## **Physical Skills Checklist**

This is an example of a checklist that could be used as part of individual’s training records:

Participant Name: Trainer Name:

The participant accurately demonstrated the following skills:

|  |  |  |  |
| --- | --- | --- | --- |
| **Guiding Skills** | **Y / N** | **Restrictive Skills** | **Y / N** |
| Non-contact guiding |  | Ground narrow supine |   |
| Assessment touch |  | Trolley narrow supine |   |
| Single cradle guide |  | Seated hooks |   |
| Double cradle guide |  | Seated hook & cradle |   |
| Paired cradle guide |  | Seated interrupters |   |
| Hook and cradle guide |  | Seated wraps |   |
| Hook and cradle turn |  | Interrupters Trolley Bed  |   |
| Elbow turn |  | Interrupters Ambulance |   |
|   | Interrupters Essential Treatment |   |

Comments

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|   |

**Participant Signature: Date:**

**Trainer Signature: Date:**