

Competencies

Boat Number

Support Crew Name
Contact Number

Write the number that corresponds to your level in the box to the right for each of the following questions

Experience of Thameside 2 or DW:

- 1) 1st timers, or below division 6
- 2) 2nd time, below division 6
- 3) 3rd time, below division 6
- 4) More than 3 finishes or above div 6 standard (must have completed at least 1)
- 5) Well known, division 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) 1st timers, very likely to get lost.
- 2) 1st 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

Add all the scores together and write total box

Total

Canoeing and kayaking in all its forms is an 'Assumed Risk – Water Contact' sport. The organisers have done their very best to provide a safe racing environment.

I certify that this is a true and fair representation of my/my crew's abilities

Signed _____
Print Name _____

Date _____

(To be completed by a competent adult if paddlers under 18 on 1st Jan)