



# Climbing

## Merit Badge Requirements

- 1) Show that you know first aid for injuries or illnesses that may occur during climbing activities, including hypothermia, blisters, sprains, snakebite, abrasions, fractures and insect bites or stings.
- 2) Identify the conditions that must exist before performing CPR on a person. Demonstrate proper technique in performing CPR using a training device approved by your counselor.
- 3) Present yourself properly dressed for belaying, climbing, and rappelling (i.e., appropriate clothing, footwear and a helmet; rappellers must 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.
  - B) Explain the following: top-rope climbing, lead climbing, and bouldering.
  - C) Evaluate the safety of a particular climbing area. Consider weather, visibility, the condition of the climbing surface and any environmental hazards.
  - C) 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) Boulders 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.
  - A) Figure eight on a bight
  - B) Figure eight follow-through
  - C) Water knot
  - D) Double fisherman's knot (Grapevine knot)
- 8) Harnesses. Correctly put on at least ONE of the following:
  - A) Commercially made climbing harness
  - B) Tied harness
- 9) Belaying. Do the following:
  - A) Explain the importance of belaying every climber and rappeller.
  - B) Belay three different climbers ascending a rock face or climbing wall.
  - C) Belay three different rappellers descending a rock face or rappel wall.
- 10) Climbing. Do the following:
  - 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. Do the following:
  - A) Using carabiners and a rappel device, secure your climbing harness or tied 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.
- 12) Demonstrate ways to store rope, hardware, and other gear used for climbing, rappelling and belaying.

## Requirement 1

Show that you know first aid for injuries or illnesses that could occur during climbing activities.

Hypothermia: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Blisters: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Sprains: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Snakebite: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Abrasions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Fractures: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Insect Bites/Stings: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Other: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Requirement 2

What conditions must exist before performing CPR on a person? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How are such conditions recognized? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Demonstrate to your leader or counselor, the proper technique for performing CPR on an adult mannequin (or other approved training device) for at least 3 minutes.

I have completed at least 3 min of CPR on an adult: Yes No

### Requirement 3

Present yourself to your counselor properly dressed for belaying, climbing, and rappelling. This includes appropriate clothing, footwear, and a helmet; rapellers must wear gloves.

After you have presented yourself to your counselor, and explained the reason for each piece of dress equipment, have them place their initials here: \_\_\_\_\_

### Requirement 4

How is the difficulty of a climb classified? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Give the definition for each of the following climbing classifications:

Class 1 = \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Class 2 = \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Class 3 = \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Class 4 = \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Class 5 = \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Apply classifications to the rock faces or walls where you will demonstrate your climbing skills. What classification level(s) did you use? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Explain the following:

Top-rope Climbing: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Lead Climbing: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Bouldering: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

When you did your climbing you had to evaluate the safety of the climbing area. List all of the safety concerns you looked for before and during your climb/rappel. \_\_\_\_\_

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If you were climbing and found yourself in need of aid or help, how would you go about getting help to your location? List at least two different ways: \_\_\_\_\_

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### Requirement 5

Explain the importance of using verbal signals during every climb and rappel, and while bouldering: \_\_\_\_\_

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For each "meaning" below, list the proper verbal signal for each participant

*Climber*

Meaning

Verbal Signal

"Is the belay ready"

\_\_\_\_\_

"Here I come"

\_\_\_\_\_

"I need some slack in the rope"

\_\_\_\_\_

"Take in the loose (slack) rope"

\_\_\_\_\_

"Hold the rope tightly and brace yourself incase I fall"

\_\_\_\_\_

"I'm falling! Brake the belay rope!"

\_\_\_\_\_

"Lower me"

\_\_\_\_\_

"Look out for falling rocks"

\_\_\_\_\_

"Rope being thrown down"

\_\_\_\_\_

"I'm in a safe place and no longer need a belay"

\_\_\_\_\_

*Belayer*

(When Climbing)

- "Your belay is ready" \_\_\_\_\_
- "Come ahead" \_\_\_\_\_
- "There is tension on the rope" \_\_\_\_\_
- "I am letting you down now" \_\_\_\_\_
- "I'm no longer belaying you" \_\_\_\_\_
- "Rock!" \_\_\_\_\_
- "Rope!" \_\_\_\_\_

*Belayer*

(When Rappelling)

- "Your belay is ready" \_\_\_\_\_
- "Go ahead" \_\_\_\_\_
- "I'm no longer belaying you" \_\_\_\_\_

*Rappeller*

- "Is the belay ready" \_\_\_\_\_
- "I'm ready to start down" \_\_\_\_\_
- "I'm falling! Brake the rope" \_\_\_\_\_
- "I am done rappelling and am in a safe place" \_\_\_\_\_
- "The rope is free of equipment and is ready for the next rappeller" \_\_\_\_\_

*Boulderers*

- "I am ready to start" \_\_\_\_\_
- "I'll start up as soon as spotters give a go-ahead" \_\_\_\_\_
- "I'm about to fall" \_\_\_\_\_

*Spotters*

- "I'm ready to protect you" \_\_\_\_\_
- "Go ahead" \_\_\_\_\_

What other verbal signals, if any, can you think of that you may want to use when participating in this sport? \_\_

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## Requirement 6

Describe the kind of rope acceptable for use in climbing and rappelling: \_\_\_\_\_

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What signs would you look for when you examine a rope for wear and damage? \_\_\_\_\_

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How can you prevent a rope from being damaged? \_\_\_\_\_

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When and how should you retire a rope? \_\_\_\_\_

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Describe (and show your counselor) how you would properly coil a rope: \_\_\_\_\_

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## Requirement 7

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.

\_\_\_\_\_ Figure eight on a bight

Use: \_\_\_\_\_

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\_\_\_\_\_ Figure eight follow-through

Use: \_\_\_\_\_

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\_\_\_\_\_ Water knot

Use: \_\_\_\_\_

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\_\_\_\_\_ Double fisherman's knot (Grapevine knot)

Use: \_\_\_\_\_

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## Requirement 8

Show your counselor that you can correctly put on at least ONE of the following harnesses. Check the one that you demonstrated.

\_\_\_\_\_ Commercially made climbing harness

\_\_\_\_\_ Tied harness

## Requirement 9

Why is it important to belay EVERY climber and rappeller? \_\_\_\_\_

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Name the three climbers you belayed while they *ascended* a rock or wall

\_\_\_\_\_

Name the three climbers you belayed while they *descended* a rock or a wall

\_\_\_\_\_

## Requirement 10

Describe and show your counselor that you know the correct way to tie into a belay rope. \_\_\_\_\_

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Describe the three different routes that you climbed on a wall or a rock face.

Route 1: \_\_\_\_\_

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Route 2: \_\_\_\_\_

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Route 3: \_\_\_\_\_

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List below the verbal signals you used with the person who was your belayer.

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Requirement 11

\_\_\_\_\_ Using carabiners and a rappel device, show your counselor that you know the proper way to secure your climbing harness or tied harness to a rappel rope. Have your counselor initial in the space once you have done this.

\_\_\_\_\_ Show your counselor how you would tie into a belay rope set up to protect rappellers. Have your counselor initial in the space once you have done this.

Describe the three different routes that you rappelled down on a wall or a rock face.

Route 1: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Route 2: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Route 3: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List below the verbal signals you used with the person who was your belayer.

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Requirement 12

Describe how you would properly store the equipment used for climbing and rappelling

Rope: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Hardware (carabiners, harness, etc): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Other Gear: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_