

## Field Program Daily Design:

DAY: 2 At Palisades

LODs: Wes & Matthew

Theme: Advanced outdoor skills

### 1. DLOs:

- a. Differentiate the different classes of terrain according to the Yosemite Decimal System.
- b. Select appropriate protection placement.
- c. Demonstrate effective leadership within groups. (pertaining to Max, Jake, Taylor, and Len)

### 2. B&N:

- I. Block 1: Night of 21st
  - a. Event 1 – Load vehicles with appropriate gear.
- II. Block 2: Wake
  - a. Event 1 - Breakfast
    - i. Activity 1 – Eat within cook groups
  - b. Event 2 – (Short) Teaching topic - Hailey
    - i. Basics of clothing and layering for activities
  - c. Event 3 - Load up
    - i. Activity 1 - (*Load people*)
- III. Block 3: Travel
  - a. Event 1 - Leave Horsepens to Palisades (see attached directions)
  - b. Event 2 - Arrive at Palisades
    - i. Turn in waivers
    - ii. Pay fees.
    - iii. Unload gear. Suit up.
    - iv. Group break (restrooms, etc.)
- IV. Block 4: Climb & Explore
  - a. Event 1 – Exploring
    - i. Activity 1 – Scramble (Discuss YDS)
  - b. Event 2 – (Long) Teaching topic – Chris and Matt
    - i. Weather
  - c. Event 3 – Climb
    - i. Set up 3 top rope routes, with assistance from Taylor, Max, Jake, and Len.
    - ii. Others can carefully observe this process.
    - iii. Climb routes
    - iv. Breakdown climbs
  - d. Event 4 – Break for lunch (possibility of lunch at climb site)
    - i. Restrooms, refill water, etc.
  - e. Event 5 – Placing protection
    - i. Have participants work in pairs placing pro.
    - ii. As a group examine some placements with feedback.

- f. Event 6 – Climb (possibility of rappel)
  - i. Set up 3 climbs in new area, with assistance from Taylor, Max, Jake, and Len.
  - ii. Climb routes
  - iii. Breakdown routes.

V. Block 5: Travel

- a. Event 1 – Load equipment.
- b. Event 2 – Load participants
- c. Event 3 – Travel from Palisades to Horsepens.
- d. Event 4 – Arrive at camp.
- e. Event 5 – Unload personal gear.

VI. Block 6: Camp

- a. Event 1 – Break time for personal needs.
- b. Event 2 – Gather wood for fire.
- c. Event 3 – (Long) Teaching Topic – Gentry
  - i. Baking
- d. Event 4 – Dinner.
  - i. Prepare
  - ii. Eat
  - iii. Clean up.

VII. Block 7: Transition to Hobbs Time.

3. *Anatomy:*

**Boundaries:** In camp, participants will stay within whistle blast range and let someone know when they leave camp (restrooms). At climbing site, keep group six feet away from cliff edge, stay within stated boundaries at base of climbs.

**Safety:** Tethered in when setting up climbs if near cliff edge, when setting protection participants will remain on the ground, and when scrambling/climbing participants will spot each other when necessary.

**Closing:** LOD will take notes throughout day; confirmation of learning through observation, student explanations, and immediate feedback. Only debrief in depth if absolutely necessary.

4. *Positioning:*

- **Block 2:** Wake at Camp
- Move about camp to get things moving efficiently. Be in center of camp to help Hailey get the focus of the group for lesson.
- **Block 3:** One LOD in passenger seat to navigate and the other boosting morale of group. One LOD deals with fees and waivers and the other stays with group to unload.
- **Block 4:** *Scrambling* - One LOD leading and the other attending to needs of the group. Assist Matt and Chris with their needs for lesson. *Climbing* - Be in front of group setting up climbs. While climbing, move about coaching, giving feedback, encouragement, and tend to emotional needs of group. Have students breakdown the climbs while LOD's move about for assistance. During lunch be there for questions and give feedback. When teaching on placing protection, move about group and give immediate feedback with encouragement.

- **Block 5:** During travel, head up loading vehicle, sit in passenger seat for navigation, and mix in with group to be sociable.
- **Block 6:** At camp, be floating around for feedback and help organizing camp. Assist Gentry with needs for his lesson. During dinner, make sure everyone is eating and check in on everyone to see how they're doing. Assist Dr. Hobbs for transition into next block.

5. **Route:**

Camp at Horsepens, 3525 County Road 42, Steele, AL

Travel to Palisades, 1225 Palisades Parkway Oneonta, Alabama 35121

Travel time: 19 miles, 30 minutes one-way.

Climbing Sites:

- Cathedral Wall
- Overlook Wall
- Pillar Wall

7:45 am Breakfast be done and cleaned up

8:00 am Hailey's teaching topic starts

8:20 am Leave camp for Palisades

8:50 am arrive at Palisade

9:00 am Explore/Scramble YDS

9:45 am Chris and Matt teaching topic

10:30 am Scout and set up climbs

12:00 pm Eat lunch during climbing session

1:00 pm Placing protection lesson

1:45 pm Scout and Climb new site

4:30 pm leave Palisades for camp

5:00 pm Take care of personal needs at camp

5:15 pm Gentry's teaching topic

6:00 pm dinner

7:30 pm Transition to Hobbs time