



# CLIMBING

**Trust in the Lord with all your heart and lean not on your own understanding, in all your ways acknowledge Him, and He will make your paths straight.**

Proverbs 3: 5-6

### Purpose

The Climbing merit badge should give you some basic knowledge and skill; enough to enable you to enjoy the sport of rock climbing. It is not intended to have you fully trained in the sport. You will need to spend considerable time with a trained professional before you begin climbing on your own.

- 1. There are similarities between climbing and living the Christian life. Both require the participant to develop a high degree of trust and faith. Find two Scripture passages that have to do with faith or trust.

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Talk with your counsellor about the following:

- a. Explain how trust relates to both the Christian life and climbing. Refer to the passages you found.
- b. Describe a time in your life when you needed to rely on God or on a fellow Christian.
- c. Describe why you are able to entrust your life to God.

- 2. Explain the difference between top-roping and lead climbing.
  - a. Top-roping
  - b. Lead climbing

- 3. Name at least three types of anchors used in top-roping.
  - a. ....
  - b. ....
  - c. ....

- 4. Tell what R.E.N.E. stands for and why the concept is important.
 

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- 5. Memorize the following safety concerns and explain the importance of each.
  - a. Use two independent anchors for top-roping.
 

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  - b. Climbers and belayers must wear helmets.
 

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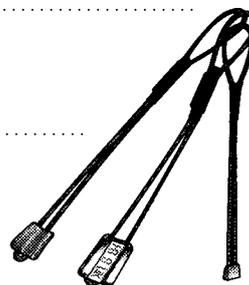
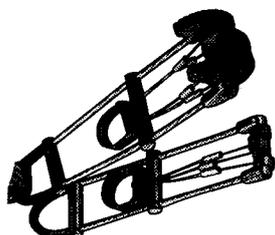
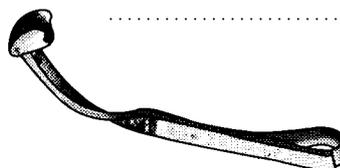
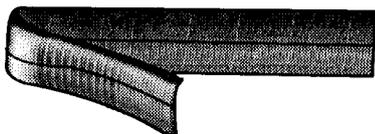
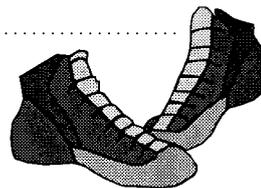
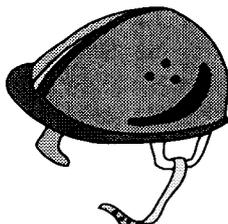
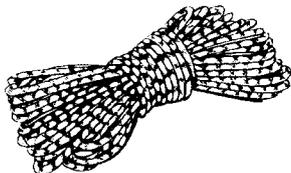
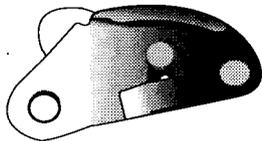
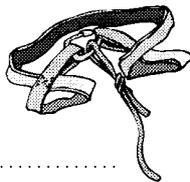
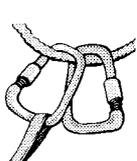
c. Observers must keep away from loose rock.

d. Climbers must take care of their climbing gear.

e. Use gear approved by UIAA.

f. Pre-check knots and harnesses each time you climb.

6. Identify the following parts.



7. Demonstrate the following to your counsellor and explain how they are used.

a. Knots

- Water
- Figure-eight
- Bowline

b. Commands

- On belay
- Climbing
- Up rope
- Slack
- Off belay

- 8. Study the following list of equipment that climbers often use. Choose two from each category and tell how they are used.
  - a. Anchoring devices
    - Cams
    - Nuts
    - Tri-cams
    - Webbing
    - Spectra
    - Quick Draw
    - Carabiners (locking and non-locking)
  - b. Belay devices
    - ATC
    - Figure eight
    - GriGri
  - c. Other climbing/rappelling devices
    - Rope
    - Helmet
    - Harness
    - Shoes
    - Chalk bag and chalk
    - Shunt

**Doing**

This part of the merit badge must be earned under the instruction of a qualified trained rock climber, or a climbing gym instructor. Bring your guidebook to the climbing area and have the instructor complete the Project Log when he is satisfied that you have completed the requirements. Do one of the following:

1. Climb on a real rock demonstrating the basic climbing moves and using the climbing commands.
2. Climb in an indoor rock climbing gym demonstrating the basic climbing moves and using the climbing commands.

Ask your Counsellor to sign below and arrange for the presentation of your badge.

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