

## Climbing and Adventure Sports—Master Progression Chart

Climbing Type	Grade Levels	Safety Standards and Gear	Additional Information
Slacklining <i>See <a href="#">Climbing and Rappelling Safety Activity Checkpoints</a>.</i>	D, B, J, C, S, A	<ul style="list-style-type: none"> <li>Sneakers</li> <li>Comfortable clothing</li> <li>Specific uniform or costume</li> <li>Slackline</li> <li>Check anchors</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Slackline U.S.</a></li> </ul>
Initiatives and Low Rope Elements <i>Any element that has a fall distance of 6 feet or less.</i>	D, B, J, C, S, A	<ul style="list-style-type: none"> <li>Sneakers</li> <li>Comfortable clothing appropriate for weather</li> <li>Activity elements and supplies</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Ultimate Camp Resource Team Building</a></li> <li><a href="#">Team Building and Low Challenge Elements</a></li> <li>Instructor trained and certified by a verified agency who demonstrates competence in equipment maintenance, safety and rescue techniques, proper use of the course, and hands-on training</li> </ul>
High Elements <i>Any element that has a fall distance of 6 feet or more.</i>	B, J, C, S, A  Brownies can participate only with indoor high elements specifically designed for small children.	<ul style="list-style-type: none"> <li>Climbing helmets (Union of International Alpine Association approved)</li> <li>Belaying equipment: ropes, webbing, harnesses, hardware, and helmets that are designed, tested, and manufactured for the purpose of climbing and size appropriate for user</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Association for Challenge Course Technology</a> Instructor trained and certified by a verified agency who demonstrates competence in equipment maintenance, safety and rescue techniques, proper use of the course, and hands-on training</li> </ul> <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li><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.</i></li> <li><i>When the hosting facility or instructor indicates a helmet is required, always opt for the helmet.</i></li> </ul>
Bouldering <i>Permissible on elements that have a fall distance of 6 feet or less.</i>	D, B, J, C, S, A	<ul style="list-style-type: none"> <li>Comfortable clothing</li> <li>Sneakers</li> <li>Spotters</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">What is Bouldering?</a></li> </ul>

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.	<ul style="list-style-type: none"> <li>• Auto belay/harnessed indoor ropes</li> <li>• Belaying equipment: ropes, webbing, harnesses, hardware, and helmets that are designed, tested, and manufactured for the purpose of climbing and size appropriate for user.</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Indoor Climbing Basics—REI</a></li> </ul> <p>Instructor trained and certified by a verified agency who demonstrates competence in equipment maintenance, safety and rescue techniques, proper use of the course, and hands-on training</p> <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>• <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.</i></li> <li>• <i>When the hosting facility or instructor indicates a helmet is required, always opt for the helmet.</i></li> </ul>
Recreational Tree-Climbing	J, C, S, A	<ul style="list-style-type: none"> <li>• Harnesses</li> <li>• Helmets if climbing above 6 feet</li> <li>• Rope, webbing, and hardware designed for this purpose</li> </ul>	<ul style="list-style-type: none"> <li>• Combining arboriculture, climbing, and fun, this unique activity is described by <a href="#">The Tree Climbing Planet</a>.</li> </ul> <p>Instructor trained and certified by a verified agency who demonstrates competence in equipment maintenance, safety and rescue techniques, proper use of the course, and hands-on training</p>
Zip Lining	D*, B*, J, C, S, A	<ul style="list-style-type: none"> <li>• Harnesses</li> <li>• Helmet</li> <li>• Ropes, webbing, and equipment designed for this purpose</li> <li>• Close-fitting clothing; no dangling clothing or jewelry</li> <li>• Sneakers or other athletic shoes</li> </ul>	<ul style="list-style-type: none"> <li>• Instructor trained and certified by a verified agency who demonstrates competence in equipment maintenance, safety and rescue techniques, proper use of the course, and hands-on training</li> <li>• *Canopy zipline tours are not permitted for Daisies or Brownies</li> <li>• Daisies can only participate in playground ziplines</li> </ul>