



RULES RAID IN FRANCE 2014 ARWS Back to Nature

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Article 1 - CONCEPT

Raid in France is an adventure race in expedition form run across French and bordering territory. Raid in France is the French stage in the Adventure Racing World Cup (Adventure Racing World Series - ARWS).

The ARWS is currently made up of 11 races, taking place in 11 different countries; each one of these becoming the world cup final (Adventure Racing World Championship - ARWC).

The teams, made up of four people (4 racers including at least 1 female) progress totally immersed in the nature, with orientation and complete autonomy for a duration of 5 to 7 days without interruption.

Strategy, intelligence, responsibility and the capacity to endure effort whilst being part of a team is as important as the capacity for individual endurance.

All racers, members of the organization, volunteers and the partners of Raid In France 2014 will be signatories of our charter "Back to Nature", a document which intends to give to each one the means of living a race closer to nature. This charter reflects our will, ambition and state of mind as regards respecting the territories which we cross. It is illustrated by a certain number of obligations for the racers and the organization.

Article 2 - ORGANIZATION

ARWS 2014 – Raid in France is organized by the association SPORT & NATURE PROMOTION. This association is governed by the law of 1901 and is registered at the prefecture of the Rhone under the number: W691067698.

Raid in France belongs to the world circuit "Adventure Racing World Series" (ARWS).

Event and Race Director: Pascal Bahuaud

Joint Race Director: Thierry Grisard

Medical person in charge: Olivier Borson

Technical person in charge: Michel Denaix

Operations manager: Brice Rassinieux

Communication: Nancy Furer

The coordination of the ARWS and the ARWC is ensured by the company Geocentric Outdoors, Australia
Persons in charge of the company: Craig Bycroft and Louise Foulkes
www.arworldseries.com

ARWS 2014 – Raid in France organisation is fundamentally attached to the absolute respect of people, belongings and nature. Any non-respect of the rules will exclude the team.

ARWS 2014 – Raid in France is an event on selection and invitation. The organization reserves the right to accept or refuse any competitor or team.

The inscription fee is fixed at 2 750 euros per team. This includes the general event organization, organization on the terrain, the installation of means of safety and the publicity.

For ARWS 2014 – Raid in France, all teams must have:

- 4 racers with at least 1 female (except special exemption by the organization)

Once inscribed, the racers are bound by the rules and regulations set down by the organization.

The racers, the supporters and their close relations state to fully accept the risks of such a competition and accept not to take up legal action against the organization in the event of accident, kidnapping or disappearance.

The organisation is committed to taking all measures necessary and possible in order to ensure the safety of the event. The organisation cannot commit itself to any obligation of result on safety matters.

In any case of "force majeure" (war, natural disaster, strike, and epidemic) the organisation reserves the right to cancel the event. Inscription fees will be reimbursed wherever possible.

The racers and supporters accept, without restriction, the use, by the organization, of all images and actions, photographed, filmed and/or sounds recorded, before, during and after the event.

The rights as regards the concept, the rules, the label, the video images, ARWS 2014 – Raid in France film are protected by the association SPORT & NATURE PROMOTION.

The official language of ARWS 2014 – Raid in France is French. In the event of litigation, only the French version will refer. An English translation will be presented during the race briefing and the race documents will be available in French or in English.

Article 3 - INSURANCE

The organization subscribes to a civil liability insurance for event organisers in accordance with the legislation in force. This is civil liability guarantee cover for the organizers of ARWS 2014 – Raid in France for damage caused to a third person, applied within the race rules, annexes and race organisation directives.

This insurance does not cover, under any circumstances, the repatriation of racers, supporters, team reporters sick or wounded. It is not an individual insurance accident cover policy for racers, supporters and team-reporters.

Racers, supporters and team-reporters must take out a third party liability insurance policy. Insurance covering medical expenses, search, rescue and repatriation expenses is highly recommended by the organisation and is obligatory for foreign teams. A copy of the policy must appear in the documents required at the time of inscription.

The racers and team-reporters or any accredited person, engaged on the Raid in France has full knowledge of the risks which they take and sign the convention of personal responsibility which can be found in the inscription file. They engage under their full and total personal responsibility. They agree not to take up any penal and/or civil action against the organisation in the event of personal injury or equipment damage which could occur during the ARWS 2014 – Raid in France.

The teams are entirely responsible for their vehicles, equipment and personal belongings. The organisation declines any responsibility in the event of loss, disappearance, deterioration of personal equipment.

Article 4 – EQUIPMENT AT YOUR DISPOSAL

The organization requires a deposit cheque at the time of administrative verifications. In order to participate, all teams must hand in a deposit cheque.

The objective of this guarantee is to financially cover any degradation, loss or disappearance of the organisation's equipment used by the racers and team-reporters.

This deposit cheque is given back to the team at the end of the race following satisfactory equipment inspection.

Equipment placed at your disposal by the organization:

- the rules
- a set of maps: 1/50 000 per team
- a set of road book per team,
- a GPS beacon per team,
- a SIM card to be inserted in a mobile phone (SFR or Vodafone)
- 2 canoes (two-seater) per team, a raft + 4 paddles + 4 life jackets,
- 4 race bibs.
- 4 horses

Article 5 - RACERS/SUPPORTERS/TEAM-REPORTERS

All racers and team-reporters must be more than 18 years old.

