# Climbing

## Merit Badge Workbook

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 Boy Scout Requirements (Pub. 33216 – SKU 637685).

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

Scout's Name:_____ Unit: _____

Counselor's Name: _____ Counselor's Phone No.: _____

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

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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: | |
| Dehydration: | |
| Stopped breathing: | |
| Sprains: | |
| Abrasions: | |
| Fractures: | |
| Rope burns | |
| Blisters: | |

| | |
|---|---|
| Snakebite: | |
| Insect bites or stings | |

b. Identify the conditions that must exist before performing CPR on a person.

2. Learn the Leave No Trace principles and Outdoor Code, and explain what they mean.

3. ☐ Present yourself properly dressed for belaying, climbing, and rappelling (i.e., appropriate clothing, footwear and a helmet; rappellers can also wear gloves).

4. **Location.** Do the following:

a. Explain how the difficulty of climbs is classified, and apply classifications to the rock faces or walls where you will demonstrate your climbing skills.

| | |
|---|---|
| Class 1 | |
| Class 2 | |
| Class 3 | |

| | |
|---|---|
| Class 4 | |
| Class 5 | |
| Classifications: | |

b. Explain the following: top-rope climbing, lead climbing, and bouldering.

| | |
|---|---|
| Top-rope climbing: | |
| Lead climbing | |
| Bouldering: | |

c. Evaluate the safety of a particular climbing area. Consider weather, visibility, the condition of the climbing surface and any environmental hazards.

| | |
|---|---|
| Weather: | |
| Visibility: | |
| Condition of the climbing surface: | |
| Environmental hazards: | |

d. Determine how to summon aid to the climbing area in case of an emergency.

5. **Verbal signals.** Explain the importance of using verbal signals during every climb and rappel, and while bouldering.

With the help of the merit badge counselor or another Scout, demonstrate the verbal signals used by each of the following:

☐ a. Climbers

☐ b. Rappellers

☐ c. Belayers

☐ d. Boulderers and their spotters

6. **Rope.** Do the following:

a. Describe the kind of rope acceptable for use in climbing and rappelling.

b. ☐ Show how to examine a rope for signs of wear or damage.

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

9. **Belaying.** Do the following:
   a. Explain the importance of belaying climbers and rappellers and when it is necessary.

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   b. Belay three different climbers ascending a rock face or climbing wall.

| | Climbers | Date | What/where |
|---|---|---|---|
| ☐ 1. | | | |
| ☐ 2. | | | |
| ☐ 3. | | | |

   c. Belay three different rappellers descending a rock face or climbing wall using a top rope.

| | Rapellers | Date | What/where |
|---|---|---|---|
| ☐ 1. | | | |
| ☐ 2. | | | |
| ☐ 3. | | | |

10. **Climbing.**
   a. ☐ Show the correct way to tie into a belay rope.
   b. ☐ Climb at least three different routes on a rock face or climbing wall, demonstrating good technique and using verbal signals with a belayer.
11. **Rappelling.**
   a. ☐ Using a carabiner and a rappel device, secure your climbing harness 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.

| | Face or Route | Date | Verbal Signals |
|---|---|---|---|
| ☐ 1. | | | |
| | | | |
| | | | |
| | | | |

| | | | |
|---|---|---|---|
| ☐ 2. | | | |
| ☐ 3. | | | |

12. ☐ 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
7. Be Considerate of Other Visitors

### *Outdoor Code*

As an American, I will do my best to—

***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.