

MOUNTAINEERING ELECTIVE: RANGER AWARD

(You must complete the first aid core requirement before you begin this elective)

Can be completed during regular meetings, but must be explained or demonstrated to the mountaineering advisor.

Must be done at climbing site...

- 1) a. Explain the difference between bouldering and technical climbing.
 b. Tell how bouldering can help your crew get ready for more advanced climbing.
 c. Demonstrate bouldering using the three-point stance and proper clothing.
- 2) a. Explain the classification and grades of climbing difficulty in technical rock climbing.
 b. Tell how weather can change the difficulty of any ascent.
- 3) Learn and then teach the following climbing knots to your crew, another crew, a Scout group, or another group:
 - Figure eight on a bight
 - Water knot
 - Bowline on a coil
 - Figure eight follow-through
 - Grapevine knot
- 4) a. Learn about the different types of ropes available for climbing and explain the uses of each and the characteristics of each.
 b. Learn proper climbing rope care. Know and practice proper coiling and storage.
 c. Know how to keep proper records on climbing rope and how to inspect it for wear and damage. Know when to retire a rope.
 d. Using the knowledge acquired above, make a tabletop display or a presentation for you crew, another crew, a Cub Scout or Boy Scout group, or another group.
- 5) a. Demonstrate the difference between natural and artificial anchors.
 b. Be able to identify and describe the use of at least three different types of hardware and setups.
 c. Tell about proper climbing safety both before and during a climb.
 d. Learn about rescue equipment and techniques.
 e. Learn about appropriate clothing, footwear, gloves, helmets, and other climbing gear.
- 6) Be able to correctly put on and then be able to teach others how to put on at least two of the following:
 - Commercially made climbing harness
 - Diaper sling
 - Knotted leg-loop seat
 - Swiss seat sling
- 7) a. Demonstrate three types of belays.
 b. Learn and then demonstrate that you know proper verbal climbing and belaying signals used between climber and belayer.
- 8) Do 8)a and 8)b, or do 8)c.
 - a. Under the supervision of a qualified rappelling or climbing instructor, rappel at least 30 feet down a natural or artificial obstacle.
 - b. Under the supervision of a qualified climbing instructor, climb at least 30 feet up a natural or artificial obstacle.
 - c. Attend a two-day rock climbing clinic/course led by a qualified climbing instructor. This course should include some instruction on technical rock climbing.
- 9) Lead your crew, another crew, and older Boy Scout group, or another teenage group on a climbing and/or rappelling activity. Recruit adequate, qualified adult instructors and assist in instruction.

(HAVE ADVISOR/DIRECTOR INITIAL AND CHECK EACH COMPLETED REQUIREMENT) _____ Signature of Advisor

_____ (Print Name)