



BUECH TO BUECH > 27-29 AOUT 2010

L'ÉPREUVE FRANÇAISE DE LA COUPE DU MONDE DES RAIDS AVENTURE



Test Card - Ropes activities

Name and Team Number:

- The totality of the caves, cavities and canyons explored during the Raid in France 2010 will be equipped by the organisation..
- During the underground and canyon routes, the teams will be completely autonomous.
- **The time taken to do the underground route will be determined by the organisation and will be the same for all teams.**
- **The teams should possess at least two team members capable of reading a caving topography.**

Level required:

Knowledge :

- I am aware of the dangers involved in canyoning, underground and in ropes activities
- I am familiar with the equipment used in canyoning, underground and in ropes activities

Skills :

- I can equip myself and know how to control my equipment (harness, karabiner.....)
- I know how to use a double lanyard; I can secure myself and also my team members
- I can abseil and be autonomous during the descent
- I can progress on a rope autonomously
- I know how to use a handled ascender
- I can go up a fixed rope, 50m vertically in space
- I can climb a passage of level III.

Environmental knowledge and skills:

- I can recognise and respect canyon and underground wildlife
- I know and respect the canyon and underground environment
- I leave no trace of my passage (papers, rubbish.....)

Surname:		First name:		Diploma: (BE):	
Address:				Tél :	
I certify that those appearing in the list below have acquired the above test skills and knowledge.					
	Surname	First name:	Level	Topo	
CAPTAIN					
MEMBER 1					
MEMBER 2					
MEMBER 3					
REPLACEMENT					
In	Date		Signature		

Acquired is obligatory in the Level column for all team members.

The original of this Test Card should be sent to: Sport and Nature ProMotion, 68 rue de Lyon, 69890 La Tour de Salvagny, France, accompanied with a copy of your related diploma or qualification.