

SUP Sheltered Water 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 Tool](#) 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
Deep water rescue			
Towing including a rafted tow			
Carrying a swimmer			
Rescue an unconscious paddler			
Deep water rescue of a tired SUP paddler			
Trapped board recovery			
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 Sheltered Water 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: