



Introduction to White Water Safety
Skills Competency Checklist

Introduction to White Water Safety Course

Skills Competency Checklist

Name: Provider: Date:

Skills / Knowledge	Participant			Provider		
	Strong	Competent	Needs developing	Strong	Competent	Needs developing
General theory and planning						
Motivations and decisions						
Clothing and equipment						
The white water environment						
Preparing for the river trip						
Personal safety						
Staying safe						
Defensive swimming						
Aggressive swimming						
Changing direction						
What to do when we swim						
Staying safe						
Roll up, push/move away						
Nudge						
Attaching a line						
Choosing to help a swimmer						
Supporting the swimmer						
Wading						
Reaching						
Receiving a throwline						
Kit retrieval						
Paddle retrieval/throwing						
Assisting others						