



Climbing Merit Badge Workbook

SCOUTMASTER BUCKY

Scouts participating in a Scoutmaster Bucky merit badge opportunity, whether online or in person, should consider using the Climbing merit badge pamphlet for discovery and knowledge, along with the class preparation pages for clarifications, insights, and expectations.

<https://scoutmasterbucky.com/merit-badges/climbing/climbing-pamphlet.pdf>

<https://scoutmasterbucky.com/merit-badges/climbing/climbing-cpp.pdf>

REQUIREMENT 1a: 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.

HAZARD #1

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #2

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #3

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #4

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #5

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #6

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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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.

HEAT AND COLD REACTIONS:

Prevention:

Symptoms:

Treatment:

DEHYDRATION:

Prevention:

Symptoms:

Treatment:



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STOPPED BREATHING:

Prevention:

Symptoms:

Treatment:

SPRAINS:

Prevention:

Symptoms:

Treatment:



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ABRASIONS:

Prevention:

Symptoms:

Treatment:

FRACTURES:

Prevention:

Symptoms:

Treatment:



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ROPE BURNS:

Prevention:

Symptoms:

Treatment:

BLISTERS:

Prevention:

Symptoms:

Treatment:



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SNAKEBITES:

Prevention:

Symptoms:

Treatment:

CONCUSSIONS:

Prevention:

Symptoms:

Treatment:



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INSECT BITES AND STINGS:

Prevention:

Symptoms:

Treatment:

REQUIREMENT 1c: Identify the conditions that must exist before performing CPR on a person.

Notes:



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REQUIREMENT 2: Learn the Leave No Trace Seven Principles and explain what they mean.

THE 7 PRINCIPLES of Leave No Trace

1. Plan Ahead & Prepare
2. Travel & 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

Notes:

REQUIREMENT 2: Learn the Outdoor Code and explain what it means.

Outdoor Code

As an American, I will do my best to-

- Be Clean in my outdoor manners,
- Be Careful with fire,
- Be Considerate in the outdoors, and
- Be Conservation-minded

Notes:



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REQUIREMENT 3: Present yourself properly dressed for belaying, climbing, and rappelling. Explain why you are wearing each piece of gear and discuss qualities of easy movement, entanglement free and good weather protection and comfort.

Consider using the [Climbing Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 4a: Explain how the difficulty of climbs is classified.

Notes:

REQUIREMENT 4a: Apply classifications to the rock faces or walls where you will demonstrate your climbing skills.

Consider using the [Climbing Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

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REQUIREMENT 4b: Explain the following: top-rope climbing, lead climbing, and bouldering.

Top-Rope Climbing:

Lead Climbing:

Bouldering:



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REQUIREMENT 4c: Evaluate the safety of a particular climbing area. Consider weather, visibility, the condition of the climbing surface, and any other environmental hazards.

Notes:

REQUIREMENT 4d: Determine how to summon aid to the climbing area in case of an emergency.

Notes:



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REQUIREMENT 4d: Discuss what medical training is needed for your group when climbing and rappelling in remote areas.

Notes:

REQUIREMENT 5: Explain the importance of using verbal signals during every climb and rappel, and while bouldering.

Notes:

REQUIREMENT 5: With the help of the 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.

Consider using the [Climbing Merit Badge Pamphlet](#) for preparation information

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REQUIREMENT 6a: Describe the kinds of rope acceptable for use in climbing and rappelling.

Notes:

REQUIREMENT 6b: Show how to examine a rope for signs of wear or damage.

Consider using the [Climbing Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

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REQUIREMENT 6c: Discuss ways to prevent a rope from being damaged.

Notes:

REQUIREMENT 6d: Explain when and how a rope should be retired.

Notes:

REQUIREMENT 6e: Properly coil a rope.

Notes:



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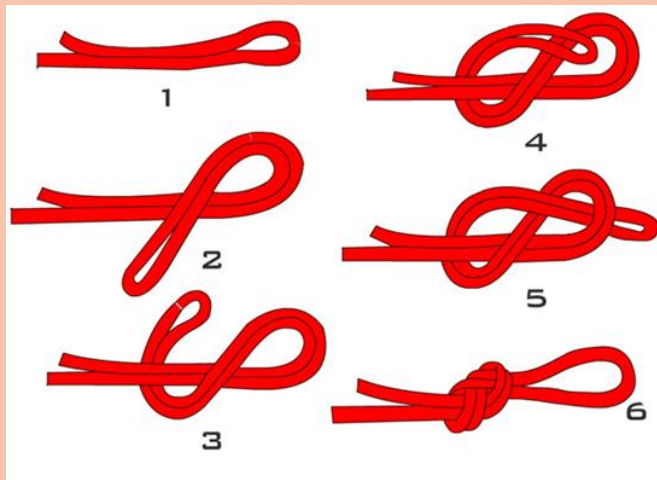
REQUIREMENT 7: Demonstrate the ability to tie each of the following knots. Give at least one example of how each knot is used in belaying, climbing, or rappelling.

