

Apprentice Task List

Name: _____

Official Start Date: _____

Completion Date: _____



| Stage one | | | | | |
|--|----------------|-----------------------|-----------------|----------------|-----------------------|
| Set-up / Take down | Trainee | Training Dates | Trainers | Manager | Check off Date |
| Tie Figure 8 on a bight, Stopper Knot, and Kellick Hitch | | | | | |
| Demonstrate Understanding of Carabiners and Belay Devices | | | | | |
| Understand Components of Rope Inspection | | | | | |
| Know How to Coil and Store Climbing Ropes Properly | | | | | |
| Set-up/Take Down Climbing Wall in 10 minutes or less | | | | | |
| Set up and Understand the Rescue Box | | | | | |
| Belay | | | | | |
| Belay Wall (Pass the Basic Belay Practical Test) | | | | | |
| Facilitate / Lead | | | | | |
| Facilitate the Group into Harnesses | | | | | |
| Lead any Group in a Name Game: | | | | | |
| Lead any Group in an Energizer: | | | | | |
| Facilitate the Group Split of your Choice: | | | | | |
| Lead a Challenge Center Group in an Energizer or Name Game. | | | | | |
| Facilitate / Debrief | | | | | |
| Demonstrate Understanding of Facilitation vs. Teaching | | | | | |
| Demonstrate Understanding of Open vs. Closed Questioning | | | | | |
| Be able to Articulate 5 Debrief Questions | | | | | |
| Peak Adventures Info | | | | | |
| Familiarity with Resources Available for Growth and Development | | | | | |
| Understand how to read Program Itineraries | | | | | |
| Demonstrate Understanding of the C.I.R.C.L.E Model | | | | | |
| Understand Peak Adventures Mission and Core Beliefs | | | | | |
| Demonstrate Understanding of Choice Philosophy & 3 Rules | | | | | |
| Be Familiar with the Emergency Action Plan of the Challenge Center | | | | | |

| Stage 2 | | | | | |
|---|----------------|-----------------------|-----------------|----------------|-----------------------|
| Set-up / Take Down | Trainee | Training Dates | Trainers | Manager | Check Off Date |
| Cargo Net | | | | | |
| Dangle Duo | | | | | |
| Catwalk | | | | | |
| Burma Bridge | | | | | |
| Multi-line | | | | | |
| Dive | | | | | |
| 3x2 | | | | | |
| Muse | | | | | |
| Keypunch | | | | | |
| Apollo | | | | | |
| Nitro | | | | | |
| Toxic Waste | | | | | |
| Belay | | | | | |
| Cargo Net | | | | | |
| Dangle Duo | | | | | |
| Team Belay (Currently Unavailable 1/14/2021 JG) | | | | | |
| Facilitate / Lead | | | | | |
| Muse | | | | | |
| Keypunch | | | | | |
| Apollo | | | | | |
| Nitro | | | | | |
| Toxic Waste | | | | | |
| Lead a Welcome: | | | | | |
| Lead a Closing: | | | | | |

| | | | | | |
|--|--|--|--|--|--|
| Facilitate a prop-assisted debrief: | | | | | |
| Peak Adventures Info | | | | | |
| Fill Out and Understand Rope Log | | | | | |
| Fill out and Understand Program Summary | | | | | |
| Process Waivers | | | | | |
| Stage 3 | | | | | |
| Set-up / Take Down | | | | | |
| Winch Operation | | | | | |
| Up and Over Wall | | | | | |
| Belay | | | | | |
| Multi Line | | | | | |
| Catwalk | | | | | |
| Burma Bridge | | | | | |
| 3x2 | | | | | |
| Up and Over Wall (Learn and Perform the Figure 8 follow through) | | | | | |
| Rescue / Maintenance | | | | | |
| Attend Rescue Prevention Training | | | | | |
| Belay High Ropes Rescue (Buddy or Cut-away) | | | | | |
| Basic lobster Clawing Techniques | | | | | |
| Final | | | | | |
| CPR/ First Aid Certification on File | | | | | |
| Present your Portfolio | | | | | |
| Pass Apprentice Technical Skills Test | | | | | |
| Pass Apprentice Facilitation Skills Test | | | | | |

Additional Notes: Please initial a task when you feel you can proficiently demonstrate that task for a manager. Be certain to record all training dates and obtain initials of those who trained you at the time of the training. Management will not sign off on a task without training information being listed. This task list is meant to serve as a guide to direct your training and growth at Peak Adventures. You are responsible for your own progression. Upon completing this task list, management will evaluate your progress in a personal meeting. Completion of the task list does not guarantee advancement to the next level.