



TEST CARD

High Mountaineering knowledge and rope handling

Name and Team Number:

- all parts of the trail involving ropes (canyons, caves, via, tracks) are equipped/set up by the organisation
- **teams will progress in total autonomy on the rope sections. The rope sections are obligatory.**
- **the time taken to do the caving section will be determined by the organisation and will be the same for all teams**

Level required:

Knowledges:

- I am aware of the dangers involved in ice trekking on glacier and high mountain
- I am aware of the dangers involved in canyoning, caving and in ropes activities (via-corda, zip line, abseil...)
- I am familiar with the equipment (mandatory list ARWS 2021- Raid in France) used in high mountain, glacier progress, canyoning, caving and in ropes activities.

Skills:

- I walk fluency with a pair of crampons on a glacier
- I know walking techniques with tight rope on a glacier (all together)
- I can equip myself and know how to control my equipment (harness, carabiners.....)
- I know how to use a double lanyard; I can secure myself and also my teammates
- I can abseil and be autonomous during the descent of several consecutives abseil
- I can progress on a rope and on staging posts autonomously
- I know how to use a handled ascender and chest ascender
- I can go up a fixed rope, 30m vertically, handing in the air
- I can climb a passage of level III.
- I know read a caving map and progress with orienteering underground (min. 2 team members)

Environmental knowledge and skills:

- I can recognise and respect flora and fauna of mountain, aquatic and underground
- I know and respect the mountain, aquatic 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 form should be given during registration checks before the race, accompanied by a copy of the instructor diploma or certification