



## Climbing Merit Badge Guide

### Requirements

[https://filestore.scouting.org/filestore/Merit\\_Badge\\_RegandRes/35873\(22\)\\_Climbing\\_R\\_EQS.pdf](https://filestore.scouting.org/filestore/Merit_Badge_RegandRes/35873(22)_Climbing_R_EQS.pdf)

2023 02 06

1. Do the following:
  - a. 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.
  - b. 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.
  - c. Identify the conditions that must exist before performing CPR on a person.
2. Learn the Leave No Trace principles and Outdoor Code, and explain what they mean.
3. Present yourself properly dressed for belaying, climbing, and rappelling (i.e., appropriate clothing, footwear, and a helmet; rappellers can also wear gloves).
4. Location. 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.
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:
  - a. Climbers

- b. Rappellers
- c. Belayers
- d. Boulderers and their spotters

6. Rope. Do the following:

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

7. Knots. 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.

- a. Figure eight on a bight
- b. Figure eight follow-through
- c. Water knot
- d. Double fisherman's knot (grapevine knot)
- e. Safety knot

8. Harnesses. Correctly put on a commercially made climbing harness.

9. Belaying. Do the following:

- a. Explain the importance of belaying climbers and rappellers and when it is necessary.
- b. Belay three different climbers ascending a rock face or climbing wall.
- c. Belay three different rappellers descending a rock face or climbing wall using a top rope.

10. Climbing. Do the following:

- a. Show the correct way to directly tie into a belay rope.
- b. Climb at least three different routes on a rock face or climbing wall, demonstrating good technique and using verbal signals with a belayer.

11. Rappelling. Do the following:

- a. Using a carabiner and a rappel device, secure your climbing harness to a rappel rope.
- b. Tie into a belay rope set up to protect rappellers.
- c. 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.

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

## Homework for Climbing Merit Badge before class:

### For requirement # 1a:

#### Hazards

Possible hazard	Anticipate	Prevent	Mitigate	Respond
Lost	File trip plan, plan to communicate, communicate your plan as it changes	Map, compass, buddy	10 essentials	Waterproof cell phone, charger, signal for help
Permits and parking	Investigate permits, parking, accommodation options months in advance	Secure permits and reservations months in advance, with back-up plan	Activate back-up plan	“Semper Gumby” (Always Flexible)
Car accident	Check weather, drive during day	No sleepy or distracted driving (radio tuning, texting), designated texter and mapper	Buddy, seat belt, air bags	Cell phone, pull off road, exit car if safe, call police
Car breakdown	Car kit, check oil, fluids, tire pressure	Maintenance	AAA, spare tire, tools	Cell phone, pull off road, exit car if safe
Lightning, storms	Check weather daily before and during travel	Seek shelter, avoid open rock faces and summits	Seek shelter	Buddy, cell phone, medical care
Gear failure	Track ropes for age, wear, shock loads, inspection before using, maintenance after using	Use right rope for the right purpose: dynamic for stretch with falls, static for hauling gear	Double up for safety when appropriate	Spare gear for back-up
Fall	Plan safe walk-in trails and safe climbing routes to match abilities and gear, first aid kit	Appropriate harnesses, helmets, shoes, powder for everyone, know knots and double check before climbing, use good ropes	Practice rescues before climbing on rock faces	Buddy or buddy group for rescue
Sprain, fracture, injury	Pack appropriate first aid kit(s) among group, plan for medical care before event	Keep 3 points of contact	Practice splinting and carries before climbing	Cell phone, medical care

Medical care access	Research, print maps	Plan medical care access (location, contact information), pack personal meds	Follow trip plan	Waterproof cell phone, charger, buddy help
Reluctance to turn back	Know risk, plan to prevent	Check weather, terrain, gear	Make decision to turn back early, not late	Waterproof cell phone, charger, signal for help, communicate plans

## Ten Essentials

Every Packing List Starts With the 10 Scout Basic Outdoor Essentials

<https://scoutlife.org/outdoors/outdoorarticles/6976/scout-outdoor-essentials-checklist/>

1. Pocket knife or multitool
2. First-aid kit
3. Extra clothing
4. Rain gear
5. Flashlight
6. Trail food
7. Water
8. Matches and fire starters
9. Sun protection
10. Map and compass

The Scout 10 essentials: Items every Scout needs in the outdoors

<https://scoutingmagazine.org/2013/02/the-10-essentials/>

The 10 essentials — A 21st century update

<https://scoutingmagazine.org/2021/06/the-10-essentials-a-21st-century-update/>

The Ten Essentials

<https://www.rei.com/learn/expert-advice/ten-essentials.html>

### Requirement # 1b:

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.

