

Rock Climbing

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Chapter 1:
What You Need

Rope	
Harness	
Chalk	
Shoes	
Helmet	
Carbineers	
ATC Device	

Chapter 2

How to Tie a Figure 8 Knot

1. Obtain climbing rope that is at least 6ft long.



2. Hold one end of the rope with your left hand and stretch it across your chest until your right fist meets your right shoulder.



3. Let go of the end of the rope, so your right hand is holding about 3ft rope.



4. Touch the left end of the rope to the right so it looks like an alien head.



5. Now take the short end of the rope (the one you just dropped) with your right hand and ring it around the rope, then poke it through the alien head.



then poke it through the alien head.

6. Lastly, pull both ends so it looks like a knot.



To Connect to Harness: Making a **Figure 8 Knot**

1. Feed the short end of the rope into both loops.



2. Follow the rope all the way through, being parallel to the first knot.

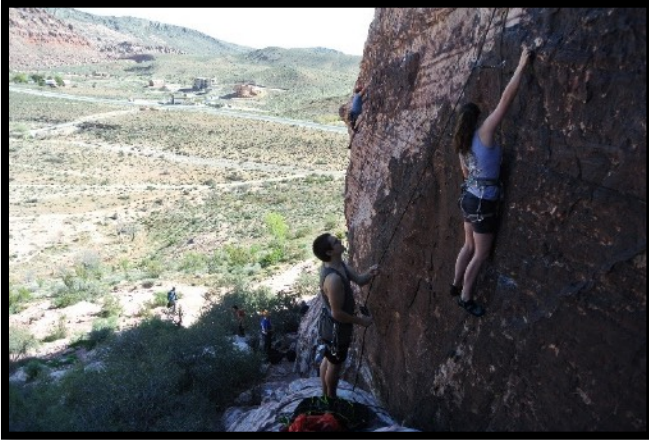


3. Make sure you can count five pairs in your final Figure 8 Knot.

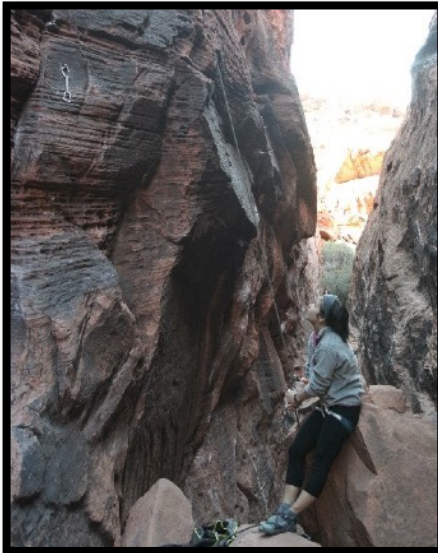


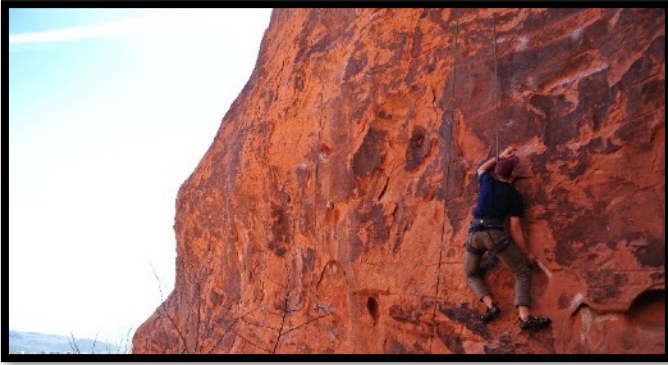
Chapter 3:
Helpful Tips

1. Always climb with a buddy



2. Preview the route before climbing





3. When climbing, try to keep your body close to the wall
4. When coming down from a climb keep your legs straight out to kick off the wall.
5. Remember to use your core, it's not



just about the arms!

Chapter 4:
Places to Climb

1. Red Rock, NV



2. Zion National Park, UT

3. Grand Teton National Park, WY



4. Yosemite, CA



Glossary

Rope: connects the climber to the wall

Harness: secures you to the rope

Chalk: dries sweat from the hands, improving their grip on the holds.

Shoes: tight, close fit footwear with a sticky rubber sole to help with grip

Helmet: protect your head from potential falling rocks

Carabineers: spring-loaded gate used to quickly hook and connect accessories like a chalk bag or other safety equipment

ATC/Belay Device: used to control the rope during belaying, so the belayer fulfills their duties with minimal physical effort

Figure 8 Knot: the basic knot climbers use while climbing

Common Core State Standards

CCSS.ELA-Literacy.RI.5.3

Explain the relationship or interactions between two or more individuals, events, ideas, or concepts in a historical, scientific, or technical text based on specific information in the text.

CCSS.ELA-Literacy.RI.5.4

Determine the meaning of general academic and domain-specific words and phrases in a text relevant to a grade 5 topic or subject area.

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