



Skills Checklist - Level 1

SUU ORPT 1050

ACA Training Title: Intro to Canyoneering

OBJECTIVE: Provide students with the basic personal canyoneering skills needed to descend easy canyons as team members with competent leaders and mentors.

STUDENT'S NAME: _____

ASSESSOR'S NAME: _____

RECOMMENDATION: ___ PASS ___ CONDITIONAL PASS ___ NO PASS

	DATE	SCORE
Logistics and Safety		
Understand the ACA Canyon Rating System and different types of canyon terrain, as well as the special issues related to that terrain (i.e. swift water canyons, dry and semi-dry canyons, slot canyons, pothole escape problems, long committing canyons, permit requirements).		
Using canyon beta; estimate equipment and supply needs, including rope lengths, anchor building material, water, food and bivy gear.		
Understand leading causes of accidents in canyoneering and precautions that can be taken to avoid them.		
Describe variables that contribute to flash flood risk. Describe flash flood warning signs. Describe appropriate responses to an impending flash flood.		
Leave No Trace Ethics		
Read the ACA's Canyons booklet www.canyoneering.net/docs/booklet.pdf		
Understand and apply low impact canyoneering practices.		
Understand and apply appropriate methods for human waste disposal.		



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Rope and Equipment Care		
Understand and apply good rope care practices.		
Demonstrate coiling a rope; (a) alpine coil, (b) canyon coil.		
Stuff and use a rope bag.		
Understand and apply good equipment care practices.		
Basic Knots		
Tie and inspect; figure eight knot; (a) on a bight, (b) follow-through.		
Tie and inspect; ring bend in webbing (aka water knot).		
Tie and inspect; clove hitch.		
Tie and inspect; munter hitch (aka Italian hitch, dynamic hitch).		
Tie and inspect; girth hitch.		
Tie and inspect; 3-wrap Prusik hitch.		
Tie and inspect; secure bend to connect two load-bearing ropes for rappelling (i.e. double fisherman bend, figure eight bend).		
Intro to Anchors and Rigging		
Evaluate and rig single-point natural anchors (i.e. tree, arch, boulder) using simple webbing wrap, cinching wrap (i.e. wrap 2 pull 1, wrap 3 pull 2, girth hitch) and redundant wrap (i.e. basket with overhand knot at focal point). Explain the pros and cons of each.		
Evaluate and rig existing fixed artificial anchors (bolts) using the acronym EARNEST (Equalized, Angle, Redundant, No Extension, Strong, Timely).		
Set up and use double rope system (toss 'n go) for rappel.		
Set up and use blocked rope systems (knot blocks and carabiner blocks) for rappel. Explain the hazards of using blocks and steps that should be taken to avoid accidents.		
Set up and use edge protection to protect rope from abrasion.		



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Signals		
Understand and use proper verbal commands.		
Understand and use proper whistle signals.		
Understand and use proper hand signals.		
Climbing, Spotting, Belaying, Handlines		
Move on 3rd and 4th class terrain (scrambling - rock climbing terrain).		
Move on 5th class terrain (rock climbing terrain).		
Demonstrate chimneying, stemming and bridging techniques.		
Spot a climber; climbing up, climbing down.		
Understand and use partner capture (climbing down) and partner assist (climbing up) techniques for short vertical problems.		
Belay a climber; climbing up, climbing down, using rope from fixed anchor, using rope from human anchor.		
Understand and apply appropriate use of a hand line.		
Understand and apply appropriate use of a friction hitch safety on a hand line.		
Rappelling, Belaying, Self-Rescue		
Rappel; control speed while rappelling, apply brake to stop mid-rappel.		
Rig rappelling device for correct friction on 8mm to 11mm ropes, single and double strand, understand the variables that contribute to friction requirements.		
Add friction while rappelling.		
Lock off while rappelling using leg wrap.		
Lock off rappel device while rappelling.		
Provide bottom belay for rappeller.		
Understand pros and cons of using a self-belay (auto-block).		



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Demonstrate appropriate rappelling practices to minimize rope abrasion.		
Use rope grab (friction hitch or mechanical ascender) and foot loop to remove tension from rappel device to free stuck gear while rappelling.		
Swimming, Jumping, Water Slides		
Swim 50 yards with gear, using floatation if necessary.		
Jumping; identify hazards, correct body position.		
Water slides; identify hazards, correct body position.		

Recommendations After Training

- Students should continue practicing technical skills in low-risk conditions, such as on a low angle slab or on high-angle faces with a top-rope belay provided by a competent belayer.
- Students should descend canyons with competent leaders and mentors, starting with easy Class 2 and 3 canyons then progressing to intermediate Class 3 canyons.