

## Waterside Series – 2020 Race B Crew Self-Assessment Matrix

Due to the challenging nature of conditions present in this year's event, the Organisers of the Waterside Series are implementing the following self-assessment matrix for crews.

Please complete the following grid by scoring your boat's ability on the following factors. You score 1 point if you choose 1), 2 points for 2), 3 points for 3) and so on.

If you score a 1 or 2 in any of the below questions the current conditions are not safe for you to race this weekend.

If you score 3 in any question it is your responsibility to double check your competency or may be have someone else advise/help assess your scoring.

Buoyancy Aids for this Race will be compulsory for ALL !!

COMPETENCE	SCORE
<p><b>Experience of the Devizes to Westminster Canoe Race and / or Waterside B ?</b></p> <p>1) 1st DW attempt, or in Divisions 7, 8 or 9.            2) 2nd DW attempt, or in Division 7, 8 or 9.            3) 3rd DW attempt, or in Division 7, 8 or 9.            4)* More than 3 DW finishes or Division 4, 5, 6 standard (must have completed at least 1 DW)            5) Experienced paddler of Division 1, 2 or 3 standard.</p> <p>* Mitigating:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Score 4 if you have similar conditions experience in for example your home Water</li> <li><input type="checkbox"/> Score 4 also if you have high competency in moving water experience in other disciplines ( EG. Slalom, WWR )</li> </ul>	
<p><b>How well do you paddle your boat?</b></p> <p>1) Wobbly, likely to fall in at least once.            2) Shaky, can expect to fall in.            3) Adequate.            4) Robust, very unlikely to fall in.            5) Bomb proof.</p>	
<p><b>Are you well prepared / equipped?</b></p> <p>1) Poor level of fitness and just adequate kit.            2) Poor level of fitness, very good kit / Fit enough but just adequate kit.            3) Fit enough and reasonable kit.            4) Very fit and reasonable kit / Fit enough, very good kit.            5) Very fit and very good kit.</p>	
<p><b>Support crews</b></p> <ul style="list-style-type: none"> <li>- If you are experienced you CAN compete without being supported</li> <li>- So this for Race B (out and Back) is being discounted from the scoring.</li> <li>- We do however suggest that most crews are supported.</li> </ul>	

Crew Number	Paddler 1 Signature	Paddler 2 Signature (if applicable)