

# Climbing and Adventure Sports—Master Progression Chart

Climbing Type	Grade Levels	Safety Standards and Gear	Additional Information
Slacklining	D, B, J, C, S, A	Sneakers Comfortable clothing Specific uniform or costume Slackline Check anchors	<a href="#">Baseline for Beginners Slacklining</a>  <a href="#">Outdoor Slacklining</a>
Initiatives and Low Elements (Any element that has a fall distance of 6 feet or less)	D, B, J, C, S, A	Sneakers Comfortable clothing appropriate for weather Activity elements and supplies	<a href="#">Ultimate Campsource Team Building</a>  <a href="#">Team Building and Low Challenge Elements</a>
High Elements (Any element that has a fall distance of 6 feet or more)	B, J, C, S, A  Brownies can participate only with indoor high elements specifically designed for small children.	Climbing helmets (Union of International Alpine Association–approved)  Belaying equipment: ropes, webbing, harnesses, hardware, and helmets that are designed, tested, and manufactured for the purpose of climbing and size appropriate for user.	<a href="#">Association Challenge Course Technology</a> .  <i>Note:</i> if the hosting facility or instructor indicates the use of helmets is hazardous for belay – follow those instructions. They may not offer helmets for this reason.  When the hosting facility or instructor indicates a helmet is required, always opt for the helmet.
Bouldering (Any element that has a fall distance of 6 feet or less)	D, B, J, C, S, A	Comfortable clothing Sneakers Spotters	<a href="#">Bouldering Low Elements</a>
Artificial Climbing Walls (indoor and outdoor)	B, J, C, S, A  No free climbing above 6 feet, Brownies on indoor walls designed specifically for small children only.	Auto belay/harnessed indoor ropes  Belaying equipment: ropes, webbing, harnesses, hardware, and helmets that are designed, tested, and manufactured for the purpose of climbing and size appropriate for user.	<a href="#">Expert Advice Indoor Climbing</a>  <i>Note:</i> if the hosting facility or instructor indicates the use of helmets is hazardous for belay – follow those instructions. They may not offer helmets for this reason.  When the hosting facility or instructor indicates a helmet is required, always opt for the helmet.