

## SUP Tidal Leader Skills Checklist

The checklist is to support Leaders in considering their current skills, knowledge and understanding. By completing the checklist and referring to the [Assessment Guidance](#) for further detail can help in shaping an appropriate development plan.

The [Leader and Raft Guide Digital Self-Analysis resource](#) could also help in reflection, considering development areas which can then be shared with peers, colleagues and mentors.

**Name:**

**Date:**

<b>A. Participant Focused Leadership Skills</b>			
	<b>Strong</b>	<b>Competent</b>	<b>Develop</b>
Judgement and decision making			
Venue selection / use			
Safety frameworks			
Vision (inspirational role model)			
Positive support to group members			
Leadership style and behaviours			
Group and safety equipment			
Personal equipment			
Impact on environment and others			
<b>B. Personal Paddling Skills</b>			
	<b>Strong</b>	<b>Competent</b>	<b>Develop</b>
Applied technical skills			
Tactical paddling skills			
Physical and mental awareness			
<b>C. Rescue Skills</b>			
	<b>Strong</b>	<b>Competent</b>	<b>Develop</b>
Self-rescue			
Recover a SUP paddler and their equipment			
Demonstrate landing a conscious, but incapacitated, SUP paddler			
Assisting another paddler			
Towing a casualty			
Rescue an unconscious paddler			
Incident management			
<b>D. Underpinning background knowledge, understanding and experience</b>			
	<b>Strong</b>	<b>Competent</b>	<b>Develop</b>
Equipment for simple coastal journeys			
Safety			
Weather, tides, planning and navigation			
Access and environment			
Experience in coastal/estuarine environments			
Deployment matters and leadership responsibilities			

**SUP Tidal Leader - Candidate Development Plan**

**Name:**

**Specific Comments and Action Points**

**Participant Focused Leadership Skills:**

**Personal Paddling Skills:**

**Rescues and Incident Management:**

**Background Knowledge and Understanding:**

**Experience:**

**Reflective Practice:**