They must permanently carry the label "ARWS 2014 – Raid in France":

- from bib presentation at all official spots
- during the race,
- during all contact with the media.

All racers and team reporters may be controlled at any time by the organization.
All racers, supporters and team-reporters must respect the French driving rules.
The organization is not responsible for any Highway Code infringement made by the racers, supporters and team-reporters before, during or after the race.

5.A. RACERS

Racers confirm their ability to swim through their swimming certificate (appendix I).

Teams confirm that they have 1 racer capable of orientating with the use of a compass both at night or/and in fog (appendix IV).

Teams attest to be in conformity with the conditions of inscription and participation (appendix on web site Raid in France).

Racers affirm having obtained the necessary qualifications by the means of the technical qualification certificates (appendix III).

These certificates must be signed by a professional (State Instructor and/or High Mountain Guide) and the originals must be given to the organization during the administrative verifications.

Any competitor can be excluded from the race for medical reason.

Racers attest to be apt to take part in ARWS 2014 – Raid in France by the means of a medical certificate of aptitude (appendix II).

This certificate must be signed by a medical doctor and the original must be given to the organization during the administrative checks.

This certificate must include all activities practised during the event (mountaineering, rope handling, trek, mountain biking, canoeing, rafting, caving, canyoning, abseiling) and specify "in competition".

Racers attest to be medically apt to take part in ARWS 2014 – Raid in France and to not suffer from any known ailment at the time of the race – this being supported by the medical certificate.

Racers must follow the instructions given in the racers Road Book.

5.B. SUPPORTERS

Will be considered as a supporter, anyone having a connection with the team: friends, family, partners, etc...

Supporters can only see the teams on the organisation meeting places, on specified transition areas (TA), or on view points (VP) which the race directors will have chosen in advance.

The extra rules are laid over:

- (I) After the briefing is completed, supporters cannot in any way help the teams: equipment preparation, race planning, any other help with race preparation.
- (II) On the designated TA and VP, supporters are not allowed to come near team members, equipment, food, etc... Supporters are not allowed to provide equipment, food, etc...
- (III) Supporters are not allowed to give the teams information regarding the race or information that could help towards race performance.
- (IV) Supporters are not allowed to use the race organisation resources on the meeting points, main race check points, TAs, VPs, such as toilets, water, food, tents, camping sites, phones ...
- (V) Supporters are not allowed to try and get race information from the officials on TA. The information can only be delivered by the race PC or by the public information channels.

It is forbidden to hide or drop equipment, food, or anything else on the race.

Supporters cannot guide, accompany or follow the teams on the race.

Supporters, are not allowed to wait at any point along the race route in order to see their team passing, or to see the passing of any other team elsewhere than at the designated VPs.

5.C. TEAM-REPORTERS

All reporters must be registered during the administrative verifications and accredited by the organisation. They must wear the "reporter" armband provided by the organization.

Any assistance given to a team will be sanctioned by the organization (penalty inflicted to the team) and the reporter will be banned from the race.

5.D ASSISTANCE

- Assistance from spectators, Medias, etc... is defined as such:

No help is allowed that could favour the team or their equipment throughout the race (eg. Transport of a team or their gear, use of the wake wave of a boat, taking shelter behind vehicles, etc...)

No help is allowed that consists of obtaining food, drinks, medical support, or any other form of help (eg. Medicines, replacing equipment, ice for injuries, use of a car headlights by night, etc ...)

Interaction with public in general is however allowed (eg. Asking for a route, posing for photos, answering questions, buying food in a public shop, etc ...). Public is defined by: from whom, every racer has equal access to.

If a team has Media (individual or organisation) who are willing to follow them during the race, in whatever form, they need to be accredited by the race directors. This can include with no limitations photographers, journalists, reporters, cameramen or even individual spotting systems, etc The whole of these Media are under the race rules.

Assistance between teams running for the final ranking is authorized.

Assistance from a team who are out of the rankings, out of the race or disqualified, towards a team still racing is forbidden, irrespective of whatever form this takes.

Article 6 - RACE

6.A. RACE JURY

The competition is judged by a race jury made up of three people and the Race Director (as a consultant).

The jury is responsible for the respect of the rules with attentions on safety, ethics and fairplay.

The jury is the only judge of the failure to comply with the competition rules.

The jury can sanction by penalties, any transgression of the rules.

The jury can also grant allowances according to neutralizations carried out or for any other reasons.

Only the jury can decide the mode and place of allowances granted.

Complaints:

Any complaint must be deposited, and be signed in writing by the captain of the team, at the control point (CP) situated after the event in question.

Any complaint at the end of the event must be given in within one hour of crossing the finish line.

Any complaint considered to be antisportive by the jury, may involve penalties against the plaintiffs.

The complaints will be judged by the jury which will hear, if it wishes so, the competitors concerned.

6.B. DRUG CONTROL

An anti-doping control could be organized, at any time, by the 'Direction de la Jeunesse et des Sports' or by Sport et Nature Promotion.

The reference list of forbidden drugs is published by the World Anti-Doping Agency.

Any team in which at least 1 racer is declared positive will be disqualified.

Any team or racer controlled positive by control will be declared undesirable for future events and also in associated races.

