

(SAMPLE)

Training Skills Sheet

Training conducted by _____ on _____, 19__

Participants Names ⇒

Client checks off first column to verify that topic was covered

Tower Setup																				
Visual inspection																				
Belay and Rescue Rope(s)																				
APD removal and return																				
Initiatives (list # covered)																				
Belay Skills																				
Station setup & Understanding																				
Knots																				
Fig. 8 Follow Through																				
Fig. 8 On a Bight																				
Fig. 8 Retrace																				
Brake Hand Sequence technique																				
Belay(s) - 2 <i>without error</i>																				
Monitor(s) - 2 <i>without error</i>																				
Harness instruction & fitting																				
Sit and Chest																				
Climbing Skills																				
Climbs (2)																				
Rescue Techniques																				
Vector Pull - Temporary																				
Vector Pull - Fixed																				
belay device lock off technique																				
Pick off - with directionals ? Y / N																				
Emergency Action Plan(s) Y / N																				
Swing by Choice																				
Set Up & Management																				
Rescue procedure																				
Inspections (Tower , Swing, Wall)																				
Solo ascent (prusiks, Gri Gri, etc.)																				
ATI Safety Policy Review																				
Rescue Exercise use																				
Facilitation Skills																				
Presentation & Processing																				

fhm/4-98