



Absolutely
Experiential Inc.

Challenge Course **Facilitator Training**

Presented by _____

Dates _____

This 40 hour training will cover the following topics. We will spend approximately 5 hours on each topic, though not necessarily in the order presented. Topics will be introduced and returned to many times throughout the training.

- **Basic Facilitation Skills**
Experiential Learning Theory, Participant Screening and Confidentiality, Assumption of Risk, Contracting, Goal Setting, Sequencing, Stages of Group Development, Assessments, Briefing, Debriefing
- **Field Games and Initiatives**
The Adventure Wave, Facilitation Styles
- **Spotting and Lifting**
Spotting Techniques, Lifting Techniques, Teaching Spotting and Lifting, Supervising Spotting and Lifting
- **Low Element Operations**
Tree to Tree Inspections, Element Set Up/Take Down, Operating Procedures
- **Intro to High Ropes Technical Skills**
Equipment: Rope, Carabiners, Harnesses, Helmets, Belay Devices, Lobster Claws, Ascenders
Hardware: Cables, Bolts, Swages, Clamps (Clips,) Staples, Anchors
Knots: Bowline on a Byte, Tunnel Knot Back Up, Killick Hitch, Bowline,
- **Belay School**
Dynamic Belay Technique, Person to Person Inspection, Stationary Belay, Traversing Belay, Static Belay, Self Belay, Rappelling
- **High Element Operations**
Tree to Tree Inspections, Element Set Up/Take Down, Operating Procedures, Specialty Elements
- **Intermediate Facilitation Skills**
Facilitation Styles, Metaphors, Isomorphic Metaphors, Front Loading, Standards and Competencies, Local Operating Procedures, Risk Management, Documentation, Emergency Action Plans, Continued Learning Options

Certification Level 1 Full Track Training (Total Training Hours: 40)