Consider using the [Climbing Merit Badge Pamphlet](#) for preparation information

These requirements must be reviewed with your merit badge counselor.

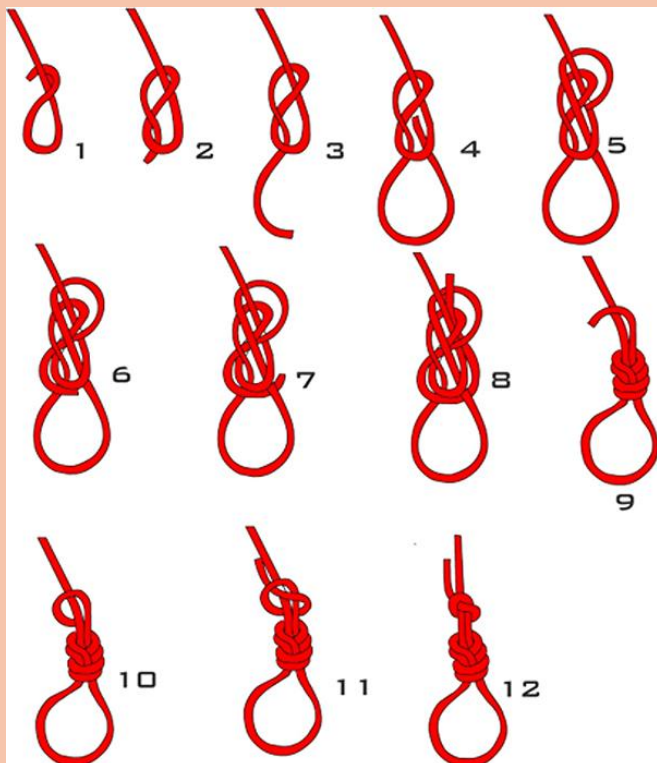
BE PREPARED!

REQUIREMENT 7a: Figure eight on a bight



How is this knot used in belaying, climbing, and rappelling?

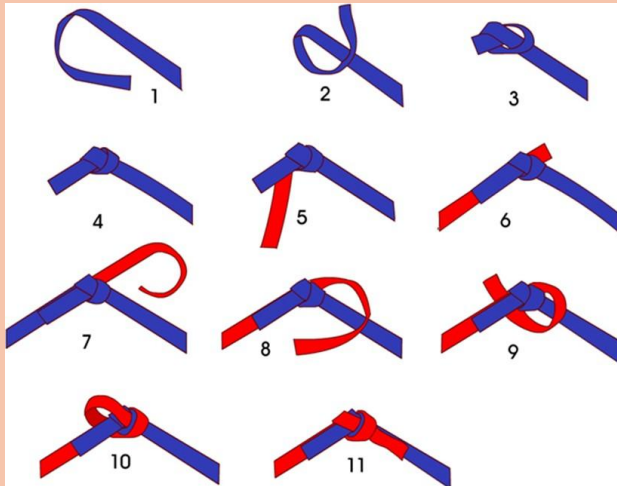
REQUIREMENT 7b: Figure eight follow-through



How is this knot used in belaying, climbing, and rappelling?

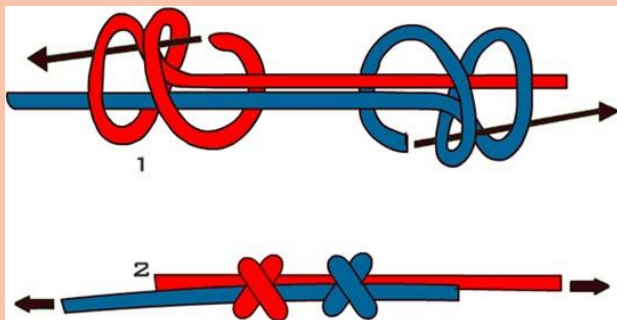


REQUIREMENT 7c: Water knot



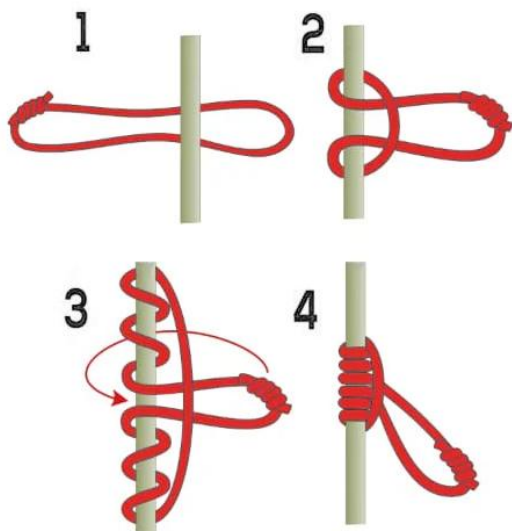
How is this knot used in belaying, climbing, and rappelling?

