



## SKILLS AND TECHNIQUES

On the left hand column is a list of skills, techniques and benefits of adventurous activities. They can be related to a specific adventurous activity or to a number of adventurous activities. Please tick the relevant column or columns. One example has been completed for you.



	Orienteering	Canoeing	Abseiling / Aqua sailing / Climbing	Mountain Biking	Windsurfing	High Ropes	Hill Walking	Kayaking	Dragon Boating	Other
Using a compass properly							●			
Determination to succeed										
Learning capsize drills										
Improving balance										
Teamwork										
Develop my trust in others										
Route planning and navigation										
Extending my confidence										
Selecting the correct gears for the terrain										
How to paddle a canoe										
Repairing my bike										
Knot tying										



Add your own