



Climbing

Merit Badge Workbook

This workbook is not required but is designed to help you with this merit badge. No one can add or subtract from the Boy Scout Requirements #33215. Use page backs & add pages as needed. Please send comments to: craig@craiglincoln.com. Requirements revised: 2007, Workbook updated: March 2007.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Counselor's Ph #: _____

1. Do the following:

a. *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. _____

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 and belayers must wear gloves). _____

4. Location. Do the following:

a. Explain how the difficulty of climbs is classified,

Class 1 _____

Class 2 _____

Class 3 _____

Class 4 _____

Class 5 _____

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. _____

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: (Some sample verbal commands are listed below. Your counselor may suggest others.)

a. Climbers**c. Belayers**

Command	Response
"On Belay"	"Belay On"
"Climbing"	"Climb On"
"Falling"	(Climber is not sure of his holds.)
"Slack"	(Give some slack.)
"Hold Tight"	(Trying a hard move.)
"Rope"	(Too much slack.)
"Off Belay"	"Belay Off"
"Rock"	(Lookout for falling rock or debris.)
"Rock, Rock, Rock"	(Lookout for multiple falling rocks and debris.)
"Rope"	"Clear"

b. Rappellers**c. Belayers**

Command	Response
"On Belay"	"Belay On"
"Rappelling"	"Rappelling on"
"Falling"	(Climber is falling – hold them.)
"Off Belay"	"Belay Off"

d. Boulderers and their spotters

Command	Response
"On Belay"	"Belay On"
"Climbing"	"Climb On"
"Off Belay"	"Belay Off"

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 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 climbers and rappellers and when it is necessary. _____

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.

Climbers	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.