**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.**

<table>
<thead>
<tr>
<th>Initials</th>
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</thead>
<tbody>
<tr>
<td>Practice Table – Get comfy to complete Top #2 with confidence</td>
</tr>
<tr>
<td>As a class watch the munter-mule release at the practice table – <strong>Instructors demo</strong></td>
</tr>
<tr>
<td>Rappel off the rappel table ramp &amp; edge – <strong>Cadre belays</strong></td>
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<tr>
<td>Belay &amp; Talk a “scout” down the practice table ramp</td>
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<tr>
<td>Belay &amp; Talk a “scout” off the practice table edge. – <strong>Cadre backup belays</strong></td>
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<tr>
<td>Release the munter-mule &amp; lower a rappeller to the ground. – <strong>Cadre belays</strong></td>
</tr>
<tr>
<td>Release the munter-mule, lower rappeller ~1-2 ft, retie munter-mule – <strong>Cadre belays</strong></td>
</tr>
</tbody>
</table>

**Angled Wall Station – Belay Methods Practice**

*As the Belayer, Do Not let your climber top out. Lower him/her to the ground everytime.*

*As the Climber, go as high as you can for your partner to practice belaying methods.*

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.**

*DO NOT spend excessive time attempting wall climb. Station Objective is to get you on top.*

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 rappeller

Bottom Belay a rappeller – **Cadre backup belays**

**At The Top #2 – Complete Practice Table Station First**

Release the munter-mule, lower rappeller ~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 rappeller – **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?