Rock Climbing or Tree Climbing

Explore new heights by safely climbing on rocks or climbing a tree.

WHAT YOU’LL NEED

- Rocks or trees
- Good sneakers on your feet
- A trusted adult

INSTRUCTIONS

1. Choose a rock or tree.

2. With a trusted adult, assess the rock or tree for any safety hazards:
   - Is the rock/tree an appropriate size?
   - Are there footholds/handholds or branches to use for climbing?
   - Are there any sharp objects?
   - Are there any bee/wasp activity?

3. The trusted adult should allow the child to climb unassisted. Providing support in the event of a fall.