Find a friend and ask them where they want to climb?	Go straight to the highest point to be first to the very top?
One of the Leaders slipped and had a nasty fall. They are very hurt and ask you to call an ambulance.	Do you borrow their phone and call 000?	Do you borrow their phone and call 911?

Activity: Wearing a helmet

Youth members bring their own helmet from home, to show they know how to wear and adjust a helmet.

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

People	Resources	Duration	Location
1 leading for any youth members	Youth members to bring their own bike helmets from home	5 mins	Indoors

Ask youth members to collect their helmets.

Ask the youth members:

- Why do we wear helmets on our bike? [to protect our head and keep us safe]
- There are many types of helmets. Who might wear a helmet? [construction worker, cyclist, miner, paddler, rockclimber]
- Can you show me how to put on your helmet?
- Look around and think about what makes a helmet fit well?
- Can you show me how to adjust your helmet so it fits properly?

Reinforce to the youth members that a bike helmet is riding bikes, and we only use climbing helmets for climbing.

Note: A well fitting helmet is the correct size for the person wearing it, and will not slide forward, back or side to side when we move our head as far as we can in each direction. check chin straps are not overly tight that you can't open your mouth and ear straps don't cause pain over the middle of the ear.

Game: Optional vertical themed game

If time permits a number of vertical themed games are possible.

Creative Joeys and Cubs may come up with an idea that you can guide them to develop for a **milestone lead or assist**.

For example; a simulated cave obstacle course.

Youth can be blindfolded and guided by a peer with vision.

The hall lights can be turned off and youth need to navigate using different light sources or by following a string to find the cave exit.

Outing: Rock playground

Joeys participate in a rock playground activity run by trained Leaders or skilled persons.

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

People	Resources	Duration	Location
Sufficient adult or teenage supervision for Joeys (2:1) or Cubs (3:1 ratio)	As supplied by the facility (harnesses and/or helmets), First aid kit.	60 mins	Vertical adventure playground, or Scouting activity

Plan - Prior to the activity: Safety Briefing about being sunsmart, clothing, equipment, buddy system, where and when we are allowed to climb.

Do - During the activity: Ensure there is enough adult or teenage supervision for the number of participants.

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

