



ACA Assistant Pro Guide Skills Checklist

OBJECTIVE: *To become competent and thorough with pre-trip preparation, confident with basic technical challenges, effectively teach / coach / manage clients with continued expansion of personal safety awareness, plus the development of client guiding and assessment techniques.*

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

STUDENT'S NAME: _____

ASSESSOR'S NAME: _____

RECOMMENDATION: ___PASS ___CONDITIONAL PASS ___NO PASS

	DATE	SCORE
Logistics / Safety / Communication		
Effectively communicate desired actions from participants and reiterate/back-up Lead Guide instructions.		
Provide participants with on-demand safety / instruction briefings for task at hand.		
Perform consistent and timely Buddy Checks.		
Perform efficient Gear sequencing / management / transition.		
Identify most efficient canyon egress point(s).		
Technical Knowledge & Abilities		
Successfully perform <u>ALL ITEMS</u> from the ACA Canyon Leader 1, Aspirant, & Core Skills Checklists.		
Core Rope Work		
Demonstrate proper techniques for multi-pitch rappels; security, sequencing, rope management.		
Perform controlled rappel free hanging and/or up to 300'+ - Adding friction mid-rappel; communication - radios; hanging packs.		
"Go First" Assess- rope length, evaluate rappel for loose debris, abrasion points, slippery areas and safe belay locations. Estimate optimal friction setting for guests.		

	DATE	SCORE
Belaying		
Demonstrate proper bottom belay (Firemans belay).		
Set up and use a top-rope belay system.		
Demonstrate proper hip belay.		
Demonstrate and use proper belay commands / verbal communication techniques.		
Participant Coaching / Teaching		
Perform assisted Hand Holding: pushing, pulling, grips up and down.		
Partner Capture		
Perform partner capture techniques & sequencing from the a) Top b) Bottom of a Down Climb.		
Rescue / Assistance		
Swim Rescue: free a tangled participant in water.		
Demonstrate throwing and use of tag lines to a distressed swimmer.		
Confidently rescue a struggling/drowning participant.		
Rescue person / recover gear stuck in mud.		
Manage group while Lead Guide attends to another group needing help.		
Canyon Leadership		
Manage fearful downclimb traverse.		
Communicate pertinent information to Lead Guide.		
Problem Solving Scenarios		
Scenario 1: Calm a distressed down climbing participant.		
Scenario 2: Talk down a panicking rappeler.		
Scenario 3: Lower Rappel on-belay from below.		
Scenario 4: Take over group for injured Lead Guide.		
Class A/B Canyons — Pothole Escape		
Escaping a pothole using counter-weight techniques. Deploy counter weights - Pack toss and/or Pot Shots		
Escaping a pothole using counter-weight techniques. Safely ascend multiple ropes simultaneously.		
Escaping a pothole using counter-weight techniques - Pass the pothole lip out.		

Class C Canyons — Core Skills

Jump into pool and moving water, 10 ft max identify hazards/depth, correct body position.		
Swim for 6 minutes without floatation.		
Hold breath for 20 seconds underwater.		

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.