



# 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.

