

**Your name**

(Print your name on the line.)

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# Rappelling

## REQUIREMENTS

**Note:** All Royal Rangers climbing and rappelling activities must comply with the safety standards in *Climb on Safely*, the vertical sports orientation manual of the Boy Scouts of America. Information on *Climb on Safely* can be found on the official Boy Scouts Web site: [www.scouting.org](http://www.scouting.org).

1. Read *Climb on Safely*, the vertical sports orientation manual of the Boy Scouts of America. Review the climbing and rappelling safety standards in *Climb on Safely*.
2. List and explain the safety rules for rappelling.
3. Explain the difference between a static rope and a dynamic rope. Include in your answer which rope is used for rappelling.
4. Explain the importance of keeping a written log of the history and usage of a rope, as well as when and how a rope should be retired. Demonstrate your ability to log information about a rope using the sample log.
5. Demonstrate how to inspect the following equipment for wear or damage:
  - a. Rappelling ropes
  - b. Helmets
  - c. Harnesses
  - d. Hardware (carabiners, figure-eight devices, tubular devices, pulleys, etc.)

Leader's  
Initials \_\_\_\_\_

Date \_\_\_\_\_

Leader's  
Initials \_\_\_\_\_

Date \_\_\_\_\_

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Leader's  
Initials \_\_\_\_\_

Date \_\_\_\_\_

## Rappelling Requirements

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|---|----------------------------|
| 6. Demonstrate the ability to tie the following knots and explain how they are used in rappelling:  | Leader's<br>Initials _____ |
| a. Double fisherman's knot (grapevine knot)<br>b. Bowline on a bight<br>c. Water knot<br>d. Prusik knot   | Date _____                 |
| 7. Explain the proper care and storage of rappelling ropes, and the proper procedure for cleaning soiled ropes.   | Leader's<br>Initials _____ |
|   | Date _____                 |
| 8. Explain how to evaluate the safety of a particular rappelling area. Consider weather, visibility, the condition of the rappelling surface, and any other potential hazards.                                | Leader's<br>Initials _____ |
|   | Date _____                 |
| 9. Demonstrate your ability to properly wear a commercially made harness and a helmet.  | Leader's<br>Initials _____ |
|   | Date _____                 |
| 10. Dress for a day of rappelling and belaying and demonstrate to your group leader what should worn. Include proper clothing, footwear, helmet, harness, and gloves.   | Leader's<br>Initials _____ |
|   | Date _____                 |
| 11. Explain what voice commands are and their importance between the person rappelling and the belayer.   | Leader's<br>Initials _____ |
|   | Date _____                 |
| 12. Under the supervision of a certified adult instructor, demonstrate the proper techniques for ALL of the following:  | Leader's<br>Initials _____ |
| a. Tying into the belay line with a belay device (figure-eight descender, tubular belay device, etc.),<br>b. Proper hand placement<br>c. Proper stance on a ledge<br>d. Proper posture on the rappelling area | Date _____                 |

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- e. Proper foot placement
  - f. How to kick off for a jump
  - g. Proper landing after a jump
13. Partner with another Ranger who will act as the participant and complete the following under the supervision of a qualified instructor:
- a. Check for a proper fit of the helmet.
  - b. Check that the harness is being worn properly and is properly secured.
  - c. Check the fit of the participant's gloves.
  - d. Observe as the participant correctly ties into the belay line and begins voice commands with the belayer.
  - e. Check that the participant's hands are in the proper position while beginning his descent.
  - f. Ensure that both the participant and the belayer are communicating.
14. Under the supervision of a certified adult instructor, demonstrate the ability to properly set up a top anchor with a backup on TWO of the following locations:
- Tower/Platform
  - Trees
  - Boulders
15. Under the supervision of a certified adult instructor, complete at least TEN rappelling descents of no less than forty feet each. Five descents should be down a natural rock face.
16. Under the supervision of a certified adult instructor, belay at least FIVE different participants using the proper voice commands.
17. Under the supervision of a certified adult instructor, simulate a fall while on belay, and belay a participant's fall under the supervision of a qualified instructor.

Leader's  
Initials \_\_\_\_\_

Date \_\_\_\_\_

Leader's  
Initials \_\_\_\_\_

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