

## Climbing and Adventure Sports—Master Progression Chart

Climbing Type	Grade Levels	Safety Standards and Gear	Additional Information
Slacklining <i>See Climbing and Rappelling Safety Activity Checkpoints.</i>	D, B, J, C, S, A	<ul style="list-style-type: none"> <li>Sneakers</li> <li>Comfortable clothing</li> <li>Specific uniform or costume</li> <li>Slackline</li> <li>Check anchors</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Slackline U.S.</a></li> </ul>
Initiatives and Low Rope Elements <i>Any element that has a fall distance of 6 feet or less.</i>	D, B, J, C, S, A	<ul style="list-style-type: none"> <li>Sneakers</li> <li>Comfortable clothing appropriate for weather</li> <li>Activity elements and supplies</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Ultimate Campsource Team Building</a></li> <li><a href="#">Team Building and Low Challenge Elements</a></li> </ul>
High Elements <i>Any element that has a fall distance of 6 feet or more.</i>	B, J, C, S, A  Brownies can participate only with indoor high elements specifically designed for small children.	<ul style="list-style-type: none"> <li>Climbing helmets (Union of International Alpine Association approved)</li> <li>Belaying equipment: ropes, webbing, harnesses, hardware, and helmets that are designed, tested, and manufactured for the purpose of climbing and size appropriate for user</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Association for Challenge Course Technology</a></li> </ul> <p><i>Notes:</i></p> <ul style="list-style-type: none"> <li><i>If the hosting facility or instructor indicates the use of helmets is hazardous for belay, follow those instructions. They may not offer helmets for this reason.</i></li> <li><i>When the hosting facility or instructor indicates a helmet is required, always opt for the helmet.</i></li> </ul>
Bouldering <i>Any element that has a fall distance of 6 feet or less.</i>	D, B, J, C, S, A	<ul style="list-style-type: none"> <li>Comfortable clothing</li> <li>Sneakers</li> <li>Spotters</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Beginner's Guide to Bouldering</a></li> </ul>
Artificial Climbing Walls – Indoor and Outdoor	B, J, C, S, A  No free climbing above 6 feet. Brownies on indoor walls designed specifically for small children only.	<ul style="list-style-type: none"> <li>Auto belay/harnessed indoor ropes</li> <li>Belaying equipment: ropes, webbing, harnesses, hardware, and helmets that are designed, tested, and manufactured for the purpose of climbing and size appropriate for user.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Indoor Climbing Basics - REI</a></li> </ul> <p><i>Notes:</i></p> <ul style="list-style-type: none"> <li><i>If the hosting facility or instructor indicates the use of helmets is hazardous for belay, follow those instructions. They may not offer helmets for this reason.</i></li> <li><i>When the hosting facility or instructor indicates a helmet is required, always opt for the helmet.</i></li> </ul>