

Swissalpine Irontrail® Regulations

*These apply for the competitions of Swissalpine Irontrail®.
Status: December 2017*

1. Organiser

The organiser of the Swissalpine Irontrail® is:
Swissalpine (association)
Gäuggelistrasse 16
7000 Chur
Switzerland

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www.swissalpine.ch

2. Requirements on participants

2.1. All competitions

The competitions take place in alpine, in some cases high alpine terrain. This requires participants to adapt accordingly with regard to carefulness, equipment and race strategy.

Participants take full responsibility for their participation in the race. This means participants are responsible for their state of health, training, fitness and equipment. It is expected of all participants that they:

- a) are dressed suitably and in accordance with the weather conditions and their individual requirements and protect themselves against rain, cold and sun;
- b) retire from the race as soon as it threatens to become a health risk for them;
- c) behave in an environmentally compatible way and do not leave any refuse in the countryside;
- d) provide first aid help to other participants if these have an accident or suffer health problems.

The following minimum age levels apply:

- T127 / T88: from 18 years of age
- Other competitions: from 14 years of age
- KIDS: from 4 years of age

An acclimatisation period of ideally 5 days at an altitude above 1500 m a.s.l. is highly recommended before starting in one of the long-distance competitions.

Infective illnesses suffered before the race (tonsillitis, influenza, etc.) can have a significant negative effect on the physical performance and may signify a serious danger to a runner's health (e.g. heart muscle damage). Anyone suffering from this kind of illness 6 – 8 weeks before the race should consult a doctor. Participants older than 35 years of age who are competing for the first time in a long-distance race are strongly recommended to undergo a complete health check by a doctor.

2.2. T43 / T39 / K43

These categories represent several hours' endurance performance at altitudes of up to 2750 m a.s.l. and place special demands on the participants' performance capabilities. Adaptability, autonomy and self-sufficiency in a mountain environment are also required.

2.3. T127 / T88

These are long, high alpine trails. They have an adventure-character where participants consciously take major risks. Some ascent and descents are very steep and require sure-footedness as well as alpine experience.

To complete these trails, good fitness and training are absolutely necessary. Also required are a good sense of orientation, excellent adaptability and self-sufficiency in a mountain environment.

Participants are alone and run independently for long distances. Self-sufficiency is understood to be the capability of surviving alone on the route in all weather conditions, making independent decisions (including retiring from the race), to be able to ensure a personal supply of food and drink and be able to provide first aid measures using an emergency first-aid kit.

3. Organiser services

3.1. Infrastructure

The organiser provides the following infrastructure for participants:

- Marked race course
- Food and drink (during the race and at the finish)
- Medical services
- Transport and delivery of running kit to the finish area
- Information about weather during the race
- Timekeeping at intermediate posts and at the finish
- Live tracking (for T127 / T88)

3.2. Food + drink

The intermediate and finish refreshments are provided at the following distances:

T127 / T88: Ø 17 km (15 – 20 km)

T43 / T29 / H16 / T39 / H21 / H20: Ø 8 km (5 – 15 km)

K43 / K23 / K10: Ø 5 km (4 – 6 km)

Before the event, a plan showing the location of the refreshment stations and the food / drink provided there will be published in internet. The stations are also marked on the route map. The organisers reserve the right to modify the refreshment plan at any time and without notice.

Participants are responsible for ensuring that they have sufficient food and drink with them at all times.

3.3. Medical services

According to the character of the race or trail, the time taken and the distance covered, the medical services are limited to coaching of participants, initial treatment in the case of an emergency and notification of civil emergency rescue services. The medical personnel have the right to remove participants from the race definitely or for a limited period if the danger exists of said participant sustaining damage to their health if they continue. In the case of emergencies or retirement from the race on doctor's orders, the costs of rescue, care and evacuation by medical or rescue services are at the expense of the participant.

4. Equipment

Weather conditions can change very quickly in the mountains. Snowfall and a drop in temperature to below freezing is possible at any time at altitudes higher than 2000 a.s.l. Efficient protection against sun, cold and rain is absolutely necessary for all competitions.

The following basic equipment is compulsory for T127 / T88:

- Cell phone (always switched on and with direct dial emergency number)
- Rain jacket
- Bottle/bag
- Headlamp with spare batteries
- Emergency thermal (space) blanket (minimum 1.40m x 2m)
- Elastic bandage for emergency dressings (min. 200cm x 4cm)
- Emergency whistle

The organisers have the right to control the compulsory basic equipment at any time.

