

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.





Carabiners Trolley Boots Gloves Harness Helmet



Outdoor Adventures and Sports

Ziplining

Reference: Pages 6–7

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Fill in the Blank

Follow the instructions to complete the activity.

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Use the information found in *Ziplining* to fill in the blanks below.

1. brakes put the guide or the zipper in charge of braking.
They have to be applied manually.
2. is a popular activity in which people jump from an airplane while wearing a parachute.
3. Some zipline courses require zippers to wear .
These reduce friction and protect the rider's hands while braking.
4. jumping is a sport that involves jumping from an elevated position while wearing a harness.
5. Ziplining carabiners are commonly made of .
6. The earliest ziplines can be traced back hundreds of years to the Himalayas, in Asia, and the , in Europe.



True or False

Follow the instructions to complete the activity.

NAME

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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

The Association for Challenge Course Technology (ACCT) directly assesses zipline courses.

☐ True
☐ False

Page
Number

Statement 2

The steeper the incline, the slower a zipper will travel.

☐ True
☐ False

Page
Number

Statement 3

A ziplining trolley is made of two or more pulley wheels.

☐ True
☐ False

Page
Number

Statement 4

Passive braking happens automatically.

☐ True
☐ False

Page
Number

Statement 5

Rappellers control the speed of their descent by feeding the rope through a carabiner device.

☐ True
☐ False

Page
Number



Identify the Adventure

Follow the instructions to complete the activity.

NAME

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





Rock Climbing Rappelling Skydiving Bungee Jumping



Outdoor Adventures and Sports
Ziplining

Reference: Pages 14–15

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Write a Letter

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Imagine you are on a ziplining 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

Ziplining

Reference: Pages 16–17

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Quiz

Test your knowledge by answering these questions.

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1 What piece of equipment keeps the zipper attached to the line?

2 What types of limits might ziplining courses have for zippers?

3 Who popularized modern ziplines?

4 What are the two ways to categorize braking mechanisms?

5 Where is the ZipRider located?

6 What is the ACCT?



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

adrenaline rush
belay device
biologist
carabiners
dehydrated

eco-friendly
free fall
friction
gravity
pulley



1.
metal clips used to attach two things together
2.
when a person or object falls because of gravity without any other force changing the speed of the fall
3.
a wheel that carries a flexible rope or cable on its rim
4.
a scientist who studies living organisms, such as plants and animals
5.
the force of resistance when one solid object slides over another
6.
the abnormal depletion of bodily fluids
7.
a heightened feeling of energy and excitement that occurs when someone is in a dangerous or frightening situation
8.
the force that draws objects toward the center of a planet
9.
not harmful to the environment
10.
a device that acts as a brake by applying friction to a climbing rope

