

VERTICAL ROPE MOBILITY (for Trained Participant)

CANDIDATE DETAILS	Name	Scout N.
	email	DoB:

Element	Skill to be demonstrated consistently	Date of assessment	Supervisor initials*
descent (abseiling)	I can attach myself and descend with different descending devices as trialled: 1. 2. 3. 4.		
	I can demonstrate methods of increasing friction		
personal safety	I can demonstrate a thorough self-check		
	I can safely buddy-check a companion		
	during descent, I can demonstrate an efficient UNIVERSAL LOCK OFF, and release		
	I can explain the advantages and disadvantages of a device lock off		
	I can demonstrate knots required for/and suitable lengths for prussic loops		
	I can demonstrate self belay during descent including release of locked self belay.		
	I participate in discussions about the risks and precautions taken during rope mobility		
ascending ropes	ascend rope on natural surface (prussik), including over an edge		
	discuss the importance of different attachment points		
	Independently descend part way (at least three metres) and switch to ascent to top.		
	Independently ascend part way (at least four metres) and switch to safe descent.		

Element	Skill to be demonstrated consistently	Date of assessment	Supervisor initials*
Rope mobility challenges	I can independently and safely cross a knot during descent		
	I can independently and safely continue descent onto another rope		
	I have demonstrated safe and effective decisions in 3 challenge scenarios: 1. 2. 3.		
<i>Review</i>	I have assisted with checking equipment for damage and discussed if it needs to be repaired or replaced		
	I have assisted with logging of equipment used		
	I have noted what I have learned today, and contemplated what could be done differently.		
<i>Log</i>	I have recorded the skills that I practice as well as achieved		

SUPERVISORS DETAILS*

INITIALS	CONTACT DETAILS	NAME