6.C. PENALTIES

The rules consist of three penalty categories:

- **Time penalties**
- **Non classification**
- **Disqualification**

Any fault or failure to conform with the ARWS 2014 – Raid in France rules and state of mind may result in sanctions should the jury decide so. Any deliberate fault by a team or by a team member, judged so by the jury, will instantly lead to team disqualification.

Time penalties:

Time penalties are applied according to the rule "Stop and Go" at the point chosen by the organization; the penalized team being blocked for the total length of time of the penalty on the place chosen by the jury.

Time penalties are distributed by the jury according to the list below.

The list is not exhaustive.

List of minimum time penalties (to be defined by the jury):

- Non-observance of the limits or the instructions of the organization on a zone (Departure, CP, B, AT, ASSIST...): 30min
- Non-observance of cleanliness on a zone (Departure, CP, AT, ASSIST...): 2h
- Safety equipment non conformity (even if accepted at the time of the technical checks): 2h
- Absence of obligatory markings or irregular markings: 1h
- Obligatory equipment missing: 1h by equipment + waiting for the equipment
- Loss of Road-book: 1h + waiting for a new Road-book at the CP, AT or ASSIST
- Progression not grouped by a team (> 50 meters between two racers): 2h
- Non justified need of the organization's assistance: 3h
- Deficient night lights on mountain bikes = stopping of the team

Non classification:

Decided by the jury according to the list below. The list is not exhaustive.

List of non classification:

- Incomplete team on Start, CP, AT, ASSIST, Finish line...
- Non-observance of the properties crossed, the environment...
- If a team member abandons
- Departure, arrival, CP or kite stamp missing
- Non application of safety instructions
- Perfusion by the Raid in France medical teams, or others

Disqualification:

Decided by the jury according to the list below. The list is not exhaustive.

List of disqualification:

- Infringement as regards the identity or the physical and/or technical capacity of a racer
- Use of non-authorized equipment or means of transport
- Voluntary degradation of the environment, non-respect of rules concerning the environment
- Abusive or aggressive attitude
- Unfair behaviour, sabotage (of the route's markings...)
- Abandoning of two runners in the same team *
- Change of one of the team's racers
- Non-assistance of someone in danger
- Abandoning of a team-member apart from at a CP or AT (except case of absolute necessity)
- Pollution, fire, degradation, vandalism; before, during and after the event (these acts remain under the responsibility of the committed teams)
- Beacon loss.
- Use of the beacon without serious justification
- Attempts to discover the race route in advance.
- Positive anti-doping control in this race or in an associated race.

* The regrouping of several teams can be accepted by the organization knowing that a team can continue only if it comprises of at least three racers. The newly made up team continues the race without classification.

6.D. VERIFICATIONS

The rules includes three types of verifications:

- **Administrative verifications**
- **Technical verifications**
- **Verifications during the race.**

All racers can be refused the right to participate, without compensation, in the event of not providing all certificates during the administrative checks.

The organization reserves the right to prohibit the participation of any racer not able to demonstrate the minimal technical ability required during the technical checks.

Any team successfully passing the administrative and technical checks is accredited to take part in the race; consequently, the organization gives to each racer a wristband which must be worn until the finish line.

Administrative verifications:

They will take place before the race, at the place and the date indicated in the final program.

These checks are carried out in turn.

All teams must present all of the correct documents and certificates.

List: administrative checks

- Swimming Certificate for each racer (appendix I)
- Orientation Certificate for each team (appendix IV)
- Conditions of inscription and participation for each team (website)
 - Technical qualifications certificate for each racer (appendix III)
 - Medical certificate of aptitude for each racer (appendix II)

During the bib presentation each team member will personally sign the environmental "Back to Nature" ARWC 2012 – Raid in France Charter.

Technical checks:

They take place, before the race, once the administrative checks are finished and successfully passed. The technical checks are divided into several workshops.

Workshop 1: Checking of the obligatory equipment

- obligatory equipment Team
- obligatory equipment Racer
- obligatory equipment Mountain bike
- obligatory equipment High Mountain
- obligatory equipment Mountain and ropes
- obligatory equipment Canyon
- obligatory equipment Kayak
- obligatory equipment Raft

Workshop 2: Test for Mountain and ropes handling

Workshop 3: Beacon: test of mastering and control of the parameter settings.

Workshop 4: Medical matters

- obligatory medical supplies
- individual medical card and certificate

Checks during the race:

The race jury can decide to carry out checks during the race. These checks can have various objectives related to safety, obligatory equipment, respect of the race rules or the medical aspect.

The time taken carry out these checks cannot be deducted from the race time. The team should be organized so that this control proceeds quickly.

Time taken to change or verify the safety beacons cannot be deducted from the teams race time.

6.E. THE RACE

The starting point, control points, an arrival point, in a preserved and natural environment.

The complete race route is held secret. It is partially revealed at the time of the briefing.

The route can be modified any time by the Race Management.

Night progression is authorized except on a contrary decision by the organization.

The route is not marked out on the terrain (except in some exposed or obligatory parts of the route).

The profile of the race, the sequence of the sporting activities are disclosed at the time of the race briefing.

Teams have to rely on their own supplies for food and water during the race.

Each team will be given:

- for each team at designed points (CP/AT):

- racers road book + passport

- coloured set of maps on the scale 1/50 000

The handing-over of the documents is carried out at the CP/AT when the team checks out.

