

CERTIFICATES OF ABILITY



PACKET CONTENTS:

- Pages 3-4: Rappelling and Rope Ascending Certificate of Ability
- Pages 5-7: Navigation and Jungle Travel Certificate of Ability
- Pages 8-9: Swiftwater Certificate of Ability
- Page 10: Wilderness First Aid & CPR

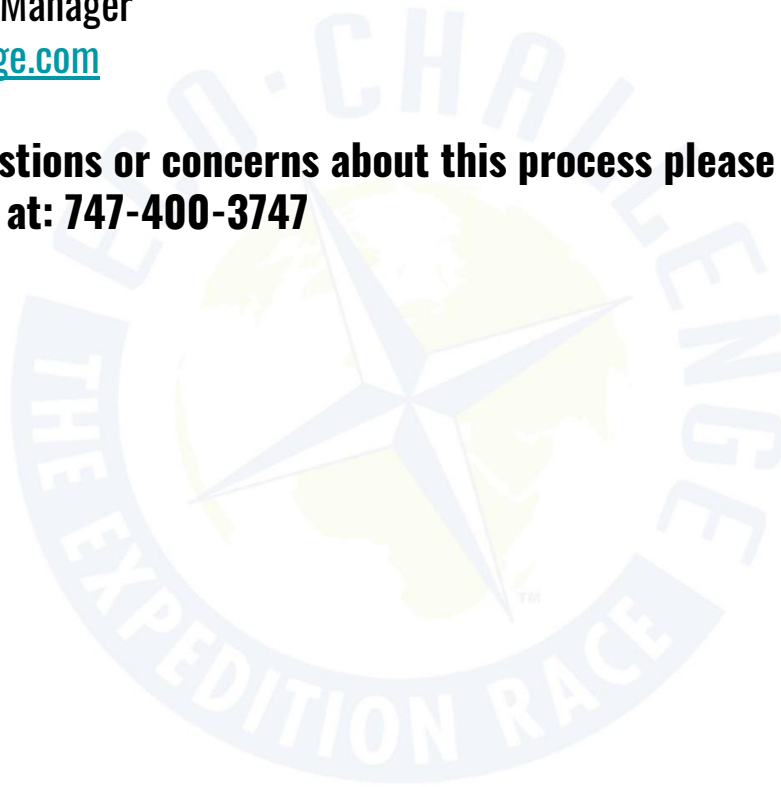
Please email the completed forms to Ashley no later than August 9, 2019:

Ashley Holt

Competitor Relations Manager

comprel@ecochallenge.com

If you have any questions or concerns about this process please call Ashley as soon as possible at: 747-400-3747



RAPPELLING AND ROPE ASCENDING

CERTIFICATE OF ABILITY

DEADLINE FOR SUBMISSION: August 9, 2019

INSTRUCTIONS:

- Print this form
- Each competitor must have a QUALIFIED GUIDE OR INSTRUCTOR (see definition below) sign this certificate.
- Attach the instructor's credentials and contact information to this certificate
- Scan and email the certificate back to Ashley Holt. It must be received no later than **August 9, 2019**

*Important: If a signed certificate is not received by **August 9, 2019** you are not eligible to compete in the race. There are no exceptions to this rule.*

DEFINITION:

A QUALIFIED GUIDE OR INSTRUCTOR: is a professional mountain guide or climbing instructor. A short introduction of the instructor must be attached to this Certificate of Ability (mountaineering experience, years in mountaineering, etc.) He or she must also describe where and by which means he or she did your certification. The QUALIFIED INSTRUCTOR must sign this certificate.

CERTIFICATION:

I, _____ (Qualified Instructors Name) hereby certify that _____ (Competitors Name) of team _____ on this date of _____ at the location of _____ can confirm that the above named person (competitor) has the ABILITY to perform the following skills safely (please indicate with a check):

MANDATORY RAPPELLING AND ROPE ASCENDING SKILLS:

- ___ Take full responsibility for their personal safety on the fixed ropes
- ___ Complete all the fixed rope climbing skills, using the techniques recommended in the competitor newsletter, without supervision by a safety monitor or mountain guide
- ___ Ascending fixed ropes of all inclines using two hand held ascenders, and safely bypass multiple fixed anchors utilizing a third lanyard
- ___ Traverse horizontal fixed ropes using lanyards & carabiners, and safely bypass multiple fixed anchors
- ___ Rappel cliffs of varying inclines and heights, utilizing an automatic stopping device, and while bypassing multiple fixed anchors
- ___ Attach to, and traverse double 11mm rope zip lines
- ___ Safely scramble and boulder on steep slippery rock

RAPPELLING AND ROPE ASCENDING **CERTIFICATE OF ABILITY**

DEADLINE FOR SUBMISSION: August 9, 2019

By signing this form I, the instructor, have assessed the above Competitor, but assume no liabilities associated with future acts or negligence of the Competitor in connection with the representations and opinions I have made herein on this date.

