

Annex 5

Material, equipment, controls

from 17.08.2021

Section 1 General guidelines and equipment checks

1. General guidelines

- 1 The equipment must be complete from start to finish.
- 2 Check-ins can be made over the entire course without neutralizing any time. Any patrol whose material or equipment does not comply or which is no longer in possession of all the equipment during an inspection during or after the race, will be disqualified.
- 3 The patrol must itself carry all its equipment from the start to the arrival. No outside help is allowed.
- 4 Each patroller guarantees that his material and equipment comply with the race regulations.
- 5 The compulsory material is marked (see part 4 of this appendix).

2. Material and equipment control

- 1 The PdG command organizes two advanced materiel checks in addition to checks during the registration of patrols.
- 2 It is strongly recommended to use the possibility of advanced controls, valid for all races, in order to avoid long queues at ZERMATT or at IF WE.
- 3 It is possible to present for control and marking all the equipment and personal equipment of the three patrollers by a single member of the patrol.
- 4 In addition, additional material and equipment checks are carried out:
 - a) at departure;
 - b) on the course, by survey (without neutralization of time);
 - c) on arrival.
- 5 It is up to the patrol to check / test the obligatory equipment before present to controls. During checks, in the event of a defect in part of the equipment common to the patrol or individual, no replacement part will be delivered by the PdG command.

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2.1 Advanced controls at ROMANEL-SUR-LAUSANNE and SION (parade)

Two advanced checks are organized, valid for all races:

- a) Sunday April 24, 2022 from 8:00 a.m. to 12:00 p.m. in the Centre's covered car park
Migros from ROMANEL-SUR-LAUSANNE;
- b) Sunday April 24, 2022 from 3:00 p.m. to 8:00 p.m. on the SION square
and Monday April 25 from 3:00 p.m. to 8:00 p.m.

2.2 Control of material and equipment at ZERMATT

Races Z1 (Tuesday April 26) and Z2 (Friday April 29), see appendix 2:

- a) all patrols announce themselves at the Triftbachhalle between 08:30 and 17:00 for identity control;
- b) all the patrols are directed on 2 channels:
 - i. patrols already checked (advanced checks);
 - ii. patrols to be controlled (patience and understanding required);
- c) all the patrols receive their bibs and their accommodation.

2.3 Control of material and equipment at SION

1 Courses A1 (Tuesday 26 and Wednesday 27 April) and A2 (Friday 29 and Saturday 30 April),
see appendix 3:

- a) all the patrols announce themselves on the place of arms of SION from 2:00 p.m. for identity control;
- b) all the patrols are directed on 2 channels:
 - i. patrols already checked (advanced checks);
 - ii. patrols to be controlled (patience and understanding required);
- c) all patrols receive their bibs.

2.4 Checking the equipment at the start

- 1 Any change or modification of material after the control is strictly prohibited and results in disqualification from the patrol.
- 2 All patrols, under the responsibility of the patrol leader, report to the start (route Z and A) with their material and personal equipment. ³ The patrol must be present 45 minutes before the scheduled time for its departure for an equipment check.

2.5 Checking the equipment on arrival

On arrival at VERBIER, a control is carried out.

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3. Exchange of equipment during the race

- 1 2 spare sticks per patrol can be taken. In this case, they must be marked by the PdG command.
- 2 Broken skis and poles, after control of the PdG command, may be exchanged and marked at the AROLLA checkpoint.
- 3 Any other replacement of material is prohibited.

4. Return of material

- 1 The equipment affected by the PdG command must be returned in VERBIER by all the patrols (see table, part 2 of this appendix).
- 2 The value of equipment lost or not returned is cashed with the patrol directly on site.

5. Material in case of medical evacuation

- 1 In the event of a land or air evacuation of one or more patrollers, the remaining patrol members are responsible for the common equipment of the patrol.
- 2 The personal equipment of the injured can be taken care of by the PdG command.

6. Abandoned, lost or stolen personal equipment

- 1 The personal equipment of the patrollers found by the PdG command is donated to charity or is recycled.
- 2 The PdG command declines all responsibility in the event of theft, abandonment, loss or damage to the personal equipment of the patrollers.

Section 2 Material and equipment

7. Equipment provided by the PdG command

Equipment	Technical requirements / description
1 cell phone	<ul style="list-style-type: none"> - "Engaged" from the start. Call only in case of absolute necessity. The device must always be handy in the cover attached to the shoulder strap bag. It should not be covered by belongings in order to allow good reception of the GPS signal / GSM. - The mobile phone must be returned when the equipment is returned to Verbier. Otherwise or in the event of loss, CHF 600.- will be collected from the direct patrolment on the spot.