The racers passport must be stamped at each CP. Passport loss will result in a team stop until the passport is found or a new one is issued by the Race Director after having checked the visa of the preceding CP's.

The briefing is organized the day before departure in order for teams to prepare their race.

Race progression is freely defined by each team according to the instructions and information provided in the road-book.

Race management reserves the right, at any time, to modify, remove or add sections to the race course. Activities could partially or completely be added, removed or be modified at any time.

6.F. THE RESPECT OF THE HUMAN AND GEOGRAPHICAL ENVIRONMENT

All teams must respect the human and geographical environment and will sign the environment charter: "Back to Nature" of Raid In France.

All racers must minimise their impact on the environment (use of existing tracks, non-cutting the turns, non-crossing of cultivated fields...).

All racers must endeavour to choose the route which seems: the least dangerous, the least damaging for the land they cross and the most respectful for the environment.

While passing through specific protected areas (national parks), specific regulations are set down. Those regulations will be detailed in the road book which will stand as the rules. Any racer disregarding these regulations will be DISQUALIFIED.

All racers wishing to cross any private property must do so whilst respecting the installations (fences, barriers...). The gates remain open if they were open and closed if they were closed.

Cattle and other animals should also be treated with respect and be given the time to acknowledge the racers presence; special care should be taken as regards sheep dogs especially of the "Patou" type.

When leaving a CP or change of activity (AT), the area should be left clean and no waste left behind.

At AT zones, it is forbidden to use power generating units or any motorized system. Waste must be deposited on the designed spots and sorted.

6.G. THE RACE RESULT

The team which finishes the whole of the course and which crosses the finish line first, taking into account any possible penalties or allowances, is declared winner.

At the finish line only complete teams can be classified.

The reference time is taken when the last team member crosses the finish line.

A general race result table is established, taking into account the two following parameters:

1) Full Race course carried out:

All teams who carry out the whole of the course, are classified according to their total race time (race time, adding on or deducting any penalties or possible allowances).

2) Race course carried with the use of shunting or alternatives courses:

All teams, taking into account the time limits of passage at the CP, who were obliged to use one or several shunts or alternatives, called TM (Time Maximum), are classified after those teams who have undertaken the whole race course without using any of the above.

The race result is calculated according to the number of replacement routes used, their positioning and the total team time.

Every route shunt, has a matching letter: A, B, C, D, E, F, G, H, I.

The letter the more penalizing is A then B then C... until I.

Classification will be done in the order below:

1/ total race time for teams non subjected to a TM

2/ total race time for teams subjected to TM - I

3/ total race time for teams subjected to TM - H etc...

In the event of a team being subject to two TM's, the classification will be the same, keeping in mind:

1/ the total race time for teams subjected to TM - I + TM -D

2/ the total team time subjected to TM - I + TM - C etc...

6.H. CHECK POINTS (CP) AND KITES (B)

The race is organized around the CP, B; these are identified in the racer's road book and the racer's set of maps. These points are described to facilitate their identification.

Check Points (CP):

- The CP's are placed so as to direct, make safe and control the progression of the racers.
- The CP's include two people of the organization with means of communication.
- The pointing/stamping of the passport at the CP is obligatory.
- The organization stamps the passport at the team's arrival time at the CP and also at departure time.
- The team must present itself complete at each CP. The time of passage is taken on the arrival of the last member of the team. Any possible observations can be noted.
- The role of the CP is not to help, inform or provide food or water for the teams except in special circumstances with the permission of race management or for justified safety reasons.

Kites(B):

- B are placed so as to direct and make safe the racer's progression.
- The kite is unmanned by the organisation.
- The kites are obligatory passage points.
- The team must point/stamp their passport at each kite; each member must be close enough to the kite as to touch it.
- The kite can bear names, the team must write these names on their passport.

6.I. AREAS of TRANSITION (AT)

AT are areas of a change of activity and also a CP. Teams cannot enter or leave the AT without being a complete team. They must also obey any orders given by the organisation.

Two AT's are particular: the AT/ASS. At these 2 points, the teams will pick up their obligatory equipment for the next session and also find one of their personal tanks, which were given to the organisation before the start of the race.

6.J. OBLIGATORY REST

Every team must have a total of 2x3 hours of rest during the whole race:

- 3 hours need to be taken at ASS1 and 3 hours at ASS2.
- 3 hours will be the effective time send in a rest area, closed et non accessible with the team equipment (except drinks, food, and rest equipment).

6.K. RACE DIRECTION

The organization has a race direction, which manages the race.

This team is installed at various points along the route in order to follow the race.

This team ensures a permanence 24h/24 from Sat.13th Sept. at 6h00 until Sat. 20nd Sept. at 17h00

Race management can be contacted by radio, mobile phone and/or satellite; the numbers can be found in the Racer's road book.

Race and Event Director:	Pascal Bahuaud
Joint race director:	Thierry Grisard
Head Doctor (AMS):	Olivier Aubry
Head of the Jury:	Béatrice Lambert

6.L. ABANDONING

Abandoning is only authorised at a CP (except in the case of absolute necessity) and should be confirmed with the controller at the CP.

Should a team be forced to abandon at any other point, the race management should be informed.

Any team which does not comply with this rule can be pursued for unwarranted search and rescue and will have to pay for any related expenses.

In the event of rescue, the entire team must wait for the organisation's authorisation before continuing.

