

Know Your Equipment

Follow the instructions to complete the activity.

NAME

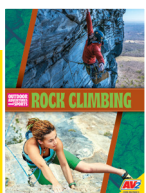
DATE

Using the information found on pages 6 and 7 of the book, label each piece of equipment shown below. Identify its purpose and explain why it is important.





Anchors Belay Devices Helmet Carabiners Climbing Shoes Ropes



Outdoor Adventures and Sports

Rock Climbing

Reference: Pages 6–7

Page
1 of 1

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Fill in the Blank

Follow the instructions to complete the activity.

NAME

DATE

Use the information found in *Rock Climbing* to fill in the blanks below.

1. Running helps build lung capacity. This allows climbers to breathe in more when they are at high altitudes.
2. In rock climbing, is putting the tips of all fingers on an edge and tucking the thumb over the index finger.
3. El Capitan is a large sheet of granite in Valley.
4. is climbing in caves. Participants explore underground worlds that are not often seen by people.
5. If a climb takes more than one day to finish, climbers may spend the night in a . This is a shelter that has a nylon floor and a waterproof tent.
6. sickness is a risk when climbing at 8,000 feet (2,400 m) or higher.



True or False

Follow the instructions to complete the activity.

NAME

DATE

Using information found in the book, verify whether the following statements are true or false. Check your answers in the book. List the page number where you found the information beside your answer.

Statement 1

Handholds are more important to climbers than footholds. This is because arm muscles are much stronger than leg muscles.

- ☐ True
☐ False

Page
Number

Statement 2

The International Mountaineering and Climbing Federation (UIAA) was formed in 1982 in Paris, France.

- ☐ True
☐ False

Page
Number

Statement 3

Rock climbing as a sport began in the late 1900s.

- ☐ True
☐ False

Page
Number

Statement 4

The first climbers to ascend a new rock climbing route give the route a difficulty rating.

- ☐ True
☐ False

Page
Number

Statement 5

In traditional, or free, climbing, climbers make their own path up the rock.

- ☐ True
☐ False

Page
Number



Identify the Adventure

Follow the instructions to complete the activity.

NAME

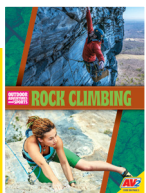
DATE

Using the information found on pages 14 and 15 of the book, label and briefly describe each outdoor adventure shown below.





Ice Climbing Scrambling Spelunking Bouldering



Outdoor Adventures and Sports

Rock Climbing

Reference: Pages 14–15

Page
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Write a Letter

Follow the instructions to complete the activity.

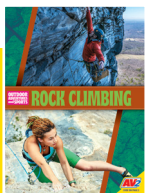
NAME

DATE

Imagine you are on a rock climbing adventure at any one of the four sites featured on pages 16 and 17 of the book. Write a letter to your family describing your trip. What sights have you seen? What activities have you done?



Name of Location:



Outdoor Adventures and Sports

Rock Climbing

Reference: Pages 16–17

Page
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Quiz

Test your knowledge by answering these questions.

NAME

DATE

1 What device can stop a climbing rope from moving?

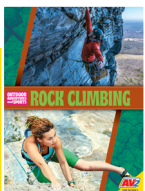
2 What is a carabiner?

3 How do climbers avoid altitude sickness?

4 Why do most climbing competitions use artificial walls?

5 When do climbers smear?

6 What are the most common rock types for climbing?



Key Words Match-Up

Write the words from the list below in the box above the correct definition for each word.

NAME

DATE

KEY WORDS

absorb
altitude
artificial
ascend
compass

harnesses
hypothermia
preserve
route
vegetation



1.
straps fastened to a person's body

2.
to climb upwards

3.
a tool that uses a magnetic needle
to point north

4.
height in relation to sea level

5.
plant life

6.
the upward path a climber follows

7.
cushion

8.
to keep something in its original state

9.
made by people; not natural

10.
a dangerous loss of body heat
caused by extremely cold weather

