



CHALLENGE SYLLABUS

Yawgoog Scout Reservation

Revised
1.19.24

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Climbing

Prerequisites: N/A

Homework: N/A

Classwork: 1, 2, 3, 4a, 4b, 4d, 5, 6c, 6d, 7, 8, 9

Day 1:

- Take attendance and introduce yourself as their instructor.
- Reminder that if there's a lot of chit chat, we won't be able to climb and give out partials.
- 5-10mins this can be any kind of name game we need to know the names of the scouts in the merit badge class.
- Req 1:
 - Explain to your counselor the most likely hazards you may encounter while participating in climbing and rappelling activities and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.
 - 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, concussions, and insect bites or stings.
 - Identify the conditions that must exist before performing CPR on a person.
- Req 2: Learn the Leave No Trace principles and Outdoor Code and explain what they mean.
 - 1. Plan ahead and prepare
 - 2. Travel and camp on durable surfaces
 - 3. Dispose of waste properly
 - 4. Leave what you find
 - 5. Minimize campfire impacts
 - 6. Respect wildlife
 - 7. Be considerate of other visitors
 - As an American, I will do my best, to be clean in my outdoor manner, be careful with fire, be considerate of the outdoors, and be conservation minded.

- Req 4:
 - Explain how the difficulty of climbs is classified and apply classifications to the rock faces or walls where you will demonstrate your climbing skills.
 - 1 walking on flat surface
 - 2 walking on an incline
 - 3 steep hill with minor scrapping
 - 4 is scrapping
 - 5 climbing
 - The Yosemite decimal system (YDS) 5.0-5.15D:
 - 5.1-5.4 Easy
 - 5.5-5.8 Intermediate
 - 5.9-5.10 Hard
 - 5.11-5.12 Hard to difficult
 - 5.13-5.15 Very difficult
 - 6.0 Can't be free climbed
 - Vernon scale V0-V17 with plus or minus
 - Explain the following: top rope climbing, lead climbing, and bouldering.
 - Free climbing is when you are using your body to climb up the wall. Free climbing had subcategories.
 - Bouldering is when you climb on large boulders or low cliffs, mostly in the range 10-15 feet off the ground with no gear other than crash pads.
 - Top roping where your rope is anchored above the climber when they are climbing this is what we do at camp.
 - Leading climbing also has subcategories sport climbing where is when there are bolts placed on the wall to clip into.
 - Trad climbing where the climber must place their own gear as they climb then clip into it, in both the rope is below the climber.
 - Aid climbing which is when you are using your gear to move you up the wall. The climber uses things like ladders, ascenders, and other gear to make their way up.

Ice climbing is a part of aid climbing because they use crampons and axes to climb the route.

- Evaluate the safety of a particular climbing area. Consider weather, visibility, the condition of the climbing surface, and any other environmental hazards.
 - Walk around the course and discuss.
- Determine how to summon aid to the climbing area in case of an emergency.
 - Show the SOPs and what we do.
- Reg 6:
 - Describe the kinds of rope acceptable for use in climbing and rappelling.
 - Show how to examine a rope for signs of wear or damage.
 - Discuss ways to prevent a rope from being damaged.
 - Explain when and how a rope should be retired.
 - Properly coil a rope.
- Reg 7:
 - Overview the knots with the practice ropes, make sure they know they need to know them, and we'll practice them each day.
 - 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.
 - Figure eight on a bight
 - Figure eight follow-through
 - Water knot
 - Double fisherman's knot (grapevine knot)
 - Safety knot

Day 2:

- Take attendance.
- Review all the knots and have the Scouts try to tie them on their own, guide them if they don't remember.
 - Figure eight on a bight
 - Figure eight follow-through
 - Water knot

- Double fisherman's knot (grapevine knot)
 - Safety knot
- Req 8: Harnesses. Correctly put on a commercially made climbing harness.
 - Make sure that the waist band is above the hip bones.
 - All the eggs in the basket
- Req 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:
 - Climbers
 - Rappelers
 - Belayers
 - Boulderers and their spotters
 - “On Belay?” — Is the belay ready?
 - “Belay on.” — Your belay is ready.
 - “Climbing.” — Here I come.
 - “Climb” or “Climb on.” — Come ahead.
 - “Rappelling.” — Your belay is ready.
 - “Rappel on.” — Go ahead.
 - “Slack.” — I need some slack in the rope.
 - “Up rope.” — Take in the loose rope.
 - “Falling!” — I’m falling! Brake the rope!
 - “Tension.” — Hold the rope tightly in case I fall.
 - “Got you.” — There’s tension on the rope.
 - “Ready to lower.” — Lower me down the route.
 - “Lowering.” — I’m letting you down now.
 - “Rock!” — Look out for falling objects.
 - “Rope!” — Rope being thrown down.
 - “Off Belay.” — I’m in a safe place and no longer need a belay.
 - “Off Belay.” — I’m no longer belaying you.
 - “Off rappel” or “Off rope.” — The rope is free of hardware and is ready for the next rappeler, and I am in a safe place out of the fall zone.

- Req 12: Demonstrate ways to store rope, hardware, and other gear used for climbing, rappelling, and belaying.
 - Tour of the shack, gear, bins, etc.

Day 3:

- Take attendance.
- Review all the knots and have the Scouts try to tie them on their own, guide them if they don't remember.
 - Figure eight on a bight
 - Figure eight follow-through
 - Water knot
 - Double fisherman's knot (grapevine knot)
 - Safety knot
- Discuss all the talking requirements before going to the towers.
- Req 9: Belay
 - Explain the importance of belaying climbers and rappellers and when it is necessary.
 - Overview belay techniques, demonstrate with other staff.
 - Explain how to and why backup belay.
- Time to climb, repel, and belay.
 - Req 9: Belay
 - Belay three different climbers ascending a rock face or climbing wall.
 - Belay three different rappellers descending a rock face or climbing wall using a top rope.
 - Req 10: Climb
 - Show the correct way to directly tie into a belay rope.
 - Climb at least three different routes on a rock face or climbing wall, demonstrating good technique, and using verbal signals with a belayer.
 - Req 11: Rappel
 - Using a carabiner and a rappel device, secure your climbing harness to a rappel rope.
 - Tie into a belay rope set up to protect rappellers.
 - 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.

- Get as many Scouts as possible through the climbing, rappelling, and belaying in the three hours, remind them that tomorrow is all climbing too, and they have that time to just work on this.

Day 4:

- Take attendance.
- Review all the knots and have the Scouts try to tie them on their own, guide them if they don't remember.
 - Figure eight on a bight
 - Figure eight follow-through
 - Water knot
 - Double fisherman's knot (grapevine knot)
 - Safety knot
- Continued time to climb, repel, and belay.
 - Req 9: Belay
 - Belay three different climbers ascending a rock face or climbing wall.
 - Belay three different rappellers descending a rock face or climbing wall using a top rope.
 - Req 10: Climb
 - Show the correct way to directly tie into a belay rope.
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