

S-F & PINE RIDGE ROCK CLIMBING & RAPPELLING RESERVATION INSTRUCTIONS

Who Should Read This Form: This instruction sheet should be read by every unit when making a reservation to use the S bar F or Camp Pine Ridge Rock Climbing and Rappelling programs and equipment.

Who Can Use the Rock Climbing and Rappelling Equipment: Boy Scout Troops, Venture Crews and Explorer Posts may sign up to use the Rock Climbing Rappelling equipment and sites. **Cub Scouts (which includes Webelos) are not allowed to use the Rock Climbing and Rappelling area or equipment.**

HOW MANY SCOUTS OR VENTURERS CAN USE THE ROCK CLIMBING AND RAPPELLING AREA AND EQUIPMENT:

There is not a set number of how many Scouts or Explorers can go Climbing and/or Rappelling. Your Certified Instructor's experience, and how many Certified Instructors your unit has, will actually determine how much equipment your unit will be able to use and how many Scouts or Venturers will be able to participate.

S bar F: There are 2 sets of gear. Each set of gear will allow there to be 1 Rock Climbing site and 2 Rappelling sites. It would take 3 Certified Instructors for your Unit to use all the gear in 1 set of gear. Remember there are 2 sets of gear - enough for 2 climbing sites and 4 Rappelling sites. It would take 4 to 6 Certified Instructors to use both sets of gear. Do not reserve more gear than you can use, this will block other units from participating and the program gear will actually be wasted because you won't be using it.

RESERVE 1 SET OF GEAR IF YOU IF YOU WILL HAVE 3 OR LESS CERTIFIED INSTRUCTORS.

RESERVE 2 SETS OF GEAR IF YOU IF YOU WILL HAVE 4 OR MORE CERTIFIED INSTRUCTORS.

PINE RIDGE: There is 1 set of gear. The gear provided will allow there to be 2 Rappelling sites and 2 Climbing sites.

At the time your unit makes this reservation we will still want to know the number of Scouts or Venturers and Adults that will be participating in the Rock Climbing /Rappelling program.

S bar F CERTIFIED INSTRUCTORS REQUIRED:

Scouters who have taken the Greater St. Louis Area Council Rock Climbing/Rappelling Instructor Training must be the program leaders for Rock Climbing/Rappelling at S bar F. These leaders must also be Certified; this means the Instructors have been trained and then have led a Rock Climbing/Rappelling program under the supervision of a Staff Instructor. Leaders who are Trained and will be Certified after successfully giving leadership to the Rock Climbing/Rappelling experience you are reserving can be the program leaders. Scouters who are trying to become Certified are responsible for recruiting a Staff Instructor to supervise their leadership on this experience. **There must be a Certified Instructor at each Rock Climbing or Rappelling site. This Instructor does not have to actually be doing the belaying - another adult or Scout working on the Climbing Merit Badge can be doing the belaying but they must be under the direct, physical supervision of a Certified Instructor.**

PINE RIDGE CERTIFIED INSTRUCTORS REQUIRED:

Scouters who have taken the Greater St. Louis Area Council Rock Climbing/Rappelling Instructor Training and the Pine Ridge Training must be the program leaders for Rock Climbing/Rappelling at Pine Ridge. These leaders must also be Certified; this means the Instructors have been trained and then have led a Rock Climbing/Rappelling program under the supervision of a Staff Instructor. Leaders who are Trained and will be Certified after successfully giving leadership to the Rock Climbing/Rappelling experience you are reserving can be the program leaders. Scouters who are trying to become Certified are responsible for recruiting a Staff Instructor to supervise their leadership on this experience. **There must be a Certified Instructor at each Rock Climbing or Rappelling site. This Instructor does not have to actually be doing the belaying - another adult or Scout working on the Climbing Merit Badge can be doing the belaying but they must be under the direct, physical supervision of a Certified Instructor.**

(Additional information on the backside of this sheet)

ROCK CLIMBING/RAPPELLING RESERVATION PROCEDURE INSTRUCTIONS (Continued)

DUTIES OF CERTIFIED INSTRUCTOR WHILE UNIT IS ROCK CLIMBING/RAPPELLING:

These Scouters have taken a very intense training experience in order that Scouts and Venturers have a safe, fun and productive experience. They have had training for emergencies that may occur at the Climbing/Rappelling site and have been trained in the use of all the equipment. While a unit is on the site the Certified Instructors are the Scouters responsible for the health, safety and program of the Participants and Leaders. Only a properly identified Staff Instructor may interfere with their instructions.

NAMES OF CERTIFIED INSTRUCTOR:

Your unit is required to submit the name(s) of the Certified Instructors, or the Instructors who will be attempting to become Certified or Recertified, at the time you make reservations. If your unit makes a reservation without Certified Instructors and you plan to recruit Certified Instructors from another unit you must submit those names before using the Rock Climbing/Rappelling program. *The Rock Climbing/Rappelling Committee will not recruit Instructors - that is the unit's responsibility making the reservation.*

ADDITIONAL CERTIFIED PERSONNEL REQUIRED TO BE FURNISHED BY UNIT AT CLIMBING PROGRAMS:

Be advised that starting September 1, 2007 units will need to have at least one person certified in "American Red Cross Standard First Aid (a 6 ½ hour course that includes CPR), or Level 1 National Safety Council First Aid, or the equivalent from another nationally or regionally recognized organization" in order to use the Climbing program. This is a National Council requirement that we will have to adhere to. The trained person does not have to be the Instructor and does not have to be an adult; there is no lower age limit on these certifications.

Camp Rangers will ask to see these certification cards before equipment can be checked out.

