

## Petra Cliffs Climbing Center & Mountaineering School

### Boy Scout Climbing Merit Badge Instruction

#### **Our staff and climbing guides will teach:**

##### **Climbing Gear:**

- How to put it on and prepare for climbing, including:
- Climbing harness
- Climbing shoes
- Chalk bag
- Helmet

##### **Aspects of Climbing:**

- How the difficulty of climbs is classified, and apply classifications to the rock faces or walls where climbers will demonstrate their climbing skills.
- Differences between top-rope climbing, lead climbing, and bouldering.
- How to evaluate the safety of a particular climbing area. Consider weather, visibility, the condition of the climbing surface, and any other environmental hazards.
- Determine how to summon aid to the climbing area in case of an emergency.

##### **Verbal Communication:**

Learn the importance of using verbal signals during climbing and bouldering, including:

- Climbers (ascending and descending)
- Belayers
- Boulderers and their spotters

##### **Rope:**

- Kinds of rope acceptable for use in climbing and rappelling.
- How to examine a rope for signs of wear or damage.
- Ways to prevent a rope from being damaged.
- When and how a rope should be retired.
- Properly coil a rope.

**Knots:**

Learn the following knots and when they might be used:

- Figure eight on a bight
- Figure eight follow-through
- Water knot
- Double fisherman's knot (Grapevine knot)
- Other knots and hitches can be taught depending on time & interest

**Belaying:**

- Learn the importance of belaying and when it is necessary.
- Belay three different climbers ascending a rock face or climbing wall.
- Belay three different climbers descending, demonstrating appropriate speed and technique

**Climbing:**

- Show the correct way to 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 belayer.

**Rappelling:** (this is also considered “lowering” or descending from a climb)

- Descend three different rock faces or three routes on a climbing wall. Use verbal signals to communicate with a belayer, and demonstrate good lowering body position and technique.

**Storing Gear:**

Demonstrate ways to store rope, hardware, and other gear used for climbing, rappelling, and belaying.