Recommended equipment: Rucksack, a warm long-arm shirt, cap, gloves, sunglasses, sun cream, sticks or poles.

The following basic equipment is compulsory for T43 / T29 / H16 / T39 / H21 / H20:

- Rain jacket
- Bottle/bag
- Headlamp with spare batteries (only for T39)

For K43 rain jacket and bottle/bag is recommended.

With the exception K43 / K23 / K10 / KIDS, sticks or poles are allowed in all the races.

5. Race route and accompaniment

5.1. Performance guarantee

By taking corresponding measures, the organisers offer participants the highest possible performance guarantee independent of external conditions. The organisers reserve the right, at short notice and without any reimbursement of starting fees to:

- a) make changes to the race route;
- b) to interrupt the race and restart it;
- c) to stop the race or to cancel it before the start.

5.2. Route data

The official route data (length, altitude difference) is determined in cooperation with „Outdooractive“. Data measured with GPS may deviate significantly from this depending on device, weather conditions and quality of measurement.

5.3. Knowledge of the route / time limits and traffic control

An in-depth study of the route is absolutely necessary, in particular for T127 / T88. Participants must be able to follow the race route using a map. This is very important above all, when the route markers are missing or moved by weather conditions (wind) or third persons.

For safety reasons participants are not allowed to leave the race route. The route will be closed according to the time schedule given (departure from a post). Participants who arrive too late will be removed from the race by the person responsible. Continuing the race under at ones' own responsibility is absolutely prohibited.

Road traffic will usually be encountered during the race. Traffic rules must be observed.

5.4. Accompaniment and support

Personal support by trainers or coaches is only allowed near the refreshment zones. Running as pacemaker is not allowed.

No dogs or children's buggies are allowed.

6. Miscellaneous

6.1. Lost and found

Lost and found articles should be deposited at the information stand and can be collected there during the race. They cannot be stored or returned by post.

6.2. Doping controls

The organisers are authorised to carry out doping controls. Participants are subject to the Swiss Olympic anti-doping regulations and recognise the exclusive jurisdiction of the Swiss Olympic Disciplinary Chamber for Doping Cases: www.antidoping.ch

6.3. Protests

Protests must be lodged with the finishing steward for the attention of the race jury within one hour after arriving at the finish and after payment of CHF 50.00.

6.4. Disqualification

Disqualification is automatic for participants who leave the race route, do not follow the regulations or instructions of race management, act in an unsporting way or have taken prohibited substances. The decision of the race jury is final.

6.5. Place of jurisdiction

Place of jurisdiction is Chur. Swiss national law applies.

7. Data protection

With their registration, participants agree to publication of their family name, first name, year of birth, place of residence and nationality in the start list, rankings and time lists. This agreement applies to publication in internet, print media, TV/teletext, speaker's announcements and start lists and rankings posted during the race. Photographs and videos taken in connection with the T127 / T88 may be used without any claim for compensation in internet, print media, TV and all other social media. The organisers reserve the right to make use of the personal details mentioned here for marketing purposes unless participants express their wishes to the contrary in writing.

8. Registration

8.1. Cancellation

Starting fees cannot be refunded or transferred to the following year if a participant is prevented from taking part for whatever reason (e.g. accident, illness). It is therefore recommended that cancellation insurance is taken out by competitors.

8.2. Confirmation

With their registration, participants expressly confirm:

- a) that they have studied the race courses and are aware that the competitions take place in alpine or high alpine terrain;
- b) that they are aware and agree that the organisers accept absolutely no liability towards participants;
- c) that they know and will follow the regulations.

Participants in T127 / T88 race confirm in addition:

- d) that they know the character of the trail and the higher risk this involves;
- e) that they are surefooted and in a good state of health, fitness and training;
- f) that they are capable of evaluating the development of weather conditions in high mountain regions and being equipped and behaving in a corresponding manner;
- g) that they are aware of the high personal responsibility they carry with regard to their state of health and fitness, training, equipment and self-sufficiency in the mountains and the environment.

9. Liability and insurance

The organisers accept no liability at all towards participants for any accidents, damage to health or any other kind of damage. No liability is accepted in particular for baggage transported by the organisers. The organisers also accept no liability towards spectators or third parties for damage of any kind. All participants must be insured against illness and accident. The insurance must also include cover for rescue and recovery costs.