



**TRAIL  
LIFE  
USA**

## Climb On!

Name \_\_\_\_\_

Do all of the following requirements (1-3)

- \_\_\_\_1. Participate in a climbing safety orientation covering safety rules for indoor and outdoor climbing and do the following:
  - \_\_\_\_a. Explain the five classes and the subclasses of class 5 in the Yosemite Decimal System (YDS) rock climbing difficulty classification system. The novice may find the descriptions of the subclasses of class 5 from Mountaineering, Freedom of the Hills helpful. It is available on numerous web sites.
  - \_\_\_\_b. List the safety equipment needed for rock climbing.
  - \_\_\_\_c. Demonstrate the proper way to inspect, put on, and fit a harness and helmet.
  - \_\_\_\_d. List the clothing appropriate for rock climbing indoors and outdoors.
  - \_\_\_\_e. Demonstrate proper rope choice, care, inspection, coiling in a butterfly coil, and management. Explain why these are crucial.
  - \_\_\_\_f. Explain how to identify wear in a rope and determine when it is appropriate to retire a rope.
  - \_\_\_\_g. Explain the difference between static and dynamic rope and when it is most appropriate to use each.
- \_\_\_\_2. Demonstrate tying the following knots using a climbing rope, webbing, and harness as appropriate. Explain the use and importance of each knot.
  - \_\_\_\_a. Figure eight and figure eight on a bight
  - \_\_\_\_b. Rewoven figure eight and safety knot

- \_\_\_\_\_c. Water knot and safety knot for webbing
- \_\_\_\_\_d. Double fisherman's knot
- \_\_\_\_\_3. Demonstrate the climbing verbal signals used between (see Resources below):
  - \_\_\_\_\_a. Climber and Belayer
  - \_\_\_\_\_b. Rappeller and Belayer
  - \_\_\_\_\_c. Boulderer and Spotter

**Do seven optional requirements with at least three from Climbing Experience**

**Climbing Experience (Do at least three)**

Each of the requirements in the Climbing Experience topic must be done under appropriate adult supervision and any of the requirements taking place at a natural rock-climbing site must also be done under the supervision of a certified guide. For further information and guidance, please see the Health and Safety Guide.

- \_\_\_\_\_4. Participate in belaying training to be able to belay and do the following:
  - \_\_\_\_\_a. Demonstrate the appropriate way to use and fasten a carabiner and belay device.
  - \_\_\_\_\_b. Demonstrate the appropriate use of belayer commands.
  - \_\_\_\_\_c. Perform a belaying equipment check.
  - \_\_\_\_\_d. Demonstrate the appropriate way to take up slack and lower a climber.
  - \_\_\_\_\_e. Demonstrate the proper reactions for a fall.
  - \_\_\_\_\_f. Belay at least 5 climbs.
- \_\_\_\_\_5. At a climbing wall or rock gym, climb at least five routes using a properly trained belayer, safety equipment, and verbal signals.
- \_\_\_\_\_6. Climb at least five different classified routes to estimate your YDS climbing level.
- \_\_\_\_\_7. Take part in an outdoor climbing adventure at a natural climbing site.

- \_\_\_\_\_a. Ask for and list the estimated YDS rating and any hints for each climb route.
- \_\_\_\_\_b. Climb at least 5 routes.
- \_\_\_\_\_8. Learn and demonstrate the following moves:
  - \_\_\_\_\_a. Flag
  - \_\_\_\_\_b. Gaston
  - \_\_\_\_\_c. Heal hook
  - \_\_\_\_\_d. Mantle
  - \_\_\_\_\_e. Match
  - \_\_\_\_\_f. Side pull
  - \_\_\_\_\_g. Sit start
  - \_\_\_\_\_h. Smearing
  - \_\_\_\_\_i. Toe hook
- \_\_\_\_\_9. Using a belayer, rappel down five different routes on a climbing wall or natural rock face. Each rappel should cover at least thirty feet vertically.
- \_\_\_\_\_10. Using a spotter and crash pad, go bouldering and complete ten different bouldering problems (climbs) at a climbing wall, rock gym, natural bouldering site, or combination thereof.
- \_\_\_\_\_11. Join a climbing club or team and participate for at least two months.
- \_\_\_\_\_12. Participate in a climbing competition.
- \_\_\_\_\_13. Participate in five different **climbing training games such as "Add-on"** – see the Resources for the rules to Add-on and other climbing games.
- \_\_\_\_\_14. Take an organized climbing lesson or class offered to the public (see Resources below).

### Climbing Knowledge

- \_\_\_\_\_15. At a natural climbing site, evaluate the appropriateness of a climbing area and identify potential climbing hazards.

- \_\_\_\_16. Demonstrate the proper prevention and responses to common climbing injuries and illnesses and describe how to summon aid.
- \_\_\_\_17. Define the following climbing terms:
- Anchor     Dyno
  - Arête     Flash
  - Chimney   Quickdraw
  - Clipping in   Traverse
  - Crimper     Undercling
  - Crux
- \_\_\_\_18. Attend a climbing competition as a spectator.
- \_\_\_\_19. Explain the difference between an ATC and gri-gri belay device and the conditions under which the use of each is appropriate.
- \_\_\_\_20. Explain the difference between top rope climbing and lead climbing including differences in equipment and the conditions under which each is appropriate. Explain the difference between traditional climbing and sport climbing including differences in equipment and the conditions under which each is appropriate.
- \_\_\_\_21. Take a course in how to set top rope anchors.
- \_\_\_\_a. Demonstrate the keys to a safe anchor system.
  - \_\_\_\_b. Demonstrate the appropriate ways to use natural anchors when in an outdoor setting.
- \_\_\_\_22. Design your own climbing route. Describe your planned holds, moves you expect the climber to use on the route, the expected YDS classification, and a name for the route.

## Resources

Note: Each activity done for Climbing Experiences may count towards only one requirement. For example, the five climbs in requirement 5 may not be used for 6 or 7.b and any activities in an organized climbing class may be used only for requirement 14 or for another requirement, but not both.

Class 5 subclass descriptions: <http://www.climber.org/data/decimal.html#fifth>

Climbing games: [http://www.indoorclimbing.com/climbing\\_games.html](http://www.indoorclimbing.com/climbing_games.html)

Example of climbing lesson or class: <http://www.yosemitepark.com/rock-climbing-lessons.aspx>

Climber and Belayer verbal signals:

On Belay ... Belay On

Climbing ... Climb On

Slack

Up Rope

Falling

Tension ... Got You

Ready to Lower ... Lowering

Rock ... Rock

Rope ... Rope

Off Belay ... Belay Off

Rappeller and Belayer verbal signals:

On Belay ... Belay On

Rappelling ... Rappel On

Falling

Rock ... Rock

Off Belay ... Belay Off

Off Rope

Boulderer and Spotter verbal signals:

Spotters Ready ... Ready

Climbing ... Climb On

Falling

Rock ... Rock

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Trail Badge Mentor Signature

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Date

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