



# **Advanced White Water Safety Skills Competency Checklist**

## Advanced White Water Safety Course

### Skills Competency Checklist

Name:  Provider:  Date:

Skills / Knowledge	Participant			Provider		
	Strong	Competent	Needs developing	Strong	Competent	Needs developing
<b>General theory and planning</b>						
Motivations and decisions						
Appropriate selection of river						
Clothing & equipment						
Emergency planning & procedures						
<b>On the river</b>						
River running strategies						
Collaborative support						
<b>From the bank</b>						
Initial assessment and access options						
Pull and vector Mechanical advantage						
Rescue a swimmer using a throwline						
Rescue a swimmer from a stopper						
Moving around steep environments						
Casualty management						
<b>Kit retrieval</b>						
Chase boating						
Picking up equipment						
Boat/Craft rescues						
Reuniting						