

## **Climbing**

### Monday

Knots, Rules of tower, verbal signals, a small climb at end of class

### Tuesday

First Aid, Leave No Trace, Belaying, Climbing

### Wednesday

Rope types and storage, Rappelling, Belaying, Climbing

### Thursday

Classification and difficulty rating of climbs, Rappelling, Belaying, Climbing

### Friday

Climbing, Rappelling (50 ft), Belaying

## **COPE**

### Monday

Introductions/Initiative Games, low risk low COPE (maybe TP shuffle or whale watch)

### Tuesday

Low COPE (Cartesian Boards, Nitro Crossing, Mohawk walk)

### Wednesday

Low COPE (Water wheel, Portal, Up-and-Over, The Wall), start of high COPE for high performing groups

Ex. Eagle Walk/Two-wire traverse

### Thursday

High COPE (Eagle walk/Two-wire traverse, Multi-vine, Flying Squirrel)

### Friday

Strenuous High COPE (Leap of Faith, Zipline, Giant Swing)