



Pathfinder's Name

Rock Climbing

1. Explain to your instructor the hazards you most likely may encounter while participating in climbing and rappelling activities, and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.

2. Do the following:
- a. Explain how the difficulty of climbs is classified 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 other environmental hazards.
 - d. Determine how to summon aid to the climbing area in case of an emergency.

Date completed _____

3. Demonstrate and explain the proper use of verbal commands that are used in.
- a. Climbing
 - b. Rappelling
 - c. Bouldering
 - d. Belaying

Date completed _____

4. Be familiar with and know the use of the following equipment:
- a. Carabiners
 - b. Belay device
 - c. Nylon climbing rope

- d. Climbing harness
- e. Helmet
- f. Climbing shoes

Date completed _____

5. Do the following:

- a. Describe the kinds of rope acceptable for use in climbing and rappelling.
- b. Explain the difference between static and dynamic rope.
- c. Show how to examine a rope for signs of wear or damage.
- d. Discuss ways to prevent a rope from being damaged.
- e. Explain when and how a rope should be retired.
- f. Discuss proper care and storage of a climbing rope.
- g. Properly coil a rope.

Date completed _____

6. Demonstrate the ability to properly tie the following knots.

- a. Figure eight follow through
- b. Double Fisherman's
- c. Ring bend or water knot
- d. Prusik knot
- e. Clove hitch

Date completed _____

7. Demonstrate proper belaying technique while belaying at least three climbers on climbs of at least 15 m (50 ft) in height.

Date completed _____

8. Demonstrate proper climbing technique while climbing at least three climbs of at least 15 m (50 ft) in height and a Yosemite Decimal System (YDS) rating 5.3 or harder.

Date completed _____

9. Demonstrate proper technique while rappelling at least three rappels of at least 15 m (50 ft) in height while being properly belayed.

Date completed _____

- 10.** Demonstrate proper technique while using Prusik knots to climb a rope for 10 m (33 ft).

Date completed _____

- 11.** Read the story of 1 Samuel 14 as it relates to faith and climbing.

Date completed _____

Date completed _____

Instructor's Signature _____

Rock Climbing, Advanced

- 1. Have the Rock Climbing Honor.
- 2. Know and demonstrate the use of all special rock climbing equipment, such as bongs, RURP's, knifeblades, bolt equipment, hero loops, runners, etriers, and mechanical ascenders.

Date completed _____

- 3. Show how to use all free climbing moves, including: foot edging; finger-tip clings; lay backs; hand, arm, foot, and leg jamming; and stimming while climbing at 5.6 (F6) difficulty on practice cliffs using an upper belay.

Date completed _____

- 4. Show how to belay properly and safely a lead climber. Show that you can catch a falling lead climber during a practice fall.

Date completed _____

- 5. Show how to lead and follow (by jumaring) a continuous Class 5 point 6 direct aid pitch of A2 difficulty of at least 20 feet (6.1 meters).

Date completed _____

- 6. Show how to raise and lower, using only normal climbing equipment, an injured climber safely and relatively comfortably. Construct a rope litter and demonstrate its proper use.

Date completed _____

- 7. Participate in at least two multi-pitch climbs of 5.5 (F5) difficulty or above, involving at least 120 feet (36.6 meters) of climbing each and leading at least two of the pitches.

Climb 1: _____

Date completed _____

Climb 2: _____

Date completed _____

- 8. Select a minimum of bivouac equipment, including food for a supper and breakfast, and spend one night bivouacked on a rock ledge at least 30 feet (9.1 meters) high and reached by moderate climbing, hauling equipment up by proper rope hauling methods.

Date completed _____

- 9. Demonstrate basic map and compass use. Explain how the map can be useful to the rock climber and how to determine compass bearing from the map.

Date completed _____