

# COMPETENCIES

Boat No

## Support Crew Contact

Name.....

Mobile Number.....

### Experience of Thameside 2 or DW:

- 1) 1<sup>st</sup> timers, or below Div 6.
- 2) 2<sup>nd</sup> time, below Div 6,
- 3) 3<sup>rd</sup> time, below Div 6.
- 4) More than 3 finishes or above div 6 standard (must have completed at least 1).
- 5) Well known, Div 3 & above

### How well do you paddle your boat.

- 1) Wobbly, likely to fall in at least once.
- 2) Shakey, can expect to fall in.
- 3) Adequate
- 4) Robust, very unlikely to fall in
- 5) Bomb proof.

### Are you well prepared / equipped

- 1) Poor level of fitness & just adequate kit.
- 2) Poor level of fitness very good kit. Fit enough just adequate kit.
- 3) Fit enough & reasonable kit.
- 4) Very fit & reasonable kit. Fit enough, very good kit.
- 5) Very fit & very good kit.

### Quality of support crew

- 0) No support crew
- 1) 1<sup>st</sup> timers, very likely to get lost.
- 2) 1<sup>st</sup> timers but well prepared good map readers
- 3) Reliable know what they are doing
- 4) Experienced Support Crew
- 5) Experienced at supporting and paddling, able to help their crew in an emergency.

Now write the number that corresponds to your level in the box to the right,  
Finally add all the scores together and write total in the bold box

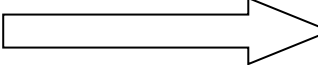
I certify that this is a true and fair representation of my/my crews abilities  
(To be completed by a competent adult if paddlers under 18 on 1<sup>st</sup> Jan)

Signed \_\_\_\_\_

Print Name

Date

Checked

**Total** 

(If under 18 parent/guardian)

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