_____

Pathfinder's Name

Rock Climbing

❑ **1.** Know and practice the safety precautions that should be followed while rock climbing.

_____

_____

_____

_____

_____

_____

❑ **2.** Be familiar with and demonstrate the use of the following equipment:
carabiners _____

_____

pitons (various types) _____

_____

jam nuts (various types) _____

_____

runners _____

_____

nylon climbing rope _____

_____

❑ **3.** Show how to care for and coil the climbing rope. Know how to tie and use the following knots: bowline on a coil, bowline on a bight, figure eight, ring bend, double fisherman's, and prussik.

	Tied	Uses
Bowline on a coil	_____	_____
Bowline on a bight	_____	_____
Figure Eight	_____	_____
Ring Bend	_____	_____

Double fisherman's _____ _____

Prussik _____ _____

❑ **4.** Know when to rope up into a rope team and type of rope team movement for class three, four, and five climbing.

Know when to rope up _____

_____

_____

Type of movement for:

Class three _____

_____

Class four _____

_____

Class five _____

_____

❑ **5.** Describe the six different classes of climbing and methods of rating climbs.

Classes of climbing

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Methods of rating

_____

_____

_____

_____

_____

_____

❑ **6.** Show how to static belay by belaying two climbers up in actual climbing. Show knowledge of proper body positions, braking surfaces, bracing and anchoring, and taking in the rope during the use of static belaying.

❑ **7.** Know and use the following climbing signals

belay on _____

climbing _____

climb _____

up rope _____

slack _____

tension _____

falling _____

rock _____

off belay _____

belay off _____

belay to point _____

❑ **8.** Using prussik knots and slings, ascend 25 feet (7.62 meters) of vertical rope. Show how to use mechanical ascending devices such as jumars, Gibbs ascenders, etc.

❑ **9.** Properly free climb up to 5.3 (F3) difficulty on two different pitches a distance of at least 50 feet (15.24 meters) with an upper belay. Understand and practice the following free climbing concepts: rhythm, looking ahead, weight over the feet, balance climbing, counterforce climbing, and jamming.

❑ **10.** Show how to set up a rappel. Rappel using figure eights or other mechanical brake methods. Do at least two 50-foot (15.24 meters) rappels.

Date completed _____ Instructor's Signature _____

Rock Climbing, Chart #1

	Demontrate						Tie and use knots															
NAME	Practices safety precations	Carabiners	Pitons (Various types)	Jam nuts (Various types)	Runners	Nylon Climbing Rope	Care for and Coil Climbing Rope	Bowline on a coil	Bowline on a bight	Figure eight	Ring Bend	Double Fisherman's	Prussik	Static Belay (SB)	SB with proper body position	SB knowledge braking surface	SB knowledge brace/anchor	Taking in rope during SB	Ascend 25' of vertical rope	Free climb 50' with upper belay	Two 50' rappels

_____

Pathfinder's Name

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.

  Bongs _____

  RURP's _____

  Knifeblades _____

  Bolt equipment _____

  Hero loops _____

  Runners _____

  Etriers _____

  Mechanical ascenders _____
- ❑ **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.
- ❑ **4.** Show how to belay properly and safely a lead climber. Show that you can catch a falling lead climber during a practice fall.
- ❑ **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).
- ❑ **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.
- ❑ **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.

  Dates of climbs

  1. _____

  2. _____

❑ **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.

Equipment selected _____

_____

_____

_____

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.

Explanation of usefulness _____

_____

_____

How to determine compass bearing _____

_____

_____

Date completed _____ Instructor's Signature _____