

TEAM NAME:

Teams are required to show up for Expedition Oregon with the following technical skills. Please know that each teammate is required to sign this document attesting to their proficiency during race check in. And our safety staff have the ability at any point to remove you from a section if they feel you are not up to the skill level required.

Rappelling, rope, and exposure skills:

- Basic rappelling skill with HMS locking carabiner and ATC or tuber style device (no figure 8s)
- Ability to use harness, inspect teammates harnesses, and other gear (slings, biners, etc) for wear or damage.
- Ability to safely rappel with heavy and awkward gear, including the possibility of bikes and boats. This includes the ability to create a chest harness to facilitate staying upright and/or hanging gear below you, etc.
- Safety systems (prussic, kleimheist etc) for back-up, as well as how to get unstuck if you weight a back-up system.
- Fireman's belay for teammates., as well as ways to negotiate and prepare for the descent in dangerous and exposed locations where it will be required to use a PAS (personal anchor sling) as a redundant anchor point during rappel set-up.
- Skill and comfort moving in exposed terrain, and assessing the danger of loose and steep terrain based on your team's skill. This includes the ability to judge whether or not your route may put others below or above you at risk.
- Ability to use 2 personal anchor slings (PAS) with locking biners to safely travers fixed rope sections.

Team Signatures:

**Whitewater packrafting (up to class III) -**

- Skill reading whitewater
- Identify eddys, eddylines, and the ability to use them to control progress and exit the flow of a river
- packraft patching
- wet entry and exit
- Boat assisted rescue
- whitewater swimming position
- self rescue, aggressive swimming techniques
- boat set up (no full perimeter lines allowed) and gear securing (no loose gear!!!)
- river signals

- Use of throw bags to assist in river rescue and boat and gear rescue
- The ability to swim 100m in under 4 minutes

Team Signatures:

### **Bike-rafting -**

- Ability and plan for padding significant distances with your bike attached to you raft;
- Ability and plan for pedaling with your raft attached to your bike.

Team Signatures:

### **Navigation** (at least 2 per team recommended).

- Ability to navigate with map and compass, and more importantly the ability to have a plan if you do get lost on how to get out to a known point for possible rescue or re-attack of the course.
- Ability to use a non GPS altimeter

Team member names and Signatures (only 2 required):

### **First aid (at least 2 per team).**

Ideally we'd love at least 1 Wilderness first-aid or equivalent on each team, but at an absolute minimum we require 1 first aid trained person. We highly suggest that if you have never taken a some sort of wilderness medical training that you do so ASAP - after all you have chosen to take part in this event - and we'd love you to have the skills to keep each other safe.

Name and signature of team member(s) with first aid certificate:

Thanks for showing up prepared,

Expedition Oregon 2020