



IFAR WORLD SERIES

# COUPE DU MONDE DES RAIDS AVENTURE

Du 4 au 10 Sept  
2016

## Test Card : mountaineering 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, carabiners.....)
- 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 and chest ascender
- I can go up a fixed rope, 20m vertically in space minimum
- 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