

ROCK CLIMBING EXAM

1. Name four good warm up exercises for rock climbing.

2. Name the three knots covered in this unit.

3. Name the piece of equipment that can be made out of 1” tubular webbing.

4. Name two varieties of carabineers.

5. Name a type of belaying/rappelling device.

6. Name two hand holds.

7. Name two foot holds.

8. Name the procedure for securing a climber by use of a rope.
