



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. _____

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: _____

Requirement 5

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

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? ___

Requirement 6

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

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

How can you prevent a rope from being damaged? _____

When and how should you retire a rope? _____

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

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: _____

_____ Figure eight follow-through

Use: _____

_____ Water knot

Use: _____

_____ Double fisherman's knot (Grapevine knot)

Use: _____

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? _____

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. _____

Describe the three different routes that you climbed 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 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: _____

