



ADVENTURE RACING WORLD CUP

13 to 20 sept
2014

AR WORLD SERIES

Test Card : mountainering knowledge and rope handling

Name and Team Number :

- all parts of the trail involving ropes (canyons, caves, via) 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:

Knowledge :

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

Skills :

- I can equip myself and know how to control my equipment (harness, carabiner.....)
- 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.
- I can read a caving map and progress underground (min. 2 team members)

Environmental knowledge and skills:

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