

SUP Coastal 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: | | | |
| A. Participant Focused Leadership Skills | | | |
| | Strong | Competent | Develop |
| 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. Personal Paddling Skills | | | |
| | Strong | Competent | Develop |
| Applied technical skills | | | |
| Tactical paddling skills | | | |
| Physical and mental awareness | | | |
| C. Rescue Skills | | | |
| | Strong | Competent | Develop |
| Self-rescue | | | |
| Recover a SUP paddler and their equipment | | | |
| landing a conscious, but incapacitated, SUP paddler | | | |
| Assisting another paddler | | | |
| Towing a casualty | | | |
| Dealing with a separated paddler and boat | | | |
| Rescue an unconscious paddler | | | |
| Incident management | | | |
| D. Underpinning background knowledge, understanding and experience | | | |
| | Strong | Competent | Develop |
| Equipment | | | |
| Safety | | | |
| Weather, planning and navigation | | | |
| Access and environment | | | |
| Experience | | | |
| Deployment matters and leadership responsibilities | | | |

SUP Coastal 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: