



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
General theory and planning						
Motivations and decisions						
Appropriate selection of river						
Clothing & equipment						
Emergency planning & procedures						
On the river						
River running strategies						
Collaborative support						
From the bank						
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						
Kit retrieval						
Chase boating						
Picking up equipment						
Boat/Craft rescues						
Reuniting						