



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	Baseline for Beginners Slacklining Outdoor Slacklining
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	Ultimate Campsource Team Building Team Building and Low Challenge Elements
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	Association Challenge Course Technology. <i>Note: 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> 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)	B, J, C, S, A	Comfortable clothing Sneakers Spotters	Bouldering Low Elements
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	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	Expert Advice Indoor Climbing <i>Note: 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> When the hosting facility or instructor indicates a helmet is required, always opt for the helmet.