Should any team member abandon, the team can only continue with three racers, without being classified, after written authorisation by the organisation and on the condition of being in possession of the necessary equipment to carry on the race.

6.M. SAFETY

Weather conditions can involve a race modification.

Two methods of communication are available:

- A GSM telephone (Smartphone and iPhone forbidden) with a blocked SIM card with 4 emergency numbers: race PC, race director, doctor and the 112(French global emergency number).

- A GPS beacon.

The use of a telephone is forbidden except in case of emergency.

Switching the beacon on will cause a general mobilization of the organization, civil and military authorities. This must imperatively be reserved for exceptional emergency circumstances (vital risk). In the event of abusive use, the expenses will be billed to the faulty team.

GPS beacons have one level of alarm:

High level of alarm: (SOS button)

Use of this level as soon as there is a vital risk for a team-member (drowning, very serious fall, haemorrhage,...). In this case of alarm, the team-members must assume the first aid care, make a diagnosis in order to answer calmly and clearly the questions which the doctor will ask.

Remain on the spot to be able to guide the arrival of the rescue squads.

As soon as a GSM connexion is possible the team must communicate about the causes of the alert.

If a CP is close, two team-members must join it to communicate by radio with the Management of the race.

The teams owe mutual assistance in these serious cases. The jury of race will study the means of restoring time to the implied teams.

Any intervention or modification of the race course for safety reasons does not involve any readjustment of classification.

The progression of the racers is done on roads and paths open to circulation as usual in adventure races.

The racers are imperatively subjected to the Highway Code in force. On mountain bike, the racers must ride in line and not side by side; at night, the racers must have front and back lighting on each bike.

Racers don't have any kind of priority at all times during the race. In the case of an accident, the racers are responsible.

Time limits are defined on each section. Any team which presents itself beyond the time limit is directed towards a replacement route.

The wearing of a life jacket is obligatory in **kayaking and in rafting, as well as a helmet in kayaking, rafting and mountain biking.**

Each team member must have with him his personal obligatory equipment and carry it at all times.

Using the GSM telephone: the telephone can be used to inform the organisation in the case of a minor problem: a physical problem which slows the team down; an anomaly on the route, a missing kite.... In this case the team must hand in their telephone at the next CP.

6.N. MEANS OF PROGRESSION

All means of progression in the race is non-motorised.

All unauthorised means of progression are prohibited

All external help with team progression is prohibited (sail, kite, engine...).

Activities:

- Mountaineering: all team members must be aware of the dangers involved in progressing in altitude, on glacier terrain, on snowy terrain or/and on tricky and exposed terrain.
 - Trekking: Each team must have a team-member capable of directing their progression without visibility.
 - kayaking: teams are free to choose and use their own paddles.
 - Rafting: all teams must have at least one team member who is able to steer, in autonomy, a rafting boat, on a class 4 river.
 - Mountain bike: the bikes should be in perfect working condition.
 - Rope work: each team member should be able to demonstrate the necessary acquired skills (certificate).
- All team members must provide the aptitude certificates requested by the organization for white water and rope work.

Article 7 - OBLIGATORY EQUIPMENT

This equipment must be in good condition during the race. Each member must wear his personal obligatory equipment (see para.6m)

In the case a piece of equipment is considered to be non-conform by the organizations this may result in disqualification of the team.

This equipment can be checked at any moment and time penalties will be distributed if necessary.

7.A. PROHIBITED EQUIPMENT

- GPS, GPS watches or any other system of positioning, speed measuring (podometer...). Bike counters (without GPS) are allowed.
- Weapons,
- Maps other than those provided by the organization, or mapping electronic devices.
- Means of telecommunication (except obligatory equipment) smartphone, iPhone, etc....

7.B. OBLIGATORY EQUIPMENT

The list of the obligatory material is present in appendix V. The equipment is indexed in various parts:

- obligatory team equipment
- obligatory racer equipment
- obligatory mountain bike equipment
- obligatory high mountain equipment
- obligatory mountain and rope equipment
- obligatory canyoning equipment
- obligatory rafting equipment.
- obligatory kayak equipment
- obligatory medical supplies.

All racers must be in possession of, at the beginning of each section, the obligatory equipment defined above and complying with the rules in force in France.

Article 8 - MEDICALISATION

Medicalization on ARWS 2014 – Raid in France is ensured by the association AMS. This association has already ensured the medicalization of many sporting events in natural environment (Paris-Dakar Rally, Raid in France 2007, 2009, 2010, 2011 and 2012) competitions with similar risks to those encountered in multisport raids.

Emergency medicalization is ensured by three various services (firemen, PGHM, CRS) according to the needs and time involved.

The doctors are positioned at places judged important by the organization and AMS.

All teams can be neutralized (temporarily stopped) or be stopped for medical reasons (accident, incident, tiredness...), upon personal request or by decision of the medical organization.

In the above case, time is not deducted and the team must conform to the directives of the organization.

The list of medical supplies is present in appendix VI. The equipment is indexed in various parts.

Article 9 - LABELLING

9.A. PLACES RESERVED FOR THE TEAMS

Clothing:

- sleeves : from the elbow to the wrist,
- All other zones other than the sleeves,
- trousers.
- hats and caps

Back pack:

- straps in their totality,
- Bottom of the bag,
- left-hand side.

