

McGimsey Tower Day 1 Gerbil Wheel Experience (Blue Card)

READ GIANT DISCLAIMER – THIS IS A TRAINING AID ONLY! This document in no way confers permission or knowledge to use the McGimsey Climbing Tower. This document is only for BSA Alamo Area Council, Climbing Instructors Classes.

With your buddy goto your assigned starting station & complete tasks to the satisfaction of the instructor. He/she will initial, holepunch, or bite make the box. Rotate to the next station.

Initials	
	Practice Table – Get comfy to complete Top #2 with confidence
	As a class watch the munter-mule release at the practice table – Instructors demo
	Rappel off the rappel table ramp & edge – Cadre belays
	Belay & Talk a “scout” down the practice table ramp
	Belay & Talk a “scout” off the practice table edge. – Cadre backup belays
	Release the munter-mule & lower a rappeler to the ground. – Cadre belays
	Release the munter-mule, lower rappeler ~1-2 ft, retie munter-mule – Cadre belays
	Angled Wall Station – Belay Methods Practice
	<i>As the Belayer, Do Not let your climber top out. Lower him/her to the ground everytime.</i>
	<i>As the Climber, go as high as you can for your partner to practice belaying methods.</i>
	Bottom Belay a climber with Slip, Slap, Slide method – Cadre backup belays
	Bottom Belay a climber with Chop method – Cadre backup belays
	Bottom Belay a climber with What’s the 3RD METHOD???? – Cadre backup belays
	Attempt to climb the angled wall as high as you can.
	Flat Wall Station – Elevator – Keep running Students up to the Top as needed.
	<i>DO NOT spend excessive time attempting wall climb. Station Objective is to get you on top.</i>
	Backup belay the flat wall
	Bottom Belay a climber up the flat wall or the ladder with preferred belay method.
	Attempt to climb the flat wall. If unsuccessful, use the ladder with cable ascender.
	At The Top #1 – The Fun Time!
	Cadre attaches you to a figure 8 & belay line to rappel
	Rappel down the tower
	Backup belay a rappeler
	Bottom Belay a rappeler – Cadre backup belays
	At The Top #2 – Complete Practice Table Station First
	Release the munter-mule, lower rappeler ~1-2 ft, retie munter-mule
	Attach yourself to a figure 8 & belay line to rappel – Student/Cadre confirms rigging
	Rappel down the tower
	Bottom Belay a rappeler – Cadre backup belays
	Ground Prep Station- In the Pavilion??? – Fix/Spot the “usual” problems
	CHECK an instructor’s attire, harness, helmet. Spot the error(s). – Cadre/“Scout”
	Look over sample medical forms. Spot the error(s).
	Look over sample gear log??? Rope log??? Spot the error??
	Inspect a sample harness brought by a “scout”. Is there something wrong with it?
	Inspect a sample helmet brought by a “scout”. Is there something wrong with it?
	Look around the Tower, Participants, & Cadre. Is anyone violating a safety rule?