



## 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 consecutive 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, hanging 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.