

Manx Scouts Climbing Club and Climber Activity Badge for Scouts and Explorers

We are currently in a period of lots of uncertainty and change. We know climbing is something that has brought a lot of happiness to young people and adult in Scouting over the last few years so if there are any Cubs, Scouts or Explorers that would like to become a member of Manx Scouts Climbing Club and/or earn the Climbing Activity Badge (could be part of a Challenge Award in Cubs or if Explorers wish to gain a Personal Climbing Permit) then there is some theory that can be completed at home or in the garden. Access to Youtube is needed and some rope (any type - just for knot tying - do not climb or use for climbing activity unless with suitably experienced climber), you may also need to look up some terms and names on the internet. When Scout meetings are back on there is also a need to complete some climbs and abseil. Beavers can also be involved with some help from parents.

Work through the following points for doing a climbing session:

- How to warm up - Aerobic, skipping, marching on the spot, neck rotations, shoulder circles etc - [\(Link\)](#)
- Learn about what gear to use: Helmet, Harness and ropes [\(Helmet\)](#) [\(Harness\)](#) [General Gear](#)
- Dynamic and Semi Static, purpose of each type. What causes damage to ropes and gear - find 6 reasons - [Video](#)
- Learn how to coil a rope with the back pack coil - [Video](#)
- Know how to tie 1/ figure of 8 on the bight, 2/ stopper knot and 3/ clove hitch - There are lots of fee 'knot apps' [like this](#)
- Revise some of the climbing basics - [Link](#)
- What is a buddy check? Check your mates knot, harness, screw gate carabiner. Make sure you have empty pockets and your hair is tied back
- Environmental issues to consider: sanitation, rubbish, birds and permission, please describe
- What types of climbing are there? Artificial, Natural, Top Rope, Bottom Rope, Lead Climbing, Single Pitch Climbing, what do these terms mean?
- What calls should you use during a climbing session?
- Climbing Grades: Identify 4 on a natural face and 4 on a artificial face eg letters and numbers
- If you want to work towards climbing badges then perhaps look up the answers to these questions and present what you have found out when Scout returns.

The following can all be looked up on Youtube

- 5 fundamentals of indoor rock climbing - https://www.youtube.com/watch?v=30y8Uy0B_uk
- 4 knots every climber should know - <https://www.youtube.com/watch?v=iqEUbuuOWjE>
- Introduction to rock climbing for beginners [\(this is a USA video so ignore the rating system but look out for the MANX route!\)](#)
- 10 beginner climbing tips - [Link](#)
- climbing magazine - how to make a back pack coil - <https://www.youtube.com/watch?v=ppYanQ5DDPM>

- Girls make your move-indoor climbing - <https://www.youtube.com/watch?v=XwMbBWleaNE>
- How to put on a climbing harness REI - <https://www.youtube.com/watch?v=v5WpeMStpf0>

Any queries ask one of the climbing team - climbing@scouts.im