



ADVENTURE RACING WORLD CUP

16 to 20 sept
2015

Note – kayaking knowledge and skills

- All of the knowledge and levels 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 to 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 Blue Paddle level

- **The certificate is to be signed and brought to the pre-race checks by the team captain who certifies that his team has taken note of the required level of practice.**

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 Blue 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.

I, _____, Captain of Team _____, Race number _____,

hereby certifies that my team has taken good note of this document and meets the requirements asked for the competition.

Date:

Signature :