

Kayaking ropes and orienteering 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 C canoe-kayak federation.
- The levels of the rivers navigated during the Adventure Racing European Championship (AREC) 2023 are of class II/III (international class) depending on the water level.
- The team must be able to navigate on rivers and lakes with wind or/and 0.5 meter height waves
- All teams should include at least two team members who possess the Green Paddle level
- 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 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 tilt the kayak.
- 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.

Ropes : level required:

Knowledges:

- 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 “AREC” 2023) used in canyoning 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 teammates
- I can abseil and be autonomous during the descent
- I can progress on a rope and on staging posts autonomously

Orienteering :

- Certify that all team members are aware of the characteristics involved in the “AREC” 2023, and the race rules, in particular the point concerning team orientation: we hereby confirm to have at least one member capable of using a compass, day and night and in fog.

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 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 or the lake as well as riverside residents.

The undersigned, _____, team captain, be aware of all the prerequisites necessary for our participation in the “AREC” 2023.

Captain and teammates signature with the motion: “read and approved”

Date

The original of this form should be given during registration checks before the race