

Climbing Challenge Try-It

Do four activities to complete this Brownie Try-It. Activity #1 is required.

1.* Safety is the most important issue in climbing. Find out what equipment you need for rock climbing. Learn how to make sure your equipment is safe and is right for you. Find out what you need to do to take care of your equipment. Find out what you should wear when you climb. Learn about climbing safety rules. Learn and practice commands for belay.

2. Teamwork is important when climbing. Try at least two of the following team-building games with your troop.

Balloon Train

Have the girls stand in a line like you would for the bunny hop. Each girl has a balloon and the balloon is placed between your chest and the person in front of yours back. Object is to have the train move around the room without the balloons falling and without use of arms and hands. If a balloon falls they must get the ball back up trying not to let any more fall. As you can see this will take teamwork.

Who's That?

Get the group to stand in a circle and then blind fold them. Then ask if they know the names of people standing two spaces to their right. If they do not know the answer say who it is; keep asking until the group should have built up a mental picture of the circle. Keep changing the questions, e.g. opposite, next to, etc.

Circle Sit

Get the group into a circle and then ask them to all turn so that their right shoulder is facing into the circle. Ask them to get as close as possible to the person in front but without making any 'corners' to the circle. Then ask every one to sit down on the knees of the person behind them. It does work but may take a few goes and involves a lot of trust! If the group gets really confident see if they can produce a 'circle in motion' like a wheel turning.

The Knot

Have players form a close circle. Then each player reaches out and holds two other player's hands randomly. Right hands can grab right or left hands. Left hands can grab right or left hands. Now, the group must try to untangle the "knot" without letting go. They may have to climb over arms or crawl under arms. It helps to be limber. Eventually, if correct choices are made the group can unfold into a large circle while still holding hands.

Magic Shoes

Draw two boundary lines about four feet apart. Have the team stand behind one boundary line, facing the other line. Tell the girls all of the directions. The entire team must get from one boundary to the other boundary. In between the boundaries is a pit. The only way to get across is by using the invisible magic shoes (any pair of shoes). All players must end up on the other side.

Rules:

1. Everyone may wear the shoes one time going one way.
2. Shoes may not be tossed back to the other side.
3. Once you have worn the shoes you may not wear them again.
4. Both shoes must be worn by the same person.

Let everyone work as a team to figure out a solution.

Back to Back

Players stand back to back with a partner with their elbows interlocked. Using each other's back for support, the partners must try to sit on the floor and stretch out their legs. Then, while keeping their elbows locked, the partners must now try to stand up without slipping or falling down! (Not as easy as it sounds!)

Shrinking Boxes

Concentric masking tape squares ranging in size from where your chosen group of people can fit comfortably down to where the task seems impossible. Have everyone step inside the biggest box. Have everyone fit into the next smallest box. After they accomplish that, have them move another box smaller. The catch: while they may step on the tape, their feet must not be on the ground outside the tape.

3. Find out what kind of exercises and conditioning you need to do to get in shape for climbing. Try some of the exercises at your troop meeting. Talk about how a climber or belayer might get hurt. How can you keep from getting hurt? What do you do if you get hurt while climbing?
4. Learn to climb on an indoor climbing wall with your troop or family. Make sure you have properly trained adults to belay.
5. Take a bouldering lesson. Go bouldering with your troop or family. Do not boulder without a properly trained adult to help you.
6. Participate in a low-ropes challenge course. Be sure to follow all safety rules. Afterwards, discuss what you learned about working together.

Climbing Challenge Leader's Guide:

1. Review pages 99-101 in your Safety-Wise book for GSUSA Climbing safety guidelines.
2. Contact your local climbing center or sports shop to see if they have special group rates available for climbing lessons. The company you choose to get lessons from should cover basic safety gear, discuss climbing safety rules, and typically will provide the necessary gear.
3. Contact your Girl Scout Council for any additional instructions. They may also have information on local climbing centers and/or low ropes courses.
4. Suggested supply list:
 - a. Safety Equipment (may be included in climbing lessons):
 - i. Helmet
 - ii. Rope
 - iii. Carabineers
 - iv. Harness
 - v. Belay Device
 - vi. Appropriate clothing
 - vii. First Aid Kit
 - b. Team Building Activities:
 - i. Balloon or lightweight ball
 - ii. Blindfold
 - iii. Masking Tape