

Singapore Royal Rangers National Office



Merit Requirements: Silver -Bordered Merit

Sport Climbing Level 1

Objectives	This merit is designed for people with no prior knowledge of sport climbing. Participants will be introduced to climbing techniques, equipment, belaying for top roping and climbing calls. It is to be conducted via instructors who are recognised by the Singapore Mountaineering Federation.
Standards	The Sport Climbing Level 1 Merit is equivalent to Singapore National Climbing Standards (SNCS) Sport Climbing Level 1 certificate. Rangers need to demonstrate the following skills: <ul style="list-style-type: none"> • Correct Harness Usage; • Correct tie-in technique; • Correct belay technique; • Correct use of climbing calls
Requirements	<ol style="list-style-type: none"> 1. Introduction to Sport Climbing <ul style="list-style-type: none"> - Understand the concept of climbing/bouldering / sport climbing and brief history /development of climbing in Singapore 2. Introduction to Climbing Equipment <ul style="list-style-type: none"> - Understand the uses of the Rope, Harness, Karabiner, Basic Belay Devices, Quickdraws, Sling/Tapes, Shoes, Chalk, Helmet and Care of Equipment 3. Tying-in Knot <ul style="list-style-type: none"> - Demonstrated how to tie a Figure of 8 knot 4. Understand the concept of Belaying and Lowering with a Belay Device 5. Basic Climbing Techniques (bouldering session) <ul style="list-style-type: none"> - Use of Handholds – pinch, grip, underhand, side pull, sloper, pocket.

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	<ul style="list-style-type: none">- Use of Footholds – edging, smearing- Basic Wall configurations – coners, overhangs, slabs. <p>6. Top Rope Climbing</p> <ul style="list-style-type: none">- Demonstrated Belay position, Climbing Calls- Demonstrate ability to climb up a rock wall with the necessary techniques and equipment- Demonstrate ability to belay <p>7. Actual Demonstration for Certification – Participant must demonstrate and undergo lessons for all above listed points</p>
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