



# Climbing

## Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33215. Merit Badge Workbooks and much more are below: [Online Resources](#).

Send comments to: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Requirements revised: 2006, Workbook updated: February 2008.

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**

<b>Command</b>	<b>Response</b>
"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. Rappelers**

**c. Belayers**

<b>Command</b>	<b>Response</b>
"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. \_\_\_\_\_

**Online Resources** (Use any Internet resource with caution and only with your parent's or guardian's permission.)

- Merit Badge Workbooks: [usscouts.org](http://usscouts.org) -or- [meritbadge.org](http://meritbadge.org)      ▶ Merit Badge Books: [www.scoutstuff.org](http://www.scoutstuff.org)  
 Boy Scouts of America: <http://www.scouting.org/>   ▶ Requirements   ▶ Intro to Merit Badges   ▶ Guide to Safe Scouting  
 ▶ Youth Protection   ▶ Leave No Trace   ▶ Outdoor Code   ▶ Wilderness Use   ▶ Safe Swim Defense   ▶ Safety Afloat  
 ExpertVillage Climbing Videos: ▶ Safety   ▶ More Safety   ▶ Gear   ▶ Introduction   ▶ Basics   ▶ Indoor   ▶ Outdoor  
 ExpertVillage First Aid Videos   ▶ Make a First Aid Kit   ▶ Basics   ▶ Basics2   ▶ CPR Basics   ▶ Venomous Snake Bite  
 Knot Videos   ▶ Basics   ▶ Basics2   ▶ Animated Knots

**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.