



# Michindoh Conference Center

A SPRING ARBOR UNIVERSITY CAMPUS

## ACCT Level 1 Training (High Elements)

### Red Cross CPR/AED for Professional Rescuers

#### Who Should Register?

- ◆ Entry level practitioners with no previous experience
- ◆ Practitioners with previous Level 1 certification who need to recertify
- ◆ Anyone desiring professional-level CPR/AED training and Red Cross certification

#### Schedule (select your own training package from the following options):

- ◆ Friday 8am—2pm: Red Cross CPR/AED for Professional Rescuers course (\$75)
- ◆ Friday 2pm—Sunday 6pm: ACCT Level 1 Course (High Elements only; \$400)
  - ◆ Friday 2pm—9pm; Saturday 8:30am—6pm; Sunday 8:30am—6pm
- ◆ Sunday 12pm—6pm: ACCT Level 1 or 2 Challenge Day Only testing (\$175)

#### Challenge Day Only Prerequisites (\$175; Apr 14, 2019; or May 5, 2019; 12pm-6pm)

- ◆ **Level 1** - 100 hours of program experience and training combined, pass written test with score of at least 80%, and demonstrate required skills
- ◆ **Level 2** - 400 hours of program experience plus 80 hours training, pass written test with score of at least 80%, and demonstrate required skills

#### Certifications

- ◆ ACCT Level 1 certification is good for 1 year
- ◆ Red Cross CPR/AED for Professional Rescuers is good for 2 years

#### Accommodations

- ◆ Lunch is included in the cost of the courses
- ◆ Cabin-style lodging (Thursday—Sunday) and meals (Friday breakfast—Sunday breakfast) available (\$100)

#### How to Register

- ◆ Contact Travis at 517.523.3616 or [GS@Michindoh.com](mailto:GS@Michindoh.com)

#### Location:

Michindoh  
4545 E. Bacon Rd.  
Hillsdale, MI 49242

#### Dates:

April 12-14, 2019 -or-  
May 3-5, 2019

#### Cost:

\$400 ACCT 1 Course  
\$100 Lodging and Meals  
\$175 Challenge Day Only  
\$75 Red Cross Course

Register no later than 30  
days prior to each event

In partnership with:





P.O. Box 188 ♦ Lansing, IL 60438 ♦ [www.experientialsystems.com](http://www.experientialsystems.com) ♦ (877) 206-8967

Peer Reviewed and Accredited Member of the Association for Challenge Course Technology (ACCT)

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## High Elements Challenge Course ACCT Level I Training Syllabus

**Length of Training:** 20hrs (two and a half days)  
(Static High Ropes Course, Climbing Tower and Zip Line)

Day Starting at 8:30 am ready to go – Each day ending around 5:30

- Introductions and Ice Breakers
- Why Challenge Courses – Understanding Why We are using challenge courses
- Purpose and Limitations of the Training
- Ethical Policies
  - Choosing Your Challenges
  - Participation at Will
- Acknowledgement of Risk and Personal Responsibility
  - Written Forms
  - Verbal Acknowledgment
- Health History Forms
- General Safety Considerations and Systems
  - Staff Training
  - Safety Equation
- Pre-Use Inspection
- Course Set Up
- Group Assessment
- Group Contract - Verbal
- Warm Up Activities
  - Name Games
  - Stretching Games
- Gear
  - Harnesses
    - Sit Harnesses
    - Chest Harnesses
    - Full Body Harnesses
    - Buckle Types
  - Ropes
    - Static Rope
    - Dynamic Rope
    - Rope Care and Retirement
  - Static Lanyards
    - Staff
    - Participant
  - Carabiners
    - Strength Ratings
    - Aluminum vs. Steel
    - Non-Locking, Auto locking, and 3 Stage Locking – when and where to use
- Belay and Fall Protection Systems
  - LEAD anchors and Staples
  - Belay Devices
  - Pulleys and Shear Reduction Devices
  - Other Equipment as Installed



## High Elements Challenge Course ACCT Level I Training Syllabus

- Knots
  - Figure Eight on a Bight
  - Figure Eight Follow Through
  - Overhand Knot
  - Half-a-Fisherman's Knot
  - Prussic Knot
  - Killick Hitch
- Construction Standards and Common Construction Materials
- Course Tour and Element Description
- Outfitting Equipment
  - Harnesses
  - Helmets
  - Sling Lines
- Transfer Procedures
- Belay Systems and Procedures
  - Team Belay Systems
  - ATC- and Stitch Plate Belay Devices
  - Figure Eight Belay Devices
  - Auto locking Belay Devices
  - Auto-belay Devices
- On Course Group Facilitation – Do's and Don'ts
- Tips on Leading a Group
- Post Program Procedures
- Emergency Response Systems
  - Participant Support
  - Staff Support
  - Emergency Take-downs
  - Near Misses
  - Accidents
- Daily Paperwork
- Monthly Inspections
- Annual Inspections
- Tips on Leading a Group
- Incidents
  - Incident Report Forms
  - Incident Contact Protocols
  - Post Incident procedures
- Daily Paperwork
- Monthly Inspection Procedures
- Annual Inspections
- Observations and Role Plays
- Written Test