

Climbing





This workbook can help you but you still need to read the merit badge pamphlet.

This Workbook can help you organize your thoughts as you prepare to meet with your merit badge counselor. You still must satisfy your counselor that you can demonstrate each skill and have learned the information. You should use the work space provided for each requirement to keep track of which requirements have been completed, and to make notes for discussing the item with your counselor, not for providing full and complete answers.

If a requirement says that you must take an action using words such as "discuss", "show",

"tell", "explain", "demonstrate", "identify", etc, that is what you must do.

Merit Badge Counselors may not require the use of this or any similar workbooks.

No one may add or subtract from the official requirements found in Scouts BSA Requirements (Pub. 33216 – SKU 653801).

The requirements were last issued or revised in 2017 • This workbook was updated in June 2020.

Scout's Name:____ Counselor's Name: Phone No.: Email: http://www.USScouts.Org • http://www.MeritBadge.Org Please submit errors, omissions, comments or suggestions about this workbook to: Workbooks@USScouts.Org Comments or suggestions for changes to the requirements for the merit badge should be sent to: Merit.Badge@Scouting.Org 1. Do the following: a. Explain to your counselor the most likely hazards you may encounter while participating in climbing activities, and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.

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b.	Show that you know first aid for and how to prevent injuries or illnesses that could occur during climbing activities, including heat and cold reactions, dehydration, stopped breathing, sprains, abrasions, fractures, rope burns, blisters, snakebite, and insect bites or stings.			
	Heat and cold reactions:			
	reactions.			
	Dehydration:			
	Stopped breathing:			
	J			
	Caraina			
	Sprains:			
	Abrasions:			
	Abrasions.			
	Fractures:			
	. radiardo.			
	Rope burns			
	•			
	Blisters:			

		Snakebite:	
		Insect bites or	
		stings	
	b.	Identify the cond	litions that must exist before performing CPR on a person.
2.	Lea	rn the Leave No	Trace principles and Outdoor Code, and explain what they mean.
3.			properly dressed for belaying, climbing, and rappelling (i.e., appropriate clothing, footwear and a helmet; lso wear gloves).
4.	Loc	ation. Do the fol	
	a.	Explain how the demonstrate you	difficulty of climbs is classified, and apply classifications to the rock faces or walls where you will ur climbing skills.
		Class 1	
		Class 2	
		Class 3	

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	Class 4	
	Class 5	
	Classifications:	
b.		wing: top-rope climbing, lead climbing, and bouldering.
	Top-rope climbing	ng:
	Lead climbing	
	Bouldering:	
C.	Evaluate the saf	fety of a particular climbing area. Consider weather, visibility, the condition of the climbing surface and tal hazards.
C.	Evaluate the saf any environmen Weather:	rety of a particular climbing area. Consider weather, visibility, the condition of the climbing surface and tal hazards.
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r another Scout, demonstrate the verbal signals used by each of the follo
use in climbing and rappelling.
use in climbing and rappoining.

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C.	Discuss ways to prevent a rope from being damaged.			
d.	Explain when and how a rope should be retired.			

e. Properly coil a rope.

7. **Knots.** Demonstrate the ability to tie each of the following knots.

Give at least one example of how each knot is used in belaying, climbing or rappelling.

Knot	Use in Belaying	Use in Climbing	Use in Rappelling
a. Figure eight on a bight			
b. Figure eight follow-through			
c. Water knot			
d. Double fisherman's knot (Grapevine knot)			
e. Safety Knot			

8. Harnesses. Correctly put on a commercially made climbing harness

Ве	elaying. Do th	e following:				
a.	Explain the importance of belaying climbers and rappellers and when it is necessary.					
b.	Belay three	different climbers ascending a rock	face or climbing wall.			
		Climbers	Date	What/where		
	<u> </u>					
	2 .					
	☐ 3.					
C.	Belay three different rappellers descending a rock face or climbing wall using a top rope.					
		Rapellers	Date	What/where		
	<u> </u>					
	2 .					
	☐ 3.					
0. Cli	0. Climbing.					
a.						
b.	 Climb at least three different routes on a rock face or climbing wall, demonstrating good technique and using verba signals with a belayer. 					
1. R a	appelling.	mar a solajon				
a.		carabiner and a rappel device, sec	ure your climbing har	ness to a rappel rope.		
b.	Tie into a belay rope set up to protect rappellers.					
C.	Rappel down three different rock faces or three rappel routes on a climbing wall. Use verbal signals to communicate with a belayer, and demonstrate good rappelling technique.					
	with a belay	Face or Route	Date	Verbal Signals		
	□ 1.	race or noute	Date	verbai digitats		
	□ 1.					

Cilitibility		Scouts Name.		
☐ 2.				
_				
☐ 3.				
2. Demonstrate ways to store rope, hardware, and other gear used for climbing, rappelling and belaying.				

When working on merit badges, Scouts and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088).Important excerpts from that publication can be downloaded from http://usscouts.org/advance/docs/GTA-Excerpts-meritbadges.pdf.

You can download a complete copy of the Guide to Advancement from http://www.scouting.org/filestore/pdf/33088.pdf.

The Principles of Leave No Trace

- 1. Plan Ahead and Prepare
- 2. Travel and Camp on Durable Surfaces
- 3. Dispose of Waste Properly (Pack It In, Pack It Out)
- 4. Leave What You Find
- 5. Minimize Campfire Impacts
- 6. Respect Wildlife

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7. Be Considerate of Other Visitors

Outdoor Code

As an American, I will do my best to-

Scout's Name:

Be clean in my outdoor manners. I will treat the outdoors as a heritage. I will take care of it for myself and others. I will keep my trash and garbage out of lakes, streams, fields, woods, and roadways.

Be careful with fire. I will prevent wildfire. I will build my fires only when and where they are appropriate. When I have finished using a fire, I will make sure it is cold out. I will leave a clean fire ring, or remove all evidence of my fire.

Be considerate in the outdoors. I will treat public and private property with respect. I will follow the principles of Leave No Trace for all outdoor activities.

Be conservation-minded. I will learn about and practice good conservation of soil, waters, forests, minerals, grasslands, wildlife, and energy. I will urge others to do the same.