CANCELLATION AND REFUND POLICIES:

1. Your unit must apply in writing 4 weeks in advance to receive a full refund.
2. If your unit does not apply for a refund, does not call the Council Office or notify the appropriate Camp Ranger Office on the Reserved date your unit will be considered a No Show if your unit does not show up to use the Course. No Shows block other units from reserving a very limited program opportunity.
3. **Weather cancellations:**
Dangerous weather conditions in camp or on the road are the only accepted reasons for a full refund due to weather. The Camp Ranger determines if a refund is possible. Please call the appropriate Camp Ranger about weather conditions.
4. The full fee will be collected at the time reservations are made for each program slot. A substantial amount will be refunded when the Climbing/Rappelling gear is used and returned in clean and good condition to the Camp Ranger. Any equipment shortages will be deducted from the amount refunded. If the cost of program gear not returned exceeds the deposit your unit will be charged by the Council for the additional amount. The Camp Rangers have a current price list for all gear used.

Notice to units making reservations for Challenge Course or Climbing programs of the Greater St. Louis Area Council

(Revised May 2011)

Before you arrive at camp to start your Challenge Course or Climbing experience be aware that you must have several items with you before the gear will be issued to your unit:

- Your copy of the Unit Reservation form for the program
- You must have a current BSA Health & Medical Record form, parts A & B completed and copy of health insurance, for every person participating. You must have these forms in hand, the Camp Ranger will not read them, they will just check to be sure you have them readily available in case of an emergency.
- A current First Aid and CPR card for at least one adult that will be on site during the program. One adult can have a First Aid card and another adult can have a CPR card (this requirement went into effect on 9-1-2007). See the following description of the training to achieve the First Aid and CPR certification:
"At least one person at the climbing/rappelling site or challenge course site must be currently trained in American Red Cross Standard First Aid (a 6 1/2-hour course that includes CPR), or Level I National Safety Council First Aid, or the equivalent from another nationally or regionally recognized organization, and must be physically present in the immediate area whenever a climbing/rappelling or challenge course program is done."
- Climbing Instructors: must have their current certification cards. If an Instructor is getting certified the Unit will need all of the above and the Instructor Staff member doing the certification will have their card and be able to check out the gear with the Instructor.
- Evening use of the Beaumont Climbing Tower: if you are using the tower for an evening program call the Rangers several days in advance, and leave a message if necessary, so that they can make arrangements about what time to meet you to verify reservations and certification cards.
Ranger office: 636-938-5444
- Challenge Course Instructors: Units will need the First Aid/CPR cards, BSA Health & Medical Record forms and Unit Reservation form. Instructors must have their current certification cards. If an Instructor is getting certified the assigned Challenge Course Director will be able to check out the keys and the equipment for the course with the Instructor. Only the assigned Challenge Course Director can check out the gear and keys for the course with the unit. The Challenge Course Director will verify the proper amount of Instructors for High and Low Course and the number of participants. The Challenge Course Director will call your unit in advance to verify information and make arrangements for meeting times.

Clothing and Equipment Advice
Challenge Course and Rock Climbing Programs

(Revised August 2008)

Dear Parents and Scouts,

Here are some quick notes about getting ready to participate in a Challenge Course or Rock Climbing experience - listen to the advice from your unit's Instructor. During the training program they participated in they were given detailed instructions about: food, clothing (for all seasons), water, emergency procedures, medical history review procedures, and unit preparation before the weekend and of course how to have a FUN, SAFE EXPERIENCE. If the Instructor is from another unit, they will be invited to come to a meeting to discuss preparations for this activity.

GENERAL THINGS TO KNOW:

- Medical History form: every participant (Scout or Adult) must have at least a Class 1 Medical History form when the unit checks in at camp. The front of your summer camp physical form is that Medical History; this is a medical history, not a doctor's exam. Each form must be signed by parent or adult participant. The unit's Instructor can not check out gear until everyone has this form (available on council website) and the Instructor shows the forms to the Camp Ranger. Instructors have received training about how to review these records confidentially. Most units carry this annually updated set of records whenever they go on a trip.
- Meals: Instructors will tell units to plan easy and quick breakfasts so that units do not waste time in camp with complicated meals when they could be on the Challenge Course or rock climbing. Lunches are trail/brown bag type meals and ready to go when units leave the campsite on Saturday or Sunday morning. Dinners should also be quick and easy; you will be tired when you return to camp at the end of a busy and challenging day.
- Water: Everyone should carry plenty of water for themselves, summer or winter. One water bottle is not enough. Every participant should have their own day pack to carry their own food, water and clothing. Everybody has a day pack - they are also called school book bags or backpacks.
- DON'T BRING THE FOLLOWING: Please don't bring the disposable water bottles or juice boxes - they create all kinds of trash because folks peel labels off the bottles and the wrapping on those juice boxes straws always blow away. Any outdoor person worth their salt has real canteens or water bottles. Please be sensitive to the outdoors and our environment!! **NO DISPOSABLE WATER BOTTLES OR JUICE BOXES in the outdoors.**
- Clothing: Most Instructors will tell you to wear long pants and other clothing to protect against scrapes on the Challenge Courses or climbing. Appropriate clothing is needed for colder weather; Instructors may not let you participate if you don't have the right amount of warm clothing and hats or protective long pants/shirts. In cold weather layering of clothes is important!
- Rain gear: A nylon windbreaker is not a rain jacket or poncho!! Rain gear, including a hat, is a must.

REMEMBER: FOLLOW THE ADVICE OF YOUR UNIT'S INSTRUCTOR. They have participated in a very strenuous and thorough training program and know what to expect.