



**Inland Open Water Safety and Rescue
Skills Competency Checklist**

BCAB Inland Open Water Safety and Rescue Course

Skills Competency Checklist

Name: Provider: Date:

Skills / Knowledge	Participant			Provider		
	Strong	Competent	Needs developing	Strong	Competent	Needs developing
General theory and planning						
Safety frameworks						
Journey planning						
Clothing and equipment						
Providing Assistance						
Towing (Use of Improvised and Purpose Made Towing Systems)						
Recovering Equipment						
Assisting a Swimmer						
Assisting an Injured Paddler						
Evacuating an Injured Paddler						
Deep Water Rescues						
Rescue of a paddler in a similar craft using a deep water rescue						
Rescue of a paddler in a different craft using a deep water rescue						
Self-Rescues						
Self-Rescue						
Assisted Self Rescue						
Scenarios						
Unconscious/ Unresponsive Rescues						
Entrapped/ Entangled Rescues						
Multiple Rescues						
Incident Management						