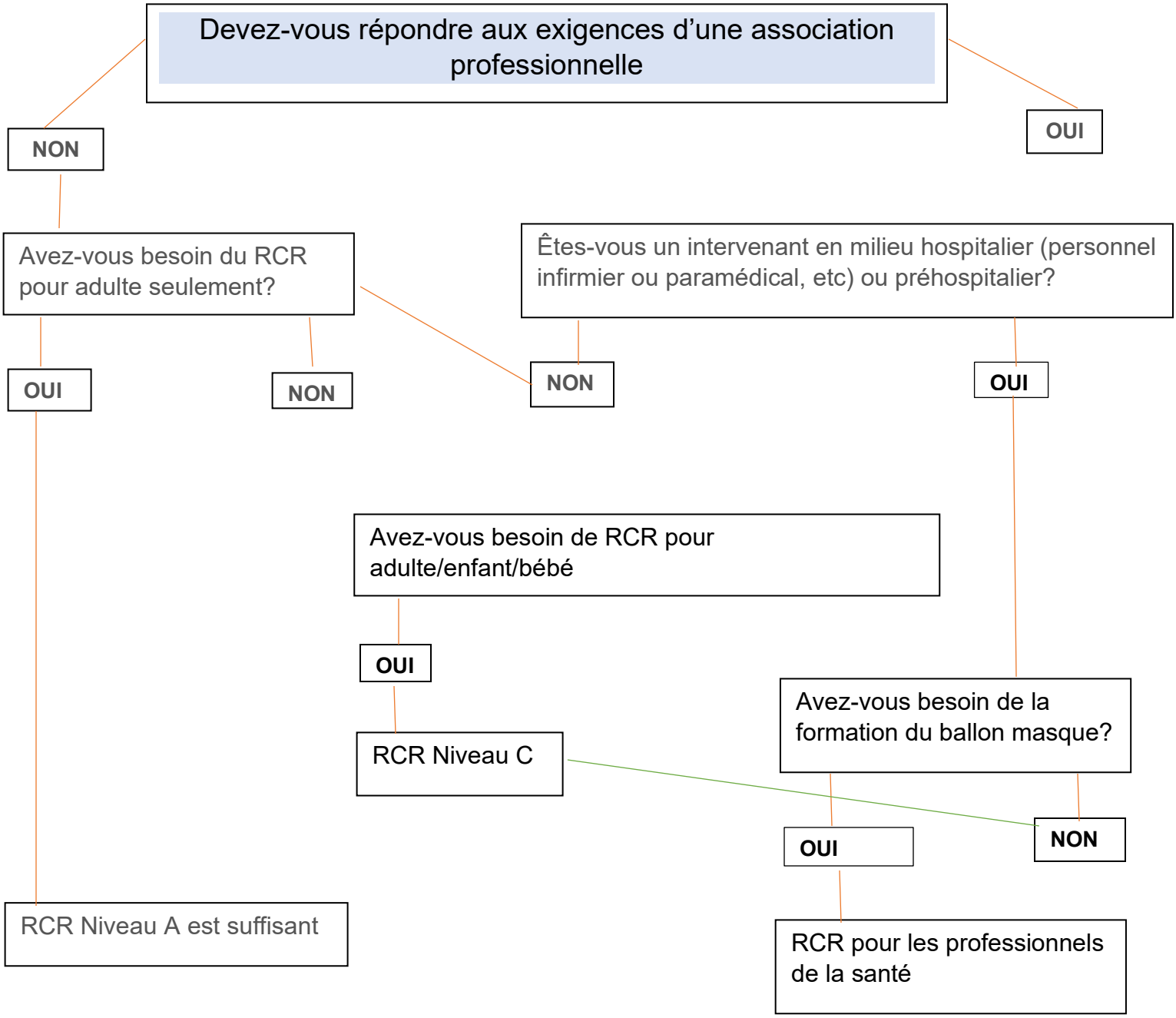Comment choisir le bon cours de RCR