A via ferrata is a climbing route with a permanently-anchored steel anchor climbing uses methods that do not damage the rock surfaces. Climbing builds teamwork, strength, and mental focus. Climbers need to know how to tie several types of knots. A camming device is driven into narrow rock crevices for fall protection. The fall factor is the height of a fall divided by the length of rope in use. Climbers may use this type of head protection. You can climb at indoor climbing facilities, or out on a mountain rock face. A climber trapped or injured on a high rock face may require helicopter rescue. There are several systems for grading climbing difficulty. Safety is the highest priority when climbing; accidents can be fatal. Boy Scouts can earn a merit badge in rock climbing. Sport climbing makes use of permanent anchors and other protection. A toprope is always above the climber and limits falls. In team climbing, the correct commands and signals must be used. A belay anchor should be able to support many times the climber’s weight. When belaying, an anchored person supports the climber’s weight if he falls. Free climbing relies on the climber’s skill and skill to ascend. Europeans, Chinese and Native Americans have been climbing for centuries. A toprope is always above the climber and limits falls. A leader may place runners and anchors along a path as protection. The leader climber places fall protection gear in the rock face as he goes. Free climbing relies on the climber’s skill and ability to ascend. Europeans, Chinese and Native Americans have been climbing for centuries. A leader may place runners and anchors along a path as protection. The leader climber places fall protection gear in the rock face as he goes. A toprope is always above the climber and limits falls. Indoor climbing gyms plan routes to teach specific climbing skills. A camming device is used for placing protection in larger crevices.