

## Outdoor Adventure Skills by Topic

# Vertical Skills, Stages 1-5 by topic

	Adventures	Safety	Gear	Knots & Ropes	Terminology & Techniques	Misc.
	1.2 I have been to a jungle gym <b>playground</b> and know how to <b>play safely</b> and cooperatively with others.	1.1 I know the <b>safety rules</b> for <b>climbing</b> on <b>rocks, trees, fences</b> and man-made structures.				
	2.1 I have been <b>climbing</b> on an <b>artificial wall</b> or <b>natural rock formation</b> .	2.2 I know the <b>safety rules</b> for being at the <b>top</b> of or the <b>bottom</b> of a <b>cliff face</b>	2.3 I can properly put on a climbing <b>helmet</b> . 2.4 ... identify and name the parts of a <b>carabiner</b> .			
	3.6 I have completed a <b>climb to the top</b> of an <b>artificial climbing wall</b> .	3.2 I know when & where I should have a <b>climbing helmet</b> on. 3.3 I know the <b>safety rules</b> ... on an <b>artificial climbing wall</b> . 3.8 ... <b>safety rules</b> for ... an <b>aerial/ ropes challenge course</b> .	3.4 I know how to <b>care</b> for, <b>handle</b> and <b>store</b> a climbing <b>rope, harness, helmet</b> and climbing <b>webbing</b> . 3.7 I can <b>put on</b> and <b>adjust</b> a climbing <b>harness</b> .	3.1 I have correctly tied a <b>figure-8 follow-through knot</b> .	3.9 I know the difference between: a. single-pitch, b. multi-pitch, c. top-rope, d. lead climbing e. seconding climbing methods.	3.5 I know the basic outdoor <b>Leave No Trace</b> rules for an outdoor climbing site.
	4.2 I know the main <b>safety rules</b> for climbing or rappelling at an <b>outdoor natural climbing site</b> . 4.3 ... an <b>equipment safety check</b> of myself, my climbing partner, and anchor and belay systems. 4.6 I know what makes a <b>safe and unsafe climbing site</b> .		4.8 I can name and identify the use of <b>3 types of locking carabiners</b> and <b>3 types of non-locking carabiners</b> .	4.1 I have tied a climbing <b>rope</b> into my climbing <b>harness</b> . 4.5 I have <b>coiled</b> a climbing <b>rope</b>	4.4 I know the <b>communication calls and script</b> to follow between a <b>climbing and belayer</b> . 4.7 I can <b>belay</b> using an <b>auto-locking belay device</b> .	
	5.6 I can <b>lower</b> a <b>climber</b> on a <b>top rope</b> down to the ground.	5.8 I know the <b>safety rules</b> for <b>bouldering</b> . 5.9 I can set and use <b>passive</b> and <b>natural</b> climbing protection to build both <b>top</b> and <b>bottom</b> climbing <b>pitch anchor point systems</b> .	5.3 I can perform a <b>safety inspection</b> of a climbing helmet, harness, rope and carabiners. 5.12 I understand the concepts, principles, physics and consequences of <b>shock loading</b> in climbing.	5.1 I can tie these knots: water (tape), <b>double fishermen's, prusik, clove hitch</b> and <b>bowline</b> . 5.2 I can <b>coil</b> a <b>climbing rope</b> using a butterfly and a mountaineer method. 5.7 I have constructed and climbed in a " <b>Swiss seat</b> " improvised climbing harness, with tubular or tape webbing. 5.11 I have set up a <b>3:1</b> (or greater) <b>rope pulley system</b> .	5.4 I can <b>belay using a friction</b> , (non-moving part) <b>belay device</b> such as a tube or auto-blocking device. 5.5 I have <b>attached a friction ... rappel device</b> ... and <b>used the device to rappel</b> .	5.10 I know the climbing-specific principles of <b>Leave No Trace</b>

Edited for brevity. Be sure to consult the official documentation [www.scoutinglife.ca/wp-content/uploads/oas/vertical-skills-en.pdf](http://www.scoutinglife.ca/wp-content/uploads/oas/vertical-skills-en.pdf) as well as the complete wiki references [wiki.scouts.ca/en/Vertical\\_Skills](http://wiki.scouts.ca/en/Vertical_Skills) and [wiki.scouts.ca/en/Vertical\\_Skills\\_by\\_Topic](http://wiki.scouts.ca/en/Vertical_Skills_by_Topic)