

Climbing



Complete the five starred activities and three others of your choice.

- *1.** Learn first aid for injuries or illnesses that may occur during climbing activities, including hypothermia, heat cramps, heat exhaustion, blisters, sprains, snakebites, abrasions, fractures, and insect bites or stings. Discuss with your troop how these injuries and illnesses can be prevented.
- 2.** Find out what is proper clothing for indoor and outdoor climbing activities.
- 3.** Invite a knowledgeable climber to talk to your troop about her or his experiences and to demonstrate the equipment necessary for climbing. Learn how to choose equipment appropriate for your size and skill level.
- *4.** Learn the verbal signals that are used between the climber and the belayer during a climb. Show that you know these signals by practicing them with girls in your troop.
- 5.** Learn about ropes:
 - Know what kinds of ropes are acceptable in climbing and belaying.
 - Know how to examine a rope for signs of wear or damage.
 - Discuss ways to prevent a rope from being damaged.
 - Know how to tell when a rope should be retired.
 - Know how to properly coil a rope.
- *6.** Learn about knots:
 - Show that you can tie a figure eight follow-through.
 - Show that you can correctly attach a belaying rope to a harness and the belaying pins.
- *7.** Correctly put on either a commercially made harness or a tied harness.
- *8.** Climb at least two different routes on a rock face or climbing wall. Demonstrate good technique and use correct verbal signals to communicate with the belayer.
- 9.** Demonstrate that you know how to rappel down a rock face or climbing wall. Choose two different routes down and use correct verbal signals to communicate with the belayer.
- 10.** Demonstrate ways to store rope, hardware, and other gear used in climbing, rappelling, and belaying.

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