

Troop 216
Upper Limits Rock Climbing Gym
December 8, 2019

Upper Limits-Maryland Heights, 1874 Lackland Hill Parkway, St. Louis, MO 63146; (314) 991-2516

1 Complete a Waiver Online

Everyone who will be joining us will need to fill out a waiver.

- This includes all adult chaperones who will be supervising the climbers.
- Climbers under the age of 18 must have the waiver completed by their parent or legal guardian.
- Even if you were there earlier this year, please fill out a new waiver for us to track that everyone has one.

[CLICK TO ACCESS WAIVER](#)

IMPORTANT: In order for the activity coordinators (Ms. Bishopp and Mrs. Gill) to be able to monitor which participants have completed the required documents, all participants must use the unique link above.

ANY SCOUTS WITHOUT A COMPLETED WAIVER
WILL NOT PARTICIPATE IN ANY CLIMBING ACTIVITIES.

2 Complete the Permission Form and Submit Payment

Please see the attached permission slip at the end of this document. The form with payment of \$40.00/scout (cash, check or scout account) may be turned in to Ms. Bishopp or Mrs. Gill until Monday, December 1st at the troop meeting.

3 Prepare for the Climbing Merit Badge

There are 12 requirements that must be met to complete the Climbing Merit Badge. Make sure that all merit badge eligible scouts have read the Climbing Merit Badge Pamphlet, and are prepared to be tested on the following requirements:

1. First Aid: Addressing conditions and injuries outlined in the handbook.
2. Learn the principles of Leave No Trace and the Outdoor Code.
3. Appropriate and necessary Clothing and Gear.
4. Assessing safety of a particular climbing area.
6. Appropriate rope use and maintenance.
7. Should be proficient in tying the following knots BEFORE their visit:
 - Figure 8 on a bight
 - Double Fisherman's Knot
 - Water Knot
12. Can explain proper storage of climbing gear.

Note: The Climbing Merit Badge Workbook (PDF) will be attached to the email from Troop 216 along with this document.

Day of the Climb

On the day of the climb:

- Eat before arriving if possible, classes can last up to 4 hours without a break.
Classes begin promptly at the scheduled time. Please arrive at least 30 minutes prior to class.
- Those arriving late may be unable to join a class already in progress and the troop will lose deposits paid.
- Those participating in the class should plan on wearing comfortable workout clothes.
Constricting pants may not allow for the freedom of movement needed while climbing.
Layers that can be shed during the colder months are recommended.

During the 3-4 hour course, Upper Limits' staff will provide instruction and training that can fulfill the remaining Climbing Merit Badge requirements:

5. Verbal climbing commands
8. Use of commercial climbing harnesses
9. Belaying
10. Climbing
11. Rappelling

This is provided that the scouts pay attention and apply themselves in class.

NOTE FROM UPPER LIMITS TO RETURNING SCOUTS:

If you have taken the belaying course in the past (even as recent as the year before) WE HIGHLY RECOMMEND taking the class again for your returning visit. If you choose not to take the 2-hour Rock Gym 101 course again, anyone planning on belaying will be required to demonstrate that they know how to belay in a belay test. This is a TEST, not a refresher class, and it is possible to FAIL. AGAIN, WE DO NOT OFFER A REFRESHER VERSION OF THE BELAYING CLASS.

In the test scouts must remember exactly how to:

- Tie themselves in with a figure 8 follow-through knot and a safety knot
- Set up a tube-style belay device
- Double check their set-up
- Belay with an Upper Limits approved technique
- Climb using verbal commands

Without any assistance from an instructor.

If anyone fails their belay test, it will be too late to join the class, they will not be given a belay device and will not belay that day.

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PLACE: Upper Limits-Maryland Heights, 1874 Lackland Hill Parkway, St. Louis, MO 63146 (314) 991-2516

DEPART: Meet at the First Christian Church Edwardsville parking lot at **8:45AM**.

RETURN: Late in afternoon to First Christian Church Edwardsville parking lot. Scout will contact parents with anticipated arrival time; no Scout should leave until dismissed by Senior Patrol Leader or Adult Leader.

FOOD: Eat breakfast on own before departure. Snacks and a sandwich/chips/drink lunch will be provided.

COST: \$40.00/scout

WEAR: Class A for transportation to and from (mandatory!); Class B while climbing--Scout or plain t-shirt, exercise/athletic bottoms and tennis shoes.

EMERGENCY: Martina Bishopp 314.496.3312 or Diane Gill 618.616.6774

PLEASE return signed permission slip and payment to Ms. Bishopp or Mrs. Gill by 7:30pm Monday, December 1, 2019

The Upper Limits waiver signed by parent is also required. Please see email from Troop 216 for a link to the waiver.

-----Return bottom portion -----

I, _____ (parent's name) give permission for my son, _____ (full name) to attend and participate in all activities that are planned. I also give permission to any medical institution, person, or Scout Leader to render emergency treatment in the event of a medical emergency. My son is in good health and (circle one) is / is not taking any medications. In the event medications are needed, I will give them to the Leader in the original container with written instructions. Please note pertinent medical information:

EMERGENCY CONTACT NAME	PHONE #	RELATIONSHIP

SIGNATURE: _____

_____ I can transport _____ scouts, not including the driver

_____ Please transfer \$_____ from my scout's account to cover fees for this activity _____ (initial)

FOR TROOP TREASURER: Rec'd _____ (date) by _____ DG _____ MB	Upper Limits Climbing Gym, December 8, 2019 \$40/scout																				
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