

PEO 251 - Rock Climbing I Worksheet

Name

The enjoyment and safety of rock climbing depends largely upon your ability to care for and properly use your equipment, your understanding of basic safety, and your ability to execute climbing techniques. This worksheet contains questions related to these categories and **must be completed in its entirety for a passing grade**. Questions are based on class sessions and readings available on the course web site. Be attentive to detail and precise with your answers. Print neatly. **This worksheet is due by the date specified on the course schedule.**

LATE AND UNREADABLE SUBMISSIONS WILL NOT BE ACCEPTED.

1. Identify two benefits of stretching.
 - a)
 - b)

2. To get muscles 'ready for action', hold your stretches for at least ___ seconds. To improve flexibility, hold the stretches for ___ seconds.

3. You should never "cross-load" a carabiner. What is cross-loading and WHY is cross-loading a safety concern?
Cross-loading explained:
Safety concern because

4. List 3 important things to look for when double-checking your *belayer's system* prior to starting your climb. 4. List 3 most important things to look for when double-checking your *climbing partner's system* prior to belaying.
 - a)
 - b)
 - c)

5. Describe the correct body position for a belayer. Address the following:
foot position:
body alignment in relation to upper anchor:

6. In the context of climbing at the wall, when does it become critical to "anchor in" when belaying?
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7. What signals are used in the following situations? Use the ones you learned in class.
 - a) To inform the climber that you are ready to belay, you say: ""
 - b) To inform the belayer that you are ready to climb, you say: ""
 - c) To inform the belayer that you require more rope, you shout: ""
 - d) To inform the belayer to take up the slack, you shout: ""
 - e) You're ready to be lowered. You shout "take", then: ""

8. List three *movement principles* (not holds or drills) that improve climbing technique and efficiency.
 - a)
 - b)
 - c)