Kayak: back of the two sides L 50 cm X. H10 cm

Other supports: not regulated

9.B. PLACES RESERVED FOR THE ORGANIZATION

Bib: whole of the surface

The bibs must be worn as from the bib presentation onwards: checking area, press room, racer's room plus all areas which could have an impact as regards the media.

The bib must always be visible, during the race, and carried over any clothing including the life jacket.

Back pack: top of the bag

Helmets: front side

Mountain bike: front plate of the organization

Kayak: front of the two sides L 50 cm X. H10 cm



ADVENTURE RACING WORLD CUP

13 to 20 sept
2014

SWIMMING CERTIFICATE

I the undersigned,....., lifeguard

Certify that Miss, Ms, M.....

is capable of swimming a distance of 25m minimum without help, without stopping,
including a complete immersion of a minimum 5 seconds.

Certificate passed at:

date :

Signature and stamp

Diploma number:

www.raidinfrance.fr



ADVENTURE RACING WORLD CUP

13 to 20 sept
2014

Medical Certificate

Doctor: _____, doctorat in medicin

hereby certifies that, having examined:

shows no clinical signs against practising the following sports in competition:

- × Mountain Bike
- × Running
- × Walking
- × Swimming
- × Rafting and kayaking
- × Canyoning
- × Caving
- × Horse
- × Rope handling (climbing)

Known allergies:

Examined at:

On (date):

Signature and stamp

- *Multisport raids are the linking of non mechanical, nature sporting activities ;*
- *They are mainly made up of running, mountain biking, canoeing/kayaking. Distance and height (altitude) can vary considerably from one event to another ;*
- *It is thus recommended for participants to clearly describe to their doctor the nature of the raids in which he/she is going to participate.*



ADVENTURE RACING WORLD CUP

13 to 20 sept
2014

Test Card : mountainering knowledge and rope handling

Name and Team Number :

- all parts of the trail involving ropes (canyons, caves, via) are equipped/set up by the organisation
- teams will progress in total autonomy on the rope sections. The rope sections are obligatory.
- **the time taken to do the caving section will be determined by the organisation and will be the same for all teams**

Level required:

Knowledge :

- I am aware of the dangers involved in canyoning, caving and in ropes activities
- I am familiar with the equipment used in canyoning, caving and in ropes activities

Skills :

- I can equip myself and know how to control my equipment (harness, carabiner.....)
- I know how to use a double lanyard; I can secure myself and also my team members
- I can abscil and be autonomous during the descent
- I can progress on a rope autonomously
- I know how to use a handled ascender
- I can go up a fixed rope, 50m vertically in space
- I can climb a passage of level III.
- I can read a caving map and progress underground (min. 2 team members)

Environmental knowledge and skills:

- I can recognise and respect mountain, canyon and underground wildlife
- I know and respect the mountain, canyon and underground environment
- I leave no trace of my passage (papers, rubbish.....)

Surname:		First name:		Diploma: (BE):	
Address:			Tél :		
I certify that those appearing in the list below have acquired the above test skills and knowledge.					
	Surname	First name:	Level	Topo	
CAPTAIN					
MEMBER 1					
MEMBER 2					
MEMBER 3					
REPLACEMENT					
In	Date	Signature			

Acquired is obligatory in the Level column for all team members.

The original of this form should be given during registration checks before the race, accompanied by a copy of the instructor diploma or certification



ADVENTURE RACING WORLD CUP

13 to 20 sept
2014

AR WORLD SERIES

Test Card – canoeing and rafting knowledge and skills

Name and Team Number:

- All of the knowledge and levels of practise required are based on the 'Pagaies Couleurs' booklet issued by the French Canoe-kayak Federation.
- The levels of the rivers navigated during the Raid are of class II and IV (international class) depending on the water level.
- All teams should include at least two team members who possess the Green Paddle level and two who possess the Bleu Paddle level

The Green Paddle Level:

Knowledge:

- I can balance myself with my paddle
- I know the main dangers: trees, dams, low bridges
- I can reach the river bank having capsized by swimming facing downstream.

Skills:

- I can balance myself without help
- I can embark and disembark alone in improvised areas
- I know the effects of different currents and how to take shelter
- I can go upstream in a smooth current and also cross it without going downstream
- I can use my paddle as a rudder; I can go downstream at a regular speed.

The Bleu Paddle Level

Knowledge:

- I can assess the difficulty of a route
- I can locate the different useful stopping points
- When faced with an obstacle with the canoe facing across stream I can avoid 'une cravate' (when the canoe fills up with water and is trapped against the obstacle) by tilting the canoe downstream opposite the current
- In the event of a capsize I can reach the river bank with all my equipment
- I can participate in recuperating the equipment of someone who has capsized.

Skills:

- I can paddle inside a turn when I enter and leave a current
- I can do an emergency stop in an obstructed zone
- I can slow down and go back to the river bank by back paddling
- I can go back up a small section of an obstructed zone of the river by using the current
- I can go downstream first at a regular rhythm.

Environmental knowledge and skills:

- I can judge the adapted zones for embarking and disembarking with respect for the environment
- I leave no trace of my passage (papers, rubbish.....)
- I respect others who are using the river as well as riverside residents.