Instructor Signature _____

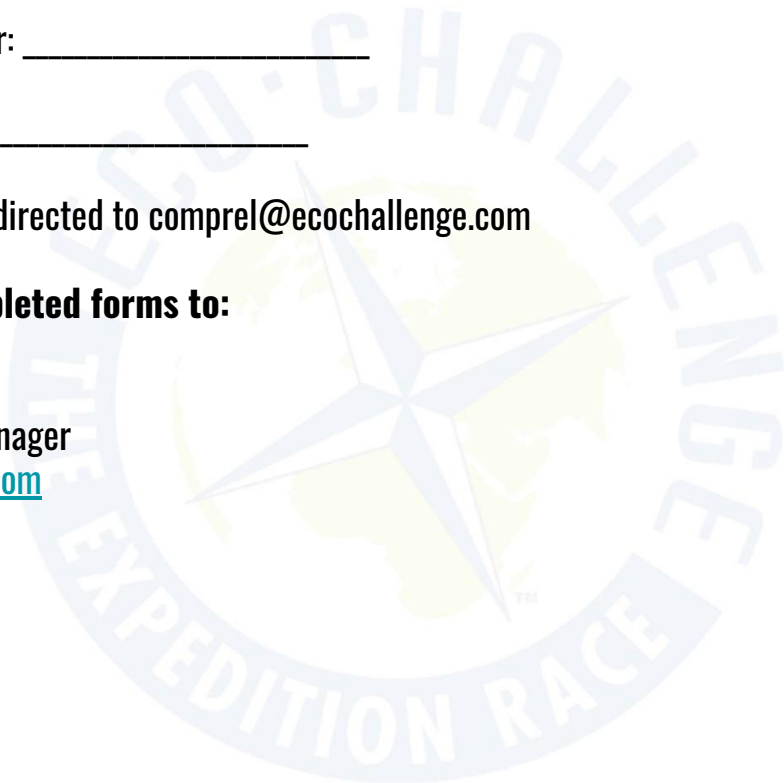
Certification of Instructor: _____

Date _____

Any questions should be directed to comprel@ecochallenge.com

Please email the completed forms to:

Ashley Holt
Competitor Relations Manager
comprel@ecochallenge.com



NAVIGATION AND JUNGLE TRAVEL

CERTIFICATE OF ABILITY

DEADLINE FOR SUBMISSION: August 9, 2019

INSTRUCTIONS:

- Print this form
- TWO COMPETITORS from each team must have a QUALIFIED GUIDE OR INSTRUCTOR (see definition below) sign this certificate.
- Attach the instructor's credentials and contact information to this certificate
- Scan and email the certificate back to Ashley Holt. It must be received no later than **August 9, 2019**

*Important: If a signed certificate is not received by **August 9, 2019** you are not eligible to compete in the race. There are no exceptions to this rule.*

DEFINITION:

A QUALIFIED GUIDE OR INSTRUCTOR: is a professional mountain guide or wilderness instructor who is experienced in navigation as well as jungle survival skills. A short introduction of the instructor & contact information must be attached to this Certificate of Ability (Accomplishments, years navigating, etc.) He or she must also describe where and by which means he or she did your certification. The QUALIFIED INSTRUCTOR(s) must sign this certificate. *If one instructor does not possess all the required expertise, an additional instructor may be utilized. In this case please provide the required instructor information for both instructors.*

CERTIFICATION:

I, _____ (Qualified Instructor's Name) hereby certify that _____ (Competitors Name) of team _____ on this date of _____ at the location of _____ can confirm that the above named person (competitor) has the basic ABILITY to perform the following skills safety (please indicate with a check):

Additional Instructor (if required)

CERTIFICATION

I, _____ (Qualified Instructor's Name) hereby certify that _____ (Competitors Name) of team _____ on this date _____ at this location _____ confirm that the above named person (competitor) has the basic ABILITY to perform the following skills safety (please indicate which lines were assessed with by initialing beside the check):

NAVIGATION AND JUNGLE TRAVEL

CERTIFICATE OF ABILITY

DEADLINE FOR SUBMISSION: August 9, 2019

MANDATORY NAVIGATION KNOWLEDGE:

- Able to determine the elevation of any given point on the map (within the accuracy range determined by the contour interval)
- Able to recognize both geographic and man-made landmarks on the map. Examples of this are: ridge, valley, river confluence, summit, road, building, bridge, etc.
- Able to determine the declination of the area diagrammed by the map.
- Able to determine what compass bearing to follow in the field if traveling directly between two given points on the map
- Able to determine where specific visible landmarks are on the map
- Able to determine your location in the field by process of re-section (triangulation)
- Able to calibrate your altimeter at a landmark of known elevation
- Able to plan a route that could be taken between two distant (more than 10kms) points
- Able to plan a route that could be taken between two distant points through dense forest or jungle
- Able to forecast a rate of travel and a total travel time between two distant points
- Able to transfer a grid reference to a location on a map
- Able to communicate clearly geographic coordinates over a hand held radio (latitude and longitude)

MANDATORY LAND NAVIGATION ABILITY

- Able to navigate between two distant points in complex mountain terrain
- Able to navigate between two distant points through dense forest or jungle. (The forest of jungle should be so dense that very few landmarks are visible)