REQUIREMENT 7d: Double fisherman's knot (grapevine knot)



How is this knot used in belaying, climbing, and rappelling?

REQUIREMENT 7e: Prusik hitch applied to rope



How is this knot used in belaying, climbing, and rappelling?



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REQUIREMENT 8: Explain the purpose of each of the following and demonstrate how to put them on correctly.

Consider using the [Climbing Merit Badge Pamphlet](#) for preparation information

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REQUIREMENT 8a: Commercially made climbing harness



Explain its purpose:

REQUIREMENT 8b: Climbing helmet



Explain its purpose:

REQUIREMENT 8c: Climbing or rappelling gloves.



Explain their purpose:



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REQUIREMENT 9: Identify the elements of the CHECK system and describe the meaning of each one to your counselor.

COPE/Climbing Safety CHECK

CLOTHING—No baggy clothing or loose jewelry; hair is tied up or tucked in.

HARNESSES/HELMETS—Properly fitted helmets; ropes properly attached; buckles on harnesses properly secured.

ENVIRONMENT—Keep all program areas safe, free from hazards and obstructions, and monitor weather conditions.

CONNECTIONS—Check and double-check—make sure anchor points are rigged properly, participants are properly connected, and carabiners are screwed down and locked.

KNOTS—Check that knots are properly tied and dressed.

Clothing:

Harnesses / Helmets:

Environment:

Connections:

Knots:



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REQUIREMENT 10a: Explain the importance of belaying climbers and rappellers and when it is necessary.

Notes:

REQUIREMENT 10b: Belay three different climbers on three different routes.

CLIMBER #1:

Name:

Date:

Location:

CLIMBER #2:

Name:

Date:

Location:

CLIMBER #3:

Name:

Date:

Location:



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REQUIREMENT 10c: Serve as a backup belayer on three different climbs.	
BACKUP BELAYER CLIMB OPPORTUNITY #1:	
Main Belayer:	
Date:	Location:
BACKUP BELAYER CLIMB OPPORTUNITY #2:	
Main Belayer:	
Date:	Location:
BACKUP BELAYER CLIMB OPPORTUNITY #3:	
Main Belayer:	
Date:	Location:
REQUIREMENT 10d: Belay three different rappellers on three different routes.	
RAPPELLER #1:	
Name:	
Date:	Location:
RAPPELLER #2:	
Name:	
Date:	Location:
RAPPELLER #3:	
Name:	
Date:	Location:



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REQUIREMENT 10e: Serve as a backup belayer on three different rappels.

BACKUP BELAYER RAPPELLING OPPORTUNITY #1:

Main Belayer:

Date:

Location:

BACKUP BELAYER RAPPELLING OPPORTUNITY #2:

Main Belayer:

Date:

Location:

BACKUP BELAYER RAPPELLING OPPORTUNITY #3:

Main Belayer:

Date:

Location:

REQUIREMENT 11a: Show the correct way to directly tie a belay rope to your harness.

Consider using the [Climbing Merit Badge Pamphlet](#) for preparation information

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Notes:



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REQUIREMENT 11b: Climb at least three different routes on a rock face or climbing wall, demonstrating good technique, and using verbal signals with a belayer.

ROUTE #1:

Name:

Date:

Location:

ROUTE #2:

Name:

Date:

Location:

ROUTE #3:

Name:

Date:

Location:

REQUIREMENT 12a: Show the correct way to directly tie a belay rope to your harness.

Consider using the [Climbing Merit Badge Pamphlet](#) for preparation information

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REQUIREMENT 12b: Using a carabiner and a rappel device, attach a rappel rope to your harness.

Consider using the [Climbing Merit Badge Pamphlet](#) for preparation information

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REQUIREMENT 12c: 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.

RAPPEL ROUTE #1:

Name:

Date:

Location:

RAPPEL ROUTE #2:

Name:

Date:

Location:

RAPPEL ROUTE #3:

Name:

Date:

Location:

REQUIREMENT 13: Demonstrate ways to store rope, hardware, and other gear used for climbing, rappelling, and belaying.

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