

# (SAMPLE)

## Skills Check-off Sheet

Staff Name: \_\_\_\_\_

Date: \_\_\_\_\_

<b>Skills</b>	<b>Proficient</b>	<b>Not Proficient</b>	<b>Comments</b>
Figure Eight Knot			
Figure Eight follow Through			
Figure Eight on a bight			
Cares For Equipment			
Correct harness wear			
Correct Chest harness Wear			
Helmet Wear/Adjustment			
Use of Carabiners			
Proper Belay technique			
Instruct Belaying			
Proper Belay Monitor Technique			
Commands			
Demonstrates Mature judgemt			
Knows 5-point Check			
Rescue Procedure			
Vector Pulls			
Swing Attachemnt			
Swing Operation			
Swing Rescue			
Knows how to Log Ropes			