MANDATORY JUNGLE TRAVEL KNOWLEDGE:

- In possession of general jungle camping skills
- In possession of general jungle survival skills including the ability to protect oneself and team members from hypothermia

MANDATORY OCEAN NAVIGATION KNOWLEDGE

- Able to plot a course with adequate water depth given a nautical chart and tidal chart (special notice: identify and relate reef depth to tide height)
- Able to follow and/or adapt a planned course given the observed sea state and weather in an open ocean setting

NAVIGATION AND JUNGLE TRAVEL

CERTIFICATE OF ABILITY

DEADLINE FOR SUBMISSION: August 9, 2019

MANDATORY OCEAN NAVIAGATION ABILITY

___ Able to navigate between two distant islands on the open ocean

NOTE: The competitor must be capable of knowing where they are at all times and traveling efficiently between the points.

By signing this form I, the instructor, assume no liabilities associated with future acts or negligence of the Competitor in connection with the representations and opinions I have made herein on this date.

Instructor Signature _____

Certification of Instructor: _____

Date _____

Additional Instructor Signature (if required)

Certification of Instructor: _____

Date _____

Any questions should be directed to comprel@ecochallenge.com

Please email the completed forms to:

Ashley Holt

Competitor Relations Manager

comprel@ecochallenge.com

SWIFTWATER

CERTIFICATE OF ABILITY

DEADLINE FOR SUBMISSION: August 9, 2019

INSTRUCTIONS:

- Print this form
- Each competitor must have a QUALIFIED GUIDE OR INSTRUCTOR (see definition below) sign this certificate.
- Attach the instructor's credentials and contact information to this certificate
- Scan and email the certificate back to Ashley Holt. It must be received no later than **August 9, 2019**

*Important: If a signed certificate is not received by **August 9, 2019** you are not eligible to compete in the race. There are no exceptions to this rule.*

DEFINITION:

A QUALIFIED GUIDE OR INSTRUCTOR: is an experienced river guide, rafting instructor or river expedition leader. A short introduction of the instructor, along with contact information, must be attached to this Certificate of Ability (rivers commercially run, years working on the river, companies worked for, etc.) He or she must also describe where and by which means they received their certification. The QUALIFIED INSTRUCTOR must sign this certificate.

CERTIFICATION:

I, _____ (Qualified Instructor's Name) hereby certify that
_____ (Competitors Name) of team _____ on this date of
_____ at the location of _____ can confirm that the above named person
(competitor) has the basic ABILITY to perform the following skills safety (please indicate with a check):

MANDATORY WHITEWATER KNOWLEDGE:

- ___ Basic river travel safety (standing up in rapids, strainers/sweepers, hanging onto gear)
- ___ Able to make decisions affecting the team's safety
- ___ Scouting rapids
- ___ Recognizing river hazards, both natural and man made
- ___ General knowledge of river hydrology, features and theory
- ___ Basic river signals (go, stop, go left/right, first aid, 3 whistle blasts)

SWIFTWATER **CERTIFICATE OF ABILITY**

DEADLINE FOR SUBMISSION: August 9, 2019

MANDATORY WHITEWATER RAFTING ABILITY:

- ___ Maneuvering a 13' raft in technical Class III whitewater
- ___ Paddling, paddle commands, t-grip control
- ___ Concept of ferry angles used when steering
- ___ Catching eddies
- ___ Highsides/Lowsides
- ___ Recovering from a flipped raft
- ___ Rescuing a swimmer/Self Rescue
- ___ Climbing into a raft, climbing onto a flipped raft
- ___ Recovering a "wrapped or "broached" raft using a variety of manual techniques – Rope systems will not be allowed
- ___ Performing individual and group shallow water crossing techniques (ex: individual wading using stabilization with pole or stick, triangle of support method, etc.)
- ___ Performing a river crossing while carrying a mountain bike in < class I water
- ___ Strong swimming ability in whitewater, fully clothed, with PFD on, both offensive and defensive positions
- ___ Throw bag use and limits

By signing this form, I the instructor assume no liabilities associated with future acts or negligence of the Competitor in connection with the representations and opinions I have made herein on this date.

Instructor Signature _____

Certification of Instructor: _____

Date _____

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Ashley Holt

Competitor Relations Manager

comprel@ecochallenge.com

WILDERNESS FIRST AID & CPR CERTIFICATION

DEADLINE FOR SUBMISSION: August 9, 2019

INSTRUCTIONS:

- **AT LEAST TWO COMPETITORS** from each team must submit the following:
 - A valid First Aid certificate that includes a minimum of 13 hours of First Aid training
 - A valid CPR certificate
 - **Please note:** It's possible some First Aid Courses will issue 1 certificate which will include both First Aid Certification and a CPR Certification. This will be accepted by Eco-Challenge. Please attach a short synopsis of the program along with contact information.
- Scan and email each certificate to Ashley Holt. It must be received no later than **August 9, 2019**

*Important: If these certificates are not received by **August 9, 2019** you are not eligible to compete in the race. There are no exceptions to this rule.*

Any questions should be directed to comprel@ecochallenge.com

Please email the completed forms to:

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