

Candidate Worksheet 7.2

Skill scan

Use the skill scan worksheet to review your current leadership ability, knowledge and fitness.

1 = A weak area, needs a lot of development

2 = An area for great improvement

3 = Satisfactory, though improvement required

4 = Reasonably confident, although could improve

5 = Exceptionally confident, would find it difficult to improve

Area for development	My review					Comments
	1	2	3	4	5	
Unit 1						
1	Regulatory requirements					
2	Organisational requirements					
3	Terrain remit					
4	Access					
5	Planning skills					
Unit 2						
6	Personal equipment					
7	Leader equipment					
8	Maintenance of equipment					
9	Fitness					
10	Nutritional requirements					
11	Care of feet					
Unit 3						
12	Generic risk assessment					
13	Specific risk assessment					
14	Dynamic risk assessment					
15	Emergency procedures					
16	Reporting procedures					
Unit 4						
17	Session planning					
18	Delivering sessions					
19	Communicating					

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Candidate Worksheet 7.2 continued

Skill scan

20	Questioning								
21	Feedback								
22	Evaluation								
Unit 5									
23	Leadership styles								
24	Roles and responsibilities								
25	Motivation								
26	Managing risk								
27	Walking skills								
28	Navigating whilst leading								
29	Countryside code								
30	Minimum impact								
31	Knowledge of the countryside								
Unit 6									
32	Types of map								
33	Grid references								
34	Symbols								
35	Map orientation								
36	Handrail navigation								
37	Use of a compass								
38	Distance estimation								
39	Interpreting relief								
40	Relocation								
41	Navigational strategies								
42	Route plans								
Unit 8									
43	Levels of supervision								
44	Methods of supervision								
45	Supervision plans								
46	Emergency procedures								

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Candidate Worksheet 7.2 continued

Skill scan

LEVEL 3 CERTIFICATE IN BASIC EXPEDITION LEADERSHIP							
Unit 9							
47	Equipment knowledge						
48	Tents						
49	Stoves						
50	Packing sacs						
51	Producing meals						
52	Hygiene						
53	Group management						
54	Downtime activities						
55	Huts, bunk houses, hostels						
Personal							
56	Fitness						
57	Walking experience						
58	Camping experience (BEL only)						
59	First Aid						