

# NVADG WATER RESCUE TEAM ANNUAL SKILLS REVIEW

NAME \_\_\_\_\_

DATE \_\_\_\_\_

MINIMUM SKILLS	PASSED	NEEDS IMPROVEMENT	FAILED
<b>KNOTS</b>			
Figure 8 Stopper			
Figure 8 on a Bight			
Figure 8 Follow Through			
Tensionless Hitch			
Water Knot with Webbing			
Prusik			
<b>ANCHOR SYSTEMS</b>			
Wrap 3 Pull 2			
3-Bight and Single Bight			
<b>MECHANICAL ADVANTAGE</b>			
Set up a 3:1 System			
Perform a Vector Pull			
<b>RESCUE BOATS</b>			
Install Outboard Motor & Fuel			
Explain Starting Procedure			
Adjust Tilt and Trim of Motor			
Install Electric Trolling Motor			
Explain Operation of Trolling Motor			
<b>SWIFTWATER SKILLS</b>			
Explain Whistle Commands			
Explain Swimming Ferry Angle			
Explain River Crossing Options			
Explain Combat Swimming Techniques			
Explain Tethered Swimmer Operation			
Explain 5 Options of Rescue Hierarchy			
Perform Throw Bag Skills			