

Rachel's Challenge Course Experience Portfolio

This document is a record of the full spectrum of experience in the challenge course industry for Rachel Nabors. This document is composed of multiple worksheets. Some of the

Contents

Resume

Course Descriptions I have been trained on a static, recreational high challenge course in Jackson Hole, WY at the Mountain Resort as well as an educational course with both high and low elements including static and dynamic belay systems at Georgia College in Milledgeville, GA.

Training I have been trained as a Level 1 Practitioner at the Jackson Hole Mountain Resort. This training incorporated up to Level 3 rescues, equipment inspection and use, and knowledge of the course from the Builder. I have also been trained through the Outdoor Education Program at Georgia College. There are multiple high and low elements that I have learned to facilitate. I have been tested on belaying and rescues for the static course.

Facilitation I facilitated many participants through the Jackson Hole High Challenge Course during the summer of 2016.

Train the Practitioners

Building, Installation and Inspections

Conference Workshops Attended, Presentations Made, Certifications, and Professional Associations

Property of:

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NOTES

Operating Systems

These broad descriptions of the belay systems and design concepts for courses are used throughout the document. These classifications are intended to place courses in categories with enough similarity to provide comparison and an understanding of the kinds of experience documented in this portfolio. When looking at these categories, it is important to understand that many courses are a blend of several styles. Courses have been categorized in the Location section based on the predominant operating system for the facility.

Static Course: Belay systems are made of individual participant lanyard clipped directly into the cable belay structures. Courses tend to be linear with participants moving from element to element.

Dynamic Course: Belay systems are rope, attached to one participant at a time and managed from the ground. Elements tend to be single traversing elements where a participant climbs up, traverses and then climbs or is lowered down. This category also includes elements where participants climb vertically without any traversing. Examples are Dangle Duo and Pamper Pole.

Vertical Challenge Course: Small foot print, complex activities with participants on a ground belay managed by a team of participants. Belays are made over bars at the top of the structure. Little or no Traversing.

Low Courses: Course is a fixed installation and no element is taller than 14 feet.

Clients

Youth (K-8): School age groups aged up to 13

Teen: Young people 13 to 19

Corporate: Adults in a program through a business or corporation

College: Adults 18 to 24 in an academic program

Mixed age: Children age 5 to adults up to age 65

Adult: Age 19 and up

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Experience Summary

	Total Hours
Training: Challenge Course sub total	130
Training: Management Trainings sub total	75
Training: Other sub total	0
Training: Total	205
Facilitation	350
Training the Practitioners	0
Building and Inspections	0

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COURSE DESCRIPTIONS

This section to give a brief description of each course worked. Location Names listed here are used on the other pages of the portfolio.

NAME AND LOCATION	DESCRIPTION	OPERATING SYSTEM	BUILDER (if known)
High Ropes Course - Jackson Hole Mountain Resort	Trained to facilitate participants through the multilevel static course with an automatic TruBlu lowering device. Trained on rescues.	Static	Bonsai Design
Challenge Course - Georgia College Milledgeville, GA	Static course includes Burma Lunge and Bridge, Cat walk, Commando crawl, Flippy planks, Magic Carpet, Smile Vines, Temple of Doom Bridge, Tired Two Line, Two Line Bridge, and two team elements (upper and lower). Participants are belayed with a dynamic rope, transfer to the static course, and will be belayed back down.	Static	Signature Research
Challenge Course - Georgia College Milledgeville, GA	The dynamic course includes Four Way Pamper Pole, Disco, Hourglass, Pipe Dream, Pirate's crossing, Plank bridge, Team traverse and Tension Traverse Vine	Dynamic	Signature Research
Challenge Course - Georgia College Milledgeville, GA	Low elements include All Aboard, Whale Watch, Islands, TP Shuffle, Team Wall, Multi Swing, Trolleys, Fidget Ladder, Fall from Height, Cable Traverse, Wild Woozy, Spider's Web, King's Finger. Low Elements are no taller than 14 feet and do not require harnesses or helmets. Spotting techniques are used as needed.	Low Elements	Signature Research
Challenge Course - Georgia College Milledgeville, GA	The Pamper Pole uses a Z-Belay technique where there are at least 3 participants or 2 facilitators belaying the participant up a pole which they will then jump from.	Z-Belay/Just Right Descender	Signature Research

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TRAINING ATTENDED					
DATE	COMPANY and WORKSHOP NAME	BRIEF DESCRIPTION	LOCATION	TRAINER	HOURS
01/10/17-05/3/17	Georgia College and State University - Challenge Course Leadership ODED 2150	Trained on low and high elements. Prepared to facilitate and manage challenge course programs with a variety of elements. Learned how to operate static, dynamic and Z-Belay systems.	Milledgeville, GA	Dr. Liz Speelman	90.0
06/12/16-06/16/16	Jackson Hole Mountain Resort - ACCT Level 1 Practitioner Training	ACCT Level 1 Practitioner for the High Ropes course. Trained on rescues for the static elements, ground school, equipment inspection and use.	Jackson Hole, WY	Bonsai Designs	40.0
				Sub Total	130.0
Management Trainings					
01/10/17-05/2/17	Georgia College and State University - Group Development ODED 2140	Trained in group development activities. Prepared to lead and manage activities for team building.	Milledgeville, GA	Dr. Liz Speelman	75.0
				Sub Total	75.0
Other Trainings					
				Sub Total	0
TOTAL					205.0

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CONFERENCES				
DATE	CONFERENCE or EVENT	WORKSHOPS	LOCATION	HOURS
Mar-17	Southeast Environmental Eduaction Conference	Digging into Dead Stuff	Gwinnet Herit	20.0
		Project Learning Tree		
		EE to Communities of Color		
	TOTAL			20.0

MEMBERSHIP, PROFESSIONAL INVOLVEMENT and CERTIFICATIONS			
TITLE	AGENCY	VALID UNTIL	