Surname:	First name:	Diploma: (BE):	
Address:		Tel :	
I certify that those appearing in the list below have acquired the above test skills and knowledge.			
	Surname	First name:	Level
CAPTAIN			
MEMBER 1			
MEMBER 2			
MEMBER 3			
REPLACEMENT			
Place	Date	Signature	

The original of this form should be given during registration checks before the race, accompanied by a copy of the instructor diploma or certification.



ADVENTURE RACING WORLD CUP

13 to 20 sept
2014

Orientation Certificate

I, the undersigned, _____, team captain :

Certify that all team members are aware of the characteristics involved in the "ARWS 2014 – Raid In France", and the race rules, in particular the point concerning team orientation : we hereby confirm to have at least one member capable of using a compass, day and night and in fog.

Date.....

Signed (Team captain).....

www.raidinfrance.com



AR WORLD SERIES

ADVENTURE RACING WORLD CUP

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Mandatory equipment list ARWS 2014 - Raid In France

Equipment and clothes have to be at the good size for the racer.

- **Mandatory TEAM equipment (must be available for the team at all times)**
 - 1 four person tent (minimum 2.5m²) (2 x 2 person tent are also accepted). Your tent must fit 4 or 2 persons lying down without touching the edge of the tent. The ground sheet must be attached to the tent.
 - 1 waterproof sheet (3 x 3m) with 3 loops or attached sewn loops each side (used as shelter)
 - 1 waterproof map holder
 - 1 knife (foldable or in a holder, minimum 50 mm length blade, capable of cutting rope)
 - 1 lighter
 - 2 candles (birthday candles not allowed)
 - 2 compasses
 - 2 altimeters
 - 1 GPS tracking/safety unit (provided by the organisation)
 - 1 mobile phone GSM (excepted iPhone and Smartphone) which can be used in France or must be able to accept a SIM card for the SFR or Vodaphone network.
 - 1 Waterproof digital camera (may be used to photograph in case of missing checkpoint or other rule breaches). Mobile phone not allowed, camera like Gro Pro allowed.
 - 1 First aid kit
 - 1 Strobe Light (Headlamps or cycle lamps that flash are not acceptable)

- **Mandatory RACER equipment (must be available at all times for each racer)**
 - 1 sleeping bag (minimum weight 400g). Not BIVY Bag
 - 1 survival blanket measuring minimum 2.2m x 1.4m
 - 1 backpack (40l recommended)
 - 1 head lamp in working condition
 - 1 sun glasses (100 UV and IR protection)
 - 1 dry bag for backpack (bin bag allowed)
 - 1 shell layer jacket (obligatory membrane with a minimum of 2 layers and must have hood)
 - 1 shell layer pants (obligatory membrane with a minimum of 2 layers)
 - 1 long sleeved fleece top (minimum weight : 200g), (must be greater than baselayer)
 - 1 baselayer top (long sleeved, synthetic or wood).
 - 1 baselayer legs (leggings or tights, synthetic or wood)
 - 1 hat or Buff
 - 1 pair of full fingered glove.
 - 1 whistle
 - 1 official race bib (provided by organisation, must be worn all the time and be apparent)

Mandatory equipment list ARWS 2014 - Raid In France

- **Mandatory MOUNTAIN BIKE equipment**

Racer

- 1 mountain bike in working condition
- 1 rigid bike box and waterproof (cardboard forbidden) with maximum dimensions: 140x80x30cm
- 1 bicycle helmet (approved CE or UIAA)
- 1 red rear bicycle light, fixed (mounted on the bike)
- 1 white front bicycle light (mounted on the bike)
- 1 reflective vest

- **Mandatory MOUNTAIN AND ROPES equipment**

Team

- 1 stove with fuel (must be able to heat 1litre)
- 1 container minimum 1 litre
- 1 rigid crate with the letter A and the team's number (Dimensions: 71x42x47cm – provided by the organisation) to hold the mandatory mountaineering team and racer equipment.

Racer

- 1 approved CE or UIAA climbing harness (homemade not allowed)
- 1 double lanyard in dynamic rope (diameter 9 mm minimum) or manufactured tape lanyard (homemade not allowed)
- 2 auto locking carabiners (approved CE or UIAA)
- 2 screw lock carabiners (approved CE or UIAA)
- 1 descender (tube or 8 only)
- 1 shunt or prussik loops (7mm minimum and 70cm circumference)
- 1 pair of leather full fingered gloves
- 1 climbing, canyoneering or caving helmet (approved CE or UIAA)
- 1 handled ascender (tibloc or other not allowed) + 1 pedal (rope or manufacturing)
- 1 blocker chest (Croll or Basic) + support belt

- **Mandatory CANYON and SPELEO equipment**

Team

- 1 stove with fuel (must be able to heat 1litre)
- 1 container minimum 1 litre

Racer

- 1 approved CE or UIAA climbing harness (homemade not allowed)
- 1 double lanyard in dynamic rope (diameter 9 mm minimum) or manufactured tape lanyard (homemade not allowed)
- 2 auto locking carabiners (approved CE or UIAA)
- 2 screw lock carabiners (approved CE or UIAA)
- 1 descender (tube or 8 only)
- 1 shunt or prussik loops (7mm minimum diam. and 70cm circumference)
- 1 wetsuit (Long John type, minimum 3 mm) + wetsuit top (1.5mm mini) long sleeved or 1 wetsuit (long sleeved, minimum 3 mm)
- 1 extra hat or Buff. In addition to the list of mandatory racer equipment.
- 1 baselayer top (long sleeved, synthetic or wood). In addition to the list of mandatory racer equipment.
- 1 pair of leather full fingered gloves
- 1 climbing, canyoneering or caving helmet (approved CE or UIAA)