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| 3 electronic chips
(timing) | <ul style="list-style-type: none"> - They must be worn according to the instructions. The attribution of electronic chips must absolutely match the order of the start list;
(1 = patrol leader, 2 = patroller, 3 = pa-funk) - The chips are nominative and correspond to emergency data from patrollers; - The 3 chips must be returned when returning the material. In the case of milking or in case of loss, each chip will be charged CHF 100 .-- to the patroller directly on site. |
| 1 card | <ul style="list-style-type: none"> - A copy of the special map assembly national (CN) 1: 50,000, PdG 2022 edition. - Remains property of the patrol. |
| 9 bibs | <ul style="list-style-type: none"> - 9 bibs (1 = patrol leader, 2 = patroller, 3 = patroller). - Worn on the right thigh, the backpack and the helmet. - In addition, labeling material will be provided for identify personal equipment transported from ZERMATT or SION in VERBIER. - Remain property of the patrollers. |

8. Common equipment per patrol

Equipment	Technical requirements / description
Rope ®	<ul style="list-style-type: none"> - A dynamic rope usable at single, compliant to the UIAA 101 standard, with a minimum diameter of 8.5 mm and of a passive length (placed on the ground) of minimum 30 m. - Tying on a carabiner is prohibited. - The elastic cord attached to the dynamic cord is to be used, but not recommended.
Compass and altimeter	<ul style="list-style-type: none"> - The altimeter must be adjusted, before departure, under the responsibility of the patrol leader: <ul style="list-style-type: none"> • ZERMATT: 1605 m • AROLLA: 2000 m - Compasses / altimeters integrated in the watches are allowed. - Compasses / altimeters incorporated in the tele-mobile phones, pocket knives and in DVA are not regulatory.
Non-slip skins	<ul style="list-style-type: none"> - A spare pair of non-slip skins is obligatory.

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| Eyeglasses | - A spare pair of filter sunglasses is obligatory. |
| Pharmacy | - Pharmacy containing at least: adhesive plaster, elastic band, pain tablets. |

® Material marked with a sticker or seal before departure.

NB

The mutual aid rope (elastic) is tolerated after the starting area. Its use is prohibited on the descent, in areas on foot (including portages) as well as in areas of change / transition.

9. Individual material

Equipment	Technical requirements / description
Skis ®	<ul style="list-style-type: none"> - Minimum length 150 cm; - Minimum width of at least 60 mm at the waist; - Metal edges covering 90% of their length.
Fixings	<ul style="list-style-type: none"> - The skis are equipped with bindings allowing the heel movement on the way up and lockable on the descent. - The binding must have a release system side and front with or without safety strap rite.
Sticks ®	<ul style="list-style-type: none"> - A pair of alpine or cross-country poles having a maximum diameter of 25 mm, with washers non-metallic. - The poles must be placed on the ground during all the duration of the manipulations in the change management / transition.
Shoes ®	<ul style="list-style-type: none"> - A pair of high-top shoes (above the malleolus). The soles must conform to the leaving the factory and covering at least 75% of the surface of the shoe, the minimum depth of the notches is 4 mm. - Shoes must be suitable for the climb and the descent. - Although admitted, carbon shoes are not recommended for light people, these can lead to more injuries severe than normal shoes. - Minimum weight for the shoes (shell and dry liner): <ul style="list-style-type: none"> - All male categories: 500 g, i.e. 1000 g per pair - All female categories: 450 g, or 900 g the pair.

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- Backpack
 - A backpack of sufficient volume to contain all the material required for the race.
 - The backpack must also be equipped with two attachment points for carrying skis.
- Non-slip skins
- Victim detector avalanche (DVA)
 - An LVS avalanche victim detector or ARVA (457 kHz) with 3 antennas conforming to standards darts EN 300718 and in perfect working order (batteries - reception - transmission). Single approved model in Europe.
 - The device must be worn under clothing at closer to the body and not be visible.
 - It must be switched to "transmission" mode from the departure and remain so for the duration of the race. Connect to "search" only in case rescue operation.
- Helmet ®
 - Each patroller must be in possession of a bi-standard compliant helmet (ski / mountain):
 - UIAA 106 and EN 1077 class B Where
 - EN 12492 and EN 1077 class B.
 - The helmet must be worn strapped under the chin of the participant the whole race.
- Glasses / mask
 - A pair of filter sunglasses or a visière adapted to the helmet.
 - For the patrollers of the Z route, a skiing is compulsory.
- Snow shovel ®
 - The use of the PdG shovel is compulsory (standard UIAA 156). It will be given as a gift during the material control.
- Snow probe ®
 - A snow probe at least 240 cm long thickness and a minimum diameter of 10 mm.
- Ice ax ®
 - An ice ax conforming to the UIAA 152 standard or equivalent are worth at least 48 cm in length with protection of the tip.
 - Ice ax hammers and ice equipment are not allowed.
- Blanket
 - A survival blanket, with a minimum area of 1.80 m².
- Harness
 - A thigh-type harness conforming to the standard UIAA 105.
- Headlamp
 - In working order.

® Material marked with a sticker or seal before departure.

10. Clothing

Mandatory clothing Upper body clothing:

- Underwear;
- A 1st thermal layer: jacket ski or combined long-sleeved ski season;
- A 2nd layer: jacket windproof and breathable with thermal padding (synthetic or feather, minimum weight 300 g);
- A mountain jacket;
- A cap or similar;
- A pair of gloves cover the hand up to the waist gnea;
- A second pair of thermal gloves;
- one of the jackets must have a hood.

Lower body clothing:

- Ski pants (or ski suit), pre-first thermal layer
 - A windproof and breathable mountain overpants rant.
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