

SUP Inland Open Water Leader Skills Checklist

The checklist is to support Leaders in considering their current skills, knowledge and understanding. By completing the checklist and referring to the [Assessment Guidance](#) for further detail can help in shaping an appropriate development plan.

The [Leader and Raft Guide Digital Self-Analysis resource](#) could also help in reflection, considering development areas which can then be shared with peers, colleagues and mentors.

Name:

Date:

A. Participant Focused Leadership Skills			
	Strong	Competent	Develop
Judgement and decision making			
Venue selection / use			
Safety frameworks			
Vision (inspirational role model)			
Positive support to group members			
Leadership style and behaviours			
Group and safety equipment			
Personal equipment			
Impact on environment and others			
B. Personal Paddling Skills			
	Strong	Competent	Develop
Applied technical skills			
Tactical paddling skills			
Physical and mental awareness			
C. Rescue Skills			
	Strong	Competent	Develop
Self-rescue			
Recover a SUP paddler and their equipment			
Demonstrate landing a conscious, but incapacitated, SUP paddler			
Assisting another paddler			
Towing a casualty			
Rescue an unconscious paddler			
Incident management			
D. Underpinning background knowledge, understanding and experience			
	Strong	Competent	Develop
Equipment			
Safety			
Weather, planning and navigation			
Access and environment			
Experience			
Deployment matters and leadership responsibilities			

SUP Inland Open Water Leader - Candidate Development Plan**Name:****Specific Comments and Action Points****Participant Focused Leadership Skills:****Personal Paddling Skills:****Rescues and Incident Management:****Background Knowledge and Understanding:****Experience:****Reflective Practice:**