

Adventure Training 2024

Adventure 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 19, 2024.

Saturday May 4th, 2024

9:00-4:00pm

Lunch is provided



Flying Squirrel

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 19, 2024.

Saturday May 4th, 2024

9:00-4:00pm

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 19, 2024.

Saturday May 4th, 2024

9:00-4:00pm

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 19, 2024.

May 3rd – 4th, 2024

Begin Friday May 3rd at 6:30pm

Breakfast and Lunch provided on May 4th

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:

Jaymie Dumican
11461 Camp Ohio Rd
St Louisville OH 43071
740-745-2194
programs.campohio@gmail.com

www.4hcampohio.org/adventure-training