

Adventure Training 2023

Tower

Tower training takes place on the 4-H Camp Ohio Adventure Tower. Tower activities include: zipline, climbing wall and rappelling wall. Please dress for the weather and wear comfortable shoes. Participants must be at least 18 yrs old. **RSVP by April 21, 2023.**

Tower Training
Saturday May 6th, 2023
8:30-4:00pm
Lunch is provided

Flying Squirrel

Mandatory for all instructors in 2023.

Flying Squirrel training takes place on the 4-H Camp Ohio Flying Squirrel. Please dress for the weather and wear comfortable shoes. Participants must be at least 18 yrs old. **RSVP by April 21, 2023.**

Flying Squirrel Training
Saturday May 6th, 2023
8:30-4:00pm
Lunch is provided

Team Challenge

Team Challenge training takes place on the 4-H Camp Ohio Challenge Course. Please dress for the weather and wear comfortable shoes. Participants must be at least 15 yrs old. **RSVP by April 21, 2023.**

Team Challenge Training
Saturday May 6th, 2023
8:30-4:00pm
Lunch is provided

High Ropes

The beginning portion of High Ropes training takes place in a classroom. A full day will be spent on the 4-H Camp Ohio Ropes Course. It is an overnight training due to amount of materials covered. Please dress for the weather and wear comfortable shoes. Long pants are advised. Participants must be at least 18 yrs old. **RSVP by April 21, 2023.**

High Ropes Training
May 5th – 6th, 2023
Begin Friday May 5th at 6:00pm
Breakfast and Lunch provided on May 6th



Additional Information:

- All Adventure Instructors must be current in **First Aid, CPR, AED and Blood Borne Pathogens**. Instructors must submit a copy of their cards to 4-H Camp Ohio's office prior to teaching the class.
- Reminder: If you have Team Challenge and Adventure Tower activities simultaneously occurring, only one person needs to be trained in first aid/CPR/AED and blood borne pathogens for the central area.
- To maintain eligibility to lead groups, instructors must lead a minimum of two sessions per activity each year. A retrain is required if eligibility is not met every year.
- **Each** of the three tower activities (zipline, climbing wall, and rappelling wall) require a trained instructor.
- High Ropes training also requires the instructor to have two observations of another instructor and two observations of themselves before independent instruction is allowed.

To RSVP:

Complete RSVP form via website or contact:

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