



OUTDOOR RECREATION AWARD



PROJECT: ROCK CLIMBING 2

GOALS

- A. CLIMBING FACTS:** Identify three key **climbing** terms and six pieces of equipment.
- B. CLIMBING CHALLENGE:** Practice rock climbing at an indoor gym or outdoor course.

A. CLIMBING FACTS

Rock climbing became a sport more than 100 years ago. There are many different types of rock climbing—bouldering, top-roping, rappelling, lead climbing, and ice climbing. Today you will learn about “top-roping.”

Key Terms (Identify 3.)

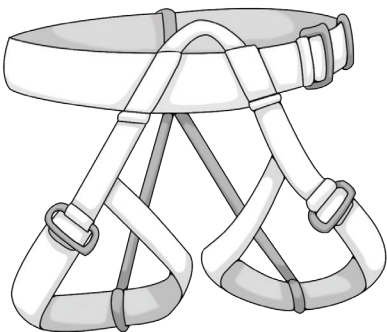
- Top-roping:** The climber is attached to a rope that is securely fed through a carabineer or bar at the top of the climb.
- Bouldering:** Climbing on large boulders without ropes as practice for top-rope climbing or as a sport in an of itself.
- Rappelling:** Descending a rock face walking “backwards.”
- Belaying:** To attach the end of the rope to another person for safety. This person locks off the rope if the climber falls.

NOTE: When it comes to rock climbing, we recommend a live instructor in a real class. The purpose of this activity is to introduce the sport to people with no exposure to rock climbing or beginners who need some helpful hints.

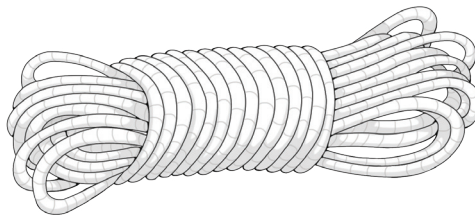
Key Equipment (Identify 6.)

Learn the following types of gear. Each gym or outdoor climbing facility will vary in their equipment, but below are the basics!

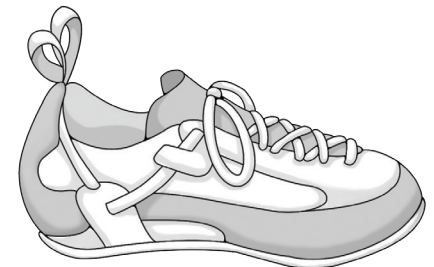
Harness:



Dynamic Rope:

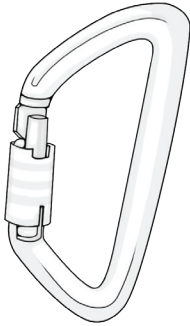


Shoes*:

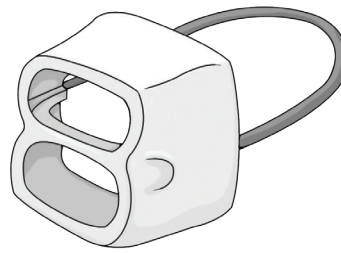


**As a beginner you can use athletic shoes instead of rock climbing shoes*

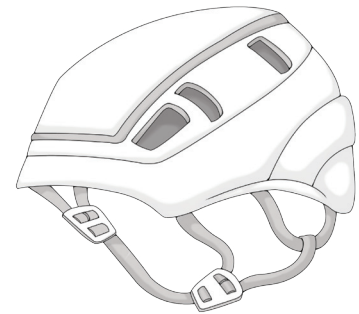
Carabiner



Belay Device



Helmet



B. CLIMBING PRACTICE

Go to a rock climbing gym or outdoor recreation course and try a beginners climb.

- *Rock Climbing Gym:* When you go to a gym ask for help with your first climb or book a beginner's course you can take. Coaching is required!
- *Climbing Outside:* Climbing outside on rock will feel different than indoor climbing. You will need to identify the handholds/footholds on your own. Your city may have a free or inexpensive outdoor climbing wall or outside course.

Step 1—Climbing Difficulty Ratings

There are several difficulty rating systems in use today. The most common system in North America for outdoor climbs, and rock-climbing gyms is the Yosemite Decimal System (YDS). Rating difficulty is based off the rock and terrain, and how difficult it would be to climb.

- 5.0 - 5.4—Easy:* There are many large handholds and footholds for every move you make. You can make this climb with athletic shoes.
- 5.5 - 5.8—Intermediate:* There are smaller handholds and footholds. You need strength and experience to climb and need rock climbing shoes, especially for 5.7 and 5.8 climbs.
- 5.9 - 5.10*—Hard:* Difficult climb requiring climbing shoes. Will have minimal holds, overhangs, and very difficult technical moves.

**The ratings continue to 5.15 but you will not use those as a beginner.*

Step 2—Climbing Calls

- "On Belay?"* –Climber asks the person belaying. Checks if he/she is ready to hold your rope!
- "Belay on!"* –The person belaying responds that he/she is ready to hold the rope.
- "Climbing!"* –The person climbing announces that he/she is going to start climbing.
- "Climb on!"* –The person belaying responds that he/she is ready!

TIP: For your first climb, look for a route rated between 5.3-5.6 or ask for the "beginner's climb." Always have coaching help for your equipment, climbing calls, and beginning tips.



□ Step 3—Climbing Practice

1. *Equipment:* Put on your climbing equipment and harness per your climbing gym or recreation center’s instructions. Make sure someone double-checks your equipment.
2. *Choose Your Climb:* Choose a beginner’s climb to start on.
3. *Practice Your Calls:* Before you start climbing, use your climbing calls.
4. *Climb:* Always keep 3 points of contact on the wall. If you are about to move your leg, make sure the other leg and both hands are secure. Keep your body close enough to the wall that your weight is over your legs. Avoid hanging on the wall by your arms, with your center sticking out as this will tire you out quickly. Instead, climb the wall like a ladder, moving your legs first then arms.
5. *Get Ready to Lower:* Once you reach the top, have your belayer lock off your rope. Sit back on the rope like you are sitting in a chair and place your feet flat on the wall, legs straight.
6. *Rappel Down:* To come back down you shout “ready to lower” and the person down below will respond with “Okay, lowering!” Walk backwards down the wall until you are at the ground.

TIP: Many REI stores around the country offer free climbing to members.

RESEARCH MORE

- rei.com/h/climbing
- Go to your local indoor climbing gym or city owned recreation center.
- Observe other people climbing—you can learn a lot from watching other more experience climbers.

My child has successfully completed the Project Goals for the topic—Rock Climbing 2.

Adult Signature: _____ Date: _____
(Complete SIX projects to earn your RECREATION award)