



White Water Safety
Skills Competency Checklist

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						
Preparing for the river trip						
Clothing & equipment						
Emergency planning & procedures						
On the river						
River running strategies						
Collaborative support						
Swimming & rescues						
Swimming in white water						
Rescue a swimmer from a craft						
Using a throwline						
Rescuing from swimmer from a stopper						
Kit retrieval						
Chase boating						
Picking up equipment						
Retrieving and assisting others						