



King Philip Adventure Challenge

History

Project Adventure began in 1971 at Hamilton-Wenham High School in Massachusetts. King Philip's Adventure Challenge program began with an outdoor course in 1980. King Philip's indoor climbing course was started in 1988 and has been expanded over the years.

Rules and Information

Challenge is the key to this course. Making an effort is far more important than succeeding or failing. It is hoped that through this activity you will develop:

- A willingness to solve group problems
- A respect for the difference which exist within the group
- An increased sense of personal confidence
- Self-esteem

Safety:

As in all activities safety is a major concern. Due to the nature of this course there is added concern.

SPOTTING – being in position to support the upper body and head in the event of a fall.

1. Keep your eyes on the participant at all times.
2. It is used for all activities which take place on the ground and up to 6 feet off of the ground (anything higher than 6 feet – a belaying system should be used)
3. Constant attention is the key to successful spotting.

BELAYING – a rope – friction arrangement used when climbing.

1. The climber wears a helmet and harness (Swiss seat) and is attached to a rope.
2. The rope has a knot (bowline on a bight) on one end with a carabiner attached.
3. The carabiner is clipped to the harness.
4. The climbing rope goes from the climber to an overhead carabiner to the belayer's harness.
5. The rope goes through a stitch plate and connects with a carabiner to the belayer's harness.
6. The belaying team consists of the anchor and the breaker.
7. The rope is attached to the anchor's harness. The anchor takes in the slack as the climber ascend the wall.
8. The breaker is beside the anchor taking in the slack and pulls down on the rope in the event that the climber falls.
9. The anchor and breaker wear both helmets and gloves.

CLIMBING – Before climbing the following procedures should take place:

1. PINCH TEST – pinch the carabiner to make sure you have tightened it to lock position.
2. COMMANDS

<u>CLIMBER</u>	<u>BELAYERS</u>
1. Ready	Ready
2. On belay	Belay on
3. Climbing	Climb Away

DUTIES OF THE BELAY TEAM:

BELAY TEAM: usually 2 or 3 person belay system (team)

ANCHOR:

1. Always watch the climber
2. Take in slack as the person climbs
3. Keep feet free on the rope
4. Verbally communicate with the climber
5. Offer encouragement and directions
6. Maintain proper footing
7. Make sure climbing rope is always over the climber

TECHNIQUES USED BY THE ANCHOR:

- hand over hand to pull slack, unless climber asks for slack

BREAKER:

1. Always watch the climber
2. Two hands on the rope at all times
3. Take in slack as the person climbs
4. Maintain proper footing
5. Keep feet free on the rope
6. Don't step on the rope
7. Verbally communicate with the climber
8. Offer encouragement and directions

MAIN JOB OF THE BREAKER:

- If climber falls, the job of the **Breaker** is to pull the rope down and to the back outside of hip of **Anchor** to lock the rope.

EQUIPMENT:

1. HARNESS – (Swiss seat) is a series of five knots beginning with a figure eight knot.
2. LOCKING CARABINER – is a metal clip used to connect the rope to the climber and to the belayer.
3. STITCH PLATE – is the friction devise that helps to slow the feed of the rope and allows the belays to stop the climber in the event of a fall.

EQUIPMENT USED BY EACH PERSON:

CLIMBER:

1. helmet
2. climbing rope
3. carabiner
4. harness

ANCHOR

1. harness
2. climbing rope
3. carabiner
4. stitch plate
5. gloves

BELAYER

1. harness
2. gloves

CLIMBING ELEMENTS:

1. Rock wall
2. Dangle-doo
3. Giant swing
4. Cargo net
5. Log walk
6. Two-line walk
7. Berma bridge
8. Commando crawl
9. Ropes

Benefits:

1. Lifetime Activity
2. Enhanced self-esteem
3. Trust
4. Problem solving skills
5. Gender equitable

Fun fact

In Orlando, Florida, Jorge Ojeda-Guzman stayed on a tightrope (36 feet long and 35 feet above the ground) continuously for 205 days from Jan. 1 – July 25, 1993.