Test card:
Rope handling knowledge

Name and Team Number:

- 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**.

Level required:

Knowledges:

- I am aware of the dangers involved in canyoning and in ropes activities (via-corda, zip line, abseil…)
- I am familiar with the equipment (mandatory list ARWC2026 – Corsica) 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 of several consecutives abseil
- I can progress on a rope and on staging posts autonomously
- I know how to use a handled ascender ~~and chest ascender~~
- ~~I can go up a fixed rope, 30m vertically, handing in the air~~
- I can climb a passage of level III

Environmental knowledge and skills:

- I can recognise and respect flora and fauna of mountain, aquatic
- I know and respect the mountain, aquatic environment
- I leave no trace of my passage (papers, rubbish.....)

Surname: First name: Diploma or Certification:

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 shown during registration checks before the race, accompanied by a copy of the instructor diploma or certification. A copy must be leave to the organisation. No copy on place.