



Michindoh Conference Center

A S P R I N G A R B O R U N I V E R S I T Y C A M P U S

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

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 ♦ (877) 206-8967

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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



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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