



The organisers have assessed the risk presented by the race based on current and expected conditions. The river level has risen in recent days and the Environment Agency are currently showing yellow boards at all locks on the course. Therefore conditions for this year's race will be challenging to all paddlers.

All competitors are required to use this form to assess their ability. For each question fill in the box with the score next to the most appropriate statement of your ability, then add up the four scores and add the total to the box at the bottom.

If you score less than 7 using this form you will not be permitted to take part in the race.

Crews will need to submit a copy to the organisers at check in. If we have not received a form from you then you will not be permitted to start the race.

Important: Crews with a competency score of 7 or more using this assessment will still find this race challenging. All crews must satisfy themselves that they are confident of their ability to complete the race before starting.

Your racing standard

1. Crew's average division is below 6
2. Crew's average division is between 4 and 6
3. Crew's average division is 3 or above

Experience racing on the River Thames

1. First time, no prior experience
2. Have completed at least 1 of any of the Frank Luzmore, Thameside 1 or 2 or DW races
3. Have successfully completed more than 5 of any of the Frank Luzmore, Thameside 1 or 2 or DW races

Quality of Support Crew

1. No Support Crew
2. First timers, but well prepared
3. Experienced support crew

Support Crew Name and Phone Number

How well do you paddle your boat?

1. Wobbly, likely to fall in at least once
2. Adequate, not expecting to fall in
3. Robust, very unlikely to fall in

Minimum competency required to start the race: 7/12

/12