

BELLINGHAM 4-H CHALLENGE  
RECERTIFICATION FORM

Leader Name: \_\_\_\_\_ Date of Recertification: \_\_\_\_\_

1. Recertification is required for all Challenge Leaders annually. Recertification may be completed by: (Please check one)  
\_\_\_\_\_ a.) Attending a scheduled recertification session and having this form signed off on the back to verify completion of the knots and completion of the recertification session.  
-or-  
\_\_\_\_\_ b.) Completing this form and returning to the WSU Cooperative Extension Office.
2. Anyone who has not used the course at least twice in the last year is to be observed by another trainer and have the Course Observation Form completed.

Skill areas to be evaluated:

1. **SEQUENCING:**  
Describe a sequence for a group you would like to lead in the near future. Include the kind of group and goals of the group.
2. **NAME GAMES/WARMUPS:**  
Describe a name game or warm up activity you feel confident leading:
3. **INTRODUCTION/SAFETY CHECK/FULL VALUE CONTRACT:**  
Describe a method you would use to establish a full value contract with the above group:

4. SPOTTING/TRUST:  
Describe how you would teach spotting to a group new to the Challenge Course, OR describe how you would set up a trust fall.

5. LOW COURSE ELEMENTS:  
Describe the safety issues for one of the elements you would use in your sequence described above:

6. DEBRIEFING:  
Describe a debrief method you would use with the above element:

7. KNOTS: [Only Ropes Course Certified Leaders need to complete this section]

1. Demonstrate a Figure 8 with a back up.

\_\_\_\_\_  
Signature of observer

2. Where is a Figure 8 with back up used on the Challenge Course?

3. Demonstrate a Mariners Hitch.

\_\_\_\_\_  
Signature of observer

4. Where is a Mariners Hitch used on the Challenge Course?

(Observer may be any currently certified Challenge Leader)

\_\_\_\_\_  
Signature of Challenge Leader

\_\_\_\_\_  
Date