



Girl Scouts®
Where Girls Grow Strong™

Girl Scouts of Santa Clara County



Rock Climbing

Interest Patch Program

Girl Scouts

every girl, everywhere

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GIRL SCOUTS OF SANTA CLARA COUNTY

ROCK CLIMBING INTEREST PROJECT

The Rock Climbing Interest Project will help you learn all aspects of how to climb safely in a gym. You will learn basic climbing skills, climbing safety, including safety commands, how to tie proper climbing knots, and proper belaying techniques.

Climbing is unique in that it combines technique, grace, balance, flexibility, strength and concentration. It is a sport where girls have their own natural advantages. It challenges more than just the body, it requires problem-solving skills, concentration and focus. Reaching the top of a climb gives an immense sense of physical and mental satisfaction.

Complete eight activities, including the three that are starred.

*1. Learn basic foot and handholds. Demonstrate your ability to use these holds in a climb. Be able to explain how the climbing difficulty rating system works.

*2. Learn the fundamentals of climbing equipment use. Demonstrate how to tie a figure eight knot and the proper way to wear a harness. Belaying is a necessary safety skill. The person belaying is responsible for the safety of other climbers. Demonstrate proper belaying techniques.

*3. Climbing is a safe sport when proper safety precautions are observed. However, there is an inherent danger in the sport of Rock Climbing and climbing safety is essential for all rock climbers. Standard safety commands are used in the sport in order to minimize miscommunication between climbers. Learn and practice proper climbing communication. Learn and perform the 4 checkpoints to ensure safety prior to each climb. Learn and demonstrate proper warm-up techniques to avoid common climbing injuries.

4. Climbing requires the use of special equipment. Learn about and be able to describe the different styles and uses of three of the following types of climbing equipment:

- a) Belay devices
- b) Harnesses
- c) Ropes
- d) Climbing shoes

5. There are several different types of climbing. Chose one of the following and learn and demonstrate four helpful techniques to aid your climbing when:

- a) Crack climbing
- b) Face climbing
- c) Slab climbing

6. Learn about two different careers in climbing. Share what you have learned with your troop or other members of your climbing group. How would you get a job in these careers? Talk to someone who has a career in climbing. Find out the educational requirements, advantages and disadvantages of their career, and why they chose climbing as a career.

7. Outdoor climbing can adversely impact the environment. Find out about some of the environmental impacts of climbing on the rocks and the impacts on approach trails to climbing areas. What efforts are being made by climbers and groups such as the Access Fund to control any negative impacts. If possible, participate in a project to aid in minimizing the environmental impacts on a climbing area.

8. Share the climbing experience with your troop, friends, or your family. Invite them to watch you climb and demonstrate your climbing skills or get them to climb with you.

OR

Share your feelings about your climbing experience by writing a poem or a story, drawing a picture, preparing a photo collage, etc., and sharing it with your troop or climbing group.

9. Identify local outdoor climbing areas. What are the requirements for using these areas? Are there any organizations that offer group climbs in these areas?

10. Try climbing outdoors!! Practice the skills you learned indoors and learn some new skills out on the real rock. Try rapelling. Learn how to read a route map.

11. Learn about women in climbing. Name three of the best women climbers. What are their favorite types of climbing? How long have they been climbing? Share what you learned with your troop or climbing group.

12. Learn and report on the main methods of climbing. What is aid climbing versus free climbing? What is the difference between traditional climbing and sport climbing? What does lead climbing mean versus top roping?

13. Learn and report on the history of climbing. When did climbing in Yosemite become popular? How long have climbers been climbing in the United States? What are some of the major climbing areas around the world? What countries have had a large number of people contribute to climbing?

ROCK CLIMBING INTEREST PROJECT

EVENT REGISTRATION CONFIRMATION

When: Thursday October 19 5:00 - 7:00 p.m.
 Tuesday October 24 5:00 - 7:00 p.m.
 Saturday October 28 10:30 a.m. - 12:30 p.m.

Where: Planet Granite
 2901 Mead Ave.
 Santa Clara
 (408) 727-2777

Bring: Sack lunch or dinner each day. This is optional but a good idea if you are planning on staying for the practice time after the lesson. There are some picnic tables where you can eat and share what you have learned with other members of the group.

Signed liability release form. Your parent or legal guardian must accompany you to the first lesson or send a photocopy of their driver's license to verify signature. Once the release form has been turned in you will be permanently on file at Planet Granite and can climb without having to have another release signed.

Wear: Comfortable clothes. The gym will provide climbing shoes, helmets, and harnesses.

Please plan on arriving early for the first lesson on 10/19 so that the paperwork can be handled and the lesson can start on time.

On Saturday please bring a lunch and plan to spend some time-sharing what you have learned with other members of the group. A copy of the Interest Project requirements is attached. Bring this with you to Saturday's lesson and we will sign off on all completed requirements.

If you have any questions please call Cecilia Wigley at (408) 779-2379.

Rock Climbing Patch Program Evaluation

Name of Patch Program _____ Date _____

Troop Leader _____ Troop # _____ GS Level _____

Phone Number _____ Number of girls participating in program _____

Thank you for participating in this exciting patch program. Part of the process of evaluation is to determine if we met the program goals, as well as your needs as a troop leader. By completing the following evaluation, you will assist us in improving the program for future participants. Discuss the following questions with your troop and record their responses. **Completed form must be presented to the Girl Scout office in order to purchase your patches.**

1. Which activities did your troop do to complete this patch? (You may list by section and number)

2. List 3 or more things that your troop learned by participating in this patch program:

3. List any areas of increase in knowledge that you observed by your troop participating in this patch program: _____

4. Which activities were your troop's most favorite? Why?

5. Which activity was your troop's least favorite? Why?

a. If you could add to any of the activities, what would you add?

b. If you could change any activities you wanted, what would you change?

6. Would you recommend this patch program to other troop leaders? ____ Yes ____ No

Any additional comments: _____

THANK YOU!