



ADVENTURE RACING WORLD CUP

13 to 20 sept
2014

AR WORLD SERIES

Test Card – canoeing and rafting knowledge and skills

Name and Team Number:

- All of the knowledge and levels of practise required are based on the ‘Pagaies Couleurs’ booklet issued by the French Canoe-kayak Federation.
- The levels of the rivers navigated during the Raid are of class II and IV (international class) depending on the water level.
- All teams should include at least two team members who possess the Green Paddle level and two who possess the Bleu Paddle level

The Green Paddle Level:

Knowledge:

- I can balance myself with my paddle
- I know the main dangers: trees, dams, low bridges
- I can reach the river bank having capsized by swimming facing downstream.

Skills:

- I can balance myself without help
- I can embark and disembark alone in improvised areas
- I know the effects of different currents and how to take shelter
- I can go upstream in a smooth current and also cross it without going downstream
- I can use my paddle as a rudder; I can go downstream at a regular speed.

The Bleu Paddle Level

Knowledge:

- I can assess the difficulty of a route
- I can locate the different useful stopping points
- When faced with an obstacle with the canoe facing across stream I can avoid ‘une cravate’ (when the canoe fills up with water and is trapped against the obstacle) by tilting the canoe downstream opposite the current
- In the event of a capsize I can reach the river bank with all my equipment
- I can participate in recuperating the equipment of someone who has capsized.

Skills:

- I can paddle inside a turn when I enter and leave a current
- I can do an emergency stop in an obstructed zone
- I can slow down and go back to the river bank by back paddling
- I can go back up a small section of an obstructed zone of the river by using the current
- I can go downstream first at a regular rhythm.

Environmental knowledge and skills:

- I can judge the adapted zones for embarking and disembarking with respect for the environment
- I leave no trace of my passage (papers, rubbish.....)
- I respect others who are using the river as well as riverside residents.

Surname:	First name:	Diploma: (BE):	
Address:	Tel :		
I certify that those appearing in the list below have acquired the above test skills and knowledge.			
	Surname	First name:	<u>Level</u>
CAPTAIN			
MEMBER 1			
MEMBER 2			
MEMBER 3			
REPLACEMENT			
Place	Date	Signature	

The original of this form should be given during registration checks before the race, accompanied by a copy of the instructor diploma or certification.