

Rock Climbing



Complete the two starred activities in the Skill Builders section, one activity in each of the other three sections, and two other activities in any section you choose. All activities must be done under the guidance of someone with the required training. See the *Safety-Wise* activity checkpoints for challenge courses, climbing, and rappelling. Before engaging in these activities, you should obtain the council's approval for equipment, instructors, and the site.

Skill Builders

- *1.** Learn from an expert about the safety equipment that you will use. Learn how to use the safety equipment, including how to put on and adjust the safety harness, tie knots used in climbing, and wear safety gear and proper clothing. Know the importance of the safety equipment and how dangerous free climbing is. Review the *Safety-Wise* activity checkpoints for challenge courses, climbing, and rappelling. Follow the guidelines in these checkpoints for all your rock climbing experiences.
- *2.** Under the supervision of an expert, complete at least three climbs where you reach above 15 feet. Climbs may be done on indoor or outdoor artificial climbing walls, climbing/rappelling, towers, or natural rock. Practice using footholds and handholds and how to hold yourself and the rope. Challenge yourself to increase your skill level.
- 3.** Under the supervision of a qualified instructor, learn how to belay another climber. Belay someone at least two times under the supervision of the instructor. Learn how to properly set up the equipment for a belay and how to inspect the equipment to ensure safety. Know how to stop the climber's fall and how to take up the slack in the rope.
- 4.** Rappel down a wall or rock that is at least 10 feet high.
- 5.** Learn what these terms mean: *slack, belay, crack climbing, Rock!, carabineer, belay device, static rope, rappel, harness, figure-eight knot, figure-eight rappelling device, and holds.*
- 6.** Learn how to tie the different knots used in rock climbing. Learn what kinds of ropes are used for climbing and how to care for them properly.
- 7.** Learn the verbal commands of climbers.

Technology

- 1.** Learn about climbing accessories, such as shoes and chalk bags. How are they made? Why are they constructed the way they are?
- 2.** Look at climbing equipment in outdoor magazines or websites. What equipment would you need for basic rock climbing?

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3. Talk to a professional about the different types of climbing equipment, what to look for when purchasing equipment, and the safety features required for rock climbing equipment. Visit a local outdoor equipment store to study the different types of equipment.
4. Search the Internet and local outdoor magazines and newspapers to find different places where you could go for a rock climbing experience. Find out about the qualifications of their instructors and their safety procedures.

Service Projects

1. Share your experiences with others. Help them to become involved in climbing.
2. Learn about the environmental impact of climbing. Develop a project to help lessen the impact at a natural rock climbing site.
3. Plan an event to introduce rock climbing to another group.

Career Exploration

1. Watch a climbing competition. What does it take to become a competition-level climber?
2. Spend time with a professional climber. What training and experience does the climber have? How did she or he get started in climbing?
3. Make a list of all the professions that involve climbing. Talk to at least one person in one of these professions. Find out how the person uses climbing in her or his job. Find out what training she or he had to have to do this job.
4. Find out about at least four female climbers.

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