



RICHMOND CANOE CLUB

Frank Luzmore Crew Competency Assessment

We have assessed the risk of the course of the race based on current and expected conditions. This assessment form is provided as a guide to help you consider your competency as a K2 crew given these conditions. If you score less than the recommended minimum shown below we recommend you do not take part in the race. However this competency assessment is for guidance only, crews do not need to submit a copy to the organisers and the decision to race should be taken by the paddlers.

Please satisfy yourself that you are confident in your ability to complete the race.

Experience of racing on the River Thames:

- 1) First timers, or below Div 6.
- 2) Above div 6 standard and have completed at least 1 Frank Luzmore, Thameside or DW race.
- 3) Well known, Div 3 & above

How well do you paddle your boat?

- 1) Wobbly, likely to fall in at least once.
- 2) Adequate
- 3) Robust, very unlikely to fall in

Are you well prepared / equipped?

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

Quality of support crew

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

Recommended minimum competency: **TBC**

TOTAL

/12