



## ACA Canyon Leader 1 Skills Checklist

**OBJECTIVE:** *The development of intermediate level canyoneering / problem solving skills, basic canyon leadership techniques, group efficiencies, and competence in straightforward companion rescues.*

**NOTE:** *Skills Checklists are cumulative in nature. Students must know all the skills from the 'Core' and the 'Aspirant' Checklists in addition to the skills listed here.*

STUDENT'S NAME: \_\_\_\_\_

ASSESSOR'S NAME: \_\_\_\_\_

RECOMMENDATION:    \_\_\_ PASS    \_\_\_ CONDITIONAL PASS    \_\_\_ NO PASS

	DATE	SCORE
<b>Anchors</b>		
Construct, evaluate, rig, test, backup, and use dead man anchors.		
Construct, evaluate, rig, test, backup, and use carin anchors.		
Demonstrate how to backup / test a marginal anchor.		
Apply sequencing and friction to utilize otherwise marginal anchors.		
Set up and use human anchors. Explain why, when, and how to properly sequence this type of anchor.		
<b>Rigging</b>		
Set up and use releasable twin rope system (jester, joker), including three parts: (1) friction mechanism to allow controlled lowering, (2) tie-off that is releasable under tension, and (3) identifying risks and setting safety to mitigate those risks.		
Set up and use Dynamic Courtesy Rigging to facilitate hands free rappel start and trouble-free rope retrieval. Explain why, when, and proper usage and how to avoid rope grooves in soft rock.		
<b>Core Rope Work</b>		
Set up and use a top-rope belay system a.) from human anchor (hip belay) 10ft or less, b.) from fixed anchor.		
Demonstrate use of simple lift-shift systems to help someone on rappel free stuck gear.		
Tension and securely tie off a guide rope at the bottom using mechanical advantage.		
Set up and use a retrievable guided rappel system tensioning from the bottom.		
Protect traverse and rappel with a retrievable safety line.		
Set up and use a counter-weight rappel, anchoring from bottom.		

	DATE	SCORE
<b>On Rope Techniques, Teamwork, Companion Rescue</b>		
Use drop loop 2:1 to provide lift for rappeller to free stuck gear.		
Convert static single rope rigging (e.g. block) to lower. Use hands free backup (i.e. friction hitch) when lowering.		
Demonstrate tandem rappel (aka assisted rappel).		
Demonstrate the following advanced partner capture techniques: a) Foot Capture; b) Partner Capture; c) Human Ladder.		
Perform a Dynamic Belay (Lowering while maintaining belay).		
Perform controlled rappel free hanging and/or up to 250'+ - Adding friction mid-rappel; communication - radios; hanging packs.		
<b>Participant Coaching / Teaching</b>		
Coach / Teach a person to basic rappel.		
Coach / Teach a person to basic bridge; stem; chimney, and downclimb.		
Belay a climber; climbing up, a.) using rope from human anchor (hip belay) 10ft or less b.) using rope from fixed anchor.		
<b>Emergency Response</b>		
Activate EMS system Non-Life threatening (Local SAR; Emergency Contacts).		
Activate EMS system Life Threatening or Time Critical (Local SAR; Emergency Contacts).		
Contact Rescue - Rappel on secured rope to provide assistance to person stuck on rappel; provide foot loop to free stuck gear (Not a pick-off).		
<b>Canyon Leadership</b>		
Weather – interpret Radar, Water Vapor, & Infrared Satellite Imagery		
Perform Pack Checks (for selected canyon) – check for appropriate: Water; Food; Clothing; Footwear; Equipment; First Aid Supplies; Technical eBag (extra hooks, Webbing, Rapides, Potshot, etc.).		
Model / Teach: basic bridging; stemming; chimneying.		
Manage participant fearful of rappelling (from bottom).		
Set Safe zones / gates – move group from safe zone to safe zone (keep group together).		
Recognize and treat symptoms of <b>Hypothermia</b> .		
Recognize and treat symptoms of <b>Hyperthermia</b> .		
Wilderness First Aid - perform: a) Splint a lower leg injury; b) Stabilize & Horizontal Evacuation.		
<b>Problem Solving Scenarios</b>		
Scenario 1: Shirt / Hair stuck in rappelling device.		
Scenario 2: Tangled roped and/or rope doesn't touch the ground.		
Scenario 3: Late start - move group expeditiously.		
Scenario 4: Horizontal Evacuation of lower leg injury - stable patient; normal conditions.		

### **Specialized Skills for Class A/B Canyons**

*OBJECTIVE: Provide students with the advanced personal and group canyoneering skills needed to become effective problem-solvers in Class A/B canyons.*

<b>Class A/B Canyons — Pothole Escape</b>		
Escape a pothole using partner assist techniques.		
Escape a pothole using counter-weight techniques (pot shot; pack toss). Toss single Pot Shot as simple pothole counter weight, simple ascend out.		
Escape a pothole using aid hooking techniques.		

### **Specialized Skills for Class C Canyons**

*OBJECTIVE: Provide students with the advanced personal and group canyoneering skills needed to become effective problem-solvers in Class C canyons.*

<b>Class C Canyons — Core Skills</b>		
Assist swimmer(s) while maintaining separation with sequencing, tag lines, throw bags, and/or flotation devices.		
Jumping into water (Max distance 10ft./10ft. Min depth) identify hazards/depth, correct body position ("Pencil" technique).		
Cut self off of entangled rope in water (10 sec max).		
Swim for 4 minutes without floatation.		

### **Recommendations After Training**

- Practice technical skills in low-risk conditions, such as on clean and low angle "slab" type environments or on vertical terrain with an effective Top or Bottom (Fireman's) Belay.
- Students should descend intermediate to advanced canyons with competent mentors, taking on progressively more anchor, rigging and problem-solving responsibilities.