

## 2017 BOOT CAMP ASSESSMENT



NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

COMPETENCY	ACTIVITY	ASSESSMENT CRITERIA	PERFORMANCE (TIME / Competent (C) / Not Yet Competent (NYC))			NOTES	
<b>FITNESS</b>	2km Run	Under 12 minutes					
	40 Push Ups	Under 1 minute					
	10 Chin Ups	Without rest					
	50 Sit Ups	Without rest					
	30 Burpees	Without rest					
<b>SWIMMING</b>	400m Freestyle	Under 10 minutes					
	2 x 50m sprint	30 second recovery					
	Treading Water	10 minutes continuous					
	25m rescue tow	Accurately Demonstrated					
<b>KNOTS</b>	Figure 8	Accurately Demonstrated					
	Figure 8 Follow Through	Accurately Demonstrated					
	Figure 8 on Bight	Accurately Demonstrated					
	Alpine Butterfly	Accurately Demonstrated					
	Clove Hitch	Accurately Demonstrated					
	Double Fisherman's Bend	Accurately Demonstrated					
	Water Knot / Tape Knot	Accurately Demonstrated					
	Reef Knot	Accurately Demonstrated					
	Bow Line	Accurately Demonstrated					
			DAY 1	DAY 2	TOTAL	NOTES	
<b>TEAM SKILLS</b>	Enthusiasm / Effort	Rating (low) 1 - 5 (high)					
	Leadership	Rating (low) 1 - 5 (high)					
	Participation	Rating (low) 1 - 5 (high)					
	Teamwork	Rating (low) 1 - 5 (high)					
						Tick Appropriate	
<b>COMMUNICATION</b>	Language Skills	English is First Language					
		English Not First Language					
		Demonstrated Level 6 International English Language Testing System (ELTS)					
<b>Shortlisted for Training Course:</b>		Successful	Unsuccessful				
<b>T-Shirt Size:</b>		S	M	L	XL	XXL	XXXL
<b>Location Preference:</b>		Cairns		Tully			