	Canadian	Level 5 CLIMBING COMPETENCY CHECKLIST This checklist must be completed by a Certified Instructor or Qualified					
	Trainers		iust be comp		pervi		
	Foundation			<u></u>		1301	
ne							
e ie							
IC I							
ptable	e, C Needs coa	aching or supervision,	F Not ac	cepta	ble.		
ΈM		CONDITIONING		Ρ	С	F	
erator	Does Pre - Work Stret			_			
Being	Hydrates Regularly T Climber Appears Aler			-			
EM	climber Appeurs Aler	Knots and Rope		Р	С	F	
	Bowline						
now	Running Bowline						
our	Bowline with Yosemi	te tie-off					
nots	Mid-line clove hitch	lf bitchoc		-			
	Clove Hitch with 2 ha Blake's hitch			+		┝──╢	
	Sheet bend			1		┝──╢	
	Double sheet bend			1			
	Timber hitch						
	Cow hitch w2 half hit	ches					
	Figure 8stopper knot				6		
TEM	Climbing Equipn Tree gaffs inspected a				С	F	
	Climbing saddle curre						
pe and	2 adjustable climbing			1			
rools	Climbing rope 120ft-2	200ft minimum MBS 5400lb. Rat	ted				
	23.5kn Climbing doub						
TENA	Retrievable Friction s			D	С	F	
ΓEM	WORK PROCEDU Checks partner regula				C	F	
	Saw Turned Off To Co						
	Understands Working						
		s per manufacturers instruction	ıs				
	Inspects tree and site						
		ind crosses branches staying tie oe or lanyards while ascending	d in				
		be or lanyaras while ascending own using appropriate knots/de	vice	-			
	Cuts limb with hands		. Viec				
		wards rope or lanyard					
	Controls limb while co	2					
	Command and respon			<u> </u>		⊢–∥	
	Cuts limb or top with Uses two hands on ch			+		┝──╢	
	Uses two nands on ch Uses two means of tie			+		┝──╢	
TEM	Timed Tree Reso			Ρ	С	F	
	Calls for help						
	Climbs safely to suita			\square			
	Secures victim to self	im without further harm to the	~				
	Time <15 minutes Pas		11	_			
	Timed <25 minutes Co						
	Timed 35 or > minute	51 011			· · · · · · · · · · · · · · · · · · ·		
EM	PPE			Р	С	F	
M	PDE CSA/ANSI helmet c/w	v 24dba or > muffs plus chin stra	р	Р	С	F	
TEM	PPE CSA/ANSI helmet c/w CSA Z87 safety glasse	v 24dba or > muffs plus chin stra	ıp	P	С	F	
TEM	PPE CSA/ANSI helmet c/w CSA Z87 safety glasse CSA Foot wear	r 24dba or > muffs plus chin stro s	ар	P	С	F	
ΓΕΜ	PPE CSA/ANSI helmet c/w CSA Z87 safety glasse	r 24dba or > muffs plus chin stro s	ıp	P	С	F	

Signature: Trainer / Supervisor

Date dd/mm/yyyy

Student