Mandatory equipment list ARWS 2014 - Raid In France

- **Mandatory KAYAK equipment**

Team

- 2 kayaks (provided by the organisation)
- 2 waterproof-bags marked with the letter B and the team's number (must be able to contain mandatory personal and team equipment or team and racer mandatory kayak or raft equipment (except for paddles))
- 2 throw bags with 10 meter rope (floating) minimum diameter 8mm (home made not allowed)
- 2 high powered lamps
- 1 separate system, marked with the team's name and number, in which the team's paddles can be put
- 1 strobe light. In addition to the list of mandatory team equipment.
- 8 glowsticks (10h mini)

Racer

- 1 white water navigation helmet (Norm CE or equivalent)
- 1 wetsuit (long John type, minimum 3 mm)
- 1 life jacket (Norm CE, adapted to your body weight)
- 1 whistle attached to the life jacket
- 1 knife attached to the life jacket (knife in holster or folding type Petzl Spatha)
- 1 simple or double paddle (your choice and own paddles allowed)
- 1 pair of running shoes (carrying)

- **Mandatory RAFT equipment**

Team

- 1 raft (provided by the organisation)
- 2 waterproof-bags marked with the letter B and the team's number (must be able to contain mandatory personal and team equipment or team and racer mandatory kayak or raft equipment)
- 2 throw bags with 10 meter rope (floating) minimum diameter 8mm (home made not allowed)

Racer

- 1 white water navigation helmet (Norm CE or equivalent)
- 1 wetsuit (long John type, minimum 3 mm)
- 1 life jacket (provided by organisation)
- 1 whistle attached to the life jacket
- 1 knife attached to the life jacket (knife in holster or folding type Petzl Spatha)
- 1 simple paddle (provided by organisation)
- 1 pair of running shoes (carrying)

Mandatory equipment list ARWS 2014 - Raid In France

EMERGENCY FIRST AID KIT

Symptoms	Therapeutic category	Posology	Quantities /team	Quantities/ Assistance
Anti-fever, Pain killer, Headache	Acetyl salisilic acid 500 or 1000 mg Or Paracetamol : 500 or 1000mg Or Dextropropoxifen/paracetamol : 30/400mg	3g/day in 3 or 6 times 3g/day in 3 times each 8 hours 2p x 4/day each 6 or 8 hours	2 doses* Soit 3p of 1000g or 6p of 500 mg	2 boxes
Serious pain	Paracetamol/codein 500/30mg	2p x 3/day each 8 hours Risk of spleepiness		2 boxes
Joins/muscular injuries	Ibuprofene 400 mg	3p/day each 8 hours	6p (2 doses)	2 boxes
abdominal pain	Phloroglucinol (orodispersible)	2p x 4/day each 6 hours		2 boxes
diarrhoea	Loperamide Or Racécadotril 100mg	2p first and 1 after each diarrhoea Max 8:Days 1p first and one during each meal . max 3/days		1 box 1 box
Diarrhoea/abdominal pain	Diosmectite (smecta)	3 sachets/day	3 sachets	1box
Nausea-vomoting	Metoclopropamide Or Metopimazine (orodispersible)	1p x 3/day 2 to 4p/day	1 doses	1 box
Allergy	Cetirizine Or Hydroxyzine (DCI) dichlorhydrate 25 mg	1p/day 2 to 4 p/day Risk of spleepiness	2 doses	1 box
Ophthalmia	Sodium chlorure 0,9‰ unidose And Antiseptic lotion : ex Céthexonium And Ocular compress	Wash eyes if conjonctival irritation : x 5 per day 1 drop X 3 or 4 / Day	2 doses	15 doses 1 dose 1
Nose bleeding	Hemaustatic gaze			1 box
Blisters	Band aid advanced healing blister Compeed plaster, Spenco 2 nd skin	Different shape and size	5 pieces	2 boxes
Antiseptic	Iodo Povidone solution 10%(unidose) Or Hexamidine		5ml X 1 doses	10 doses + 125 ml 45ml + 300ml
Compress	Steril compress		3 units	20 units
Compress (2)	Compress with povidone			2 units
Bandages	Nylex, elastoplaste, coheban		1 roll	1roll of each
	scissors		1	1
	tweezers		1	1
	Fungicide powder			1
Sun care	Total sunscream cream min 15			100g
Foot cream	Cream NOK, Vaseline...			1
Survival blanket			1	
Skin irritation	Vaseline			1
OPTIONAL BUT RECOMMENDED				
Gastro intestinal reflux	H2 antihistaminic omeprazol			1
Antiseptique urinaire	Fosfomycine trometamol (mono dose)			1
Antiinflammatory cream	Voltarene gel...			1
Antiseptic cream	Hexomedine, betadine			1

* : means that you need to have 3 days of treatment with you. For example :

Paracetamol : 500 or 1000mg : 3g/day in 3 times each 8 hours : 9 g for 3 days or 9 pills of 1000mg or 18 of 500mg

Mandatory equipment list ARWS 2014 - Raid In France