Please review the Climbing MB First Aid spreadsheet.

For **requirement # 1c**, steps in performing CPR:

1. CHECK the scene for safety, form an initial impression and use personal protective equipment (PPE)
2. If the person appears unresponsive, CHECK for responsiveness, breathing, life-threatening bleeding or other life-threatening conditions using shout-tap-shout
3. If the person does not respond and is not breathing or only gasping, CALL 9-1-1 and get equipment [AED], or tell someone to do so.

[A person may need rescue breathing without CPR or chest compressions if they have a heartbeat if they have been affected by:

electric shock, drowning, choking on food or coin or vomit, alcohol or drug intoxication, mouth or larynx injury, cervical (neck) spine fracture, chest crush injury, asthma, anaphylaxis, carbon monoxide or smoke inhalation, slumped head position.]

A person can perform rescue breathing without chest compressions when someone is unconscious and not breathing but still has a pulse.

If the person has no pulse, they need CPR, which involves chest compressions and rescue breathing.

<https://www.medicalnewstoday.com/articles/rescue-breathing#when-to-use> ]

[If the person has no pulse, ]

4. Place the person on their back on a firm, flat surface
5. Give 30 chest compressions
  - Hand position: Two hands centered on the chest
  - Body position: Shoulders directly over hands; elbows locked
  - Depth: At least 2 inches
  - Rate: 100 to 120 per minute
  - Allow chest to return to normal position after each compression
6. Give 2 breaths
  - Open the airway to a past-neutral position using the head-tilt/chin-lift technique
  - Ensure each breath lasts about 1 second and makes the chest rise; allow air to exit before giving the next breath

Note: If the 1st breath does not cause the chest to rise, retilt the head and ensure a proper seal before giving the 2nd breath. If the 2nd breath does not make the chest rise, an object may be blocking the airway

7. Continue giving sets of 30 chest compressions and 2 breaths. Use an AED as soon as one is available!

<https://www.redcross.org/take-a-class/cpr/performing-cpr/cpr-steps>

Webelos First Responder Adventure

Practice three C's: **Check – Call - Care**

<https://www.redcross.org/take-a-class/cpr/performing-cpr/cpr-steps>

**Check** for safety: Scene is safe.

**Check** for responsiveness (Shout, tap, shout), ABC's

**Check for ABC's (Airway, Breathing, Circulation)**

Look, Listen, Feel for 10 seconds

**Call** for help, Call 911, Call for AED

**Care** for the victim with CAB (Compressions, Airway, Breathing)

Compressions (100-120 per minute), Airway (chin tilt), Breaths x 2

Repeat

Compressions:

Hand position: Two hands centered on the chest

Body position: Shoulders directly over hands; elbows locked

Depth: At least 2 inches

Rate: 100 to 120 per minute

Allow chest to return to normal position after each compression

Breaths x 2:

Open the airway to a past-neutral position using the head-tilt/chin-lift technique

Ensure each breath lasts about 1 second and makes the chest rise; allow air to

exit before giving the next breath

American Heart Association AED video 2:04

<https://newsroom.heart.org/multimedia/animation-video/cpr-and-aeds-9749/aeds>

For **requirement # 2**, please learn about Leave No Trace and the Outdoor Code and Be Prepared to discuss in class.

Principles of Leave No Trace:

<https://lnt.org/why/7-principles/>

Outdoor Code:

<https://www.scouting.org/outdoor-programs/outdoor-ethics/outdoor-code/>

For **requirements # 7**, please practice knots at home before class.