Rules and regulations of the
der Patrouille des Glaciers 2020
Special edition Swiss map 1:50 000, (edition 2020)
(Regl PdG 2020)

As of 15. August 2019

Based on the decree by the swiss federal council on military sports on October 29th, 2003, the Command of the Patrouille des Glaciers establishes following rules and regulations:

1st paragraph: General directives

Art. 1 basic principle

1 The Patrouille des Glaciers (PdG) is a large international event in the meaning of the decree on military sport1.

2 The PdG is a historical military competition with national and international competitors, that is open for civilian competitors as well for elite and large public participants. The PdG is part of the "La Grande Course"2, that integrates six mountaineering ski races.

3 The track Z leads from ZERMATT to VERBIER, the track A from AROLLA to VERBIER. Each race is held twice during the competition week and the participants compete in patrols of three.

4 The edition 2020 of the PdG will take place in the week from April 27th to May 3rd 2020. The planned race days are Tuesday and Wednesday (races Z1 and A1) and Friday and Saturday (races Z2 and A2).

5 Based on uncertain weather and snow conditions, as well as extraordinary incidents, the races can be interrupted, advanced, delayed or cancelled.

6 The race director is the Commander PdG.

1 Decree on military sports as of October 29th, 2003, Art. 9 ff.
2 La Pierra Menta, Adamello Ski Raid, Trofeo Mezzalama, Altitoy-Ternua, Tour du Rutor Ex- trême, Patrouille des Glaciers
Art. 2 Purpose

1 The present rules and regulations describe the particularities of the registration process, deadlines, general information of the race as well as particular stipulations.

2 Because of the specifics of the PdG, registering for the race requires following:
   a. very extensive high alpine experience defines the premise to master unexpected and potentially extreme situations in the alps;
   b. a personal commitment for a physical, mental and technical preparation for this event;
   c. integrating and living the mindset of "rope team spirit", to be expressed towards own patrol members as well towards further competitors with friendship, solidarity, precaution, having a good feeling about your own limits and respect towards nature and mountains.

Art. 3 Scope

1 In these present rules and regulations and appendices, the denomination of a person or function is applicable for males and females.

2 Each registered patrol is bound to respect and adhere to these rules and regulations, its appendices and comply to either written or oral directives by the PdG Command.

3 This current rules and regulations apply to athlete support personnel. It is the duty of all patrol to brief their support personnel on relevant regulations in this document.

2nd paragraph: Registration and categories

Art. 4 Registration

1 In all categories it is mandatory that the patrol leader registers four patrol members, one of whom is the only substitute in the patrol.

2 Following rules apply for the registration:
   a. military and civilian patrol (female, male or mixed) may compete;
   b. mixed patrol (women and men) are treated and ranked das if they were men’s patrols.

3 The minimum age for competitors is as follows:
   a. 20 in the current year for the race from ZERMATT to VERBIER (Z1 und Z2);
   b. 18 by the day of the competition for the race AROLLA to VERBIER (A1 und A2).
According to the rules and regulations of PDG 2020 Command PdG:

4 Each patrol member may:
   a. participate in only one race;
   b. start only once;
   c. only be registered for and be part of one single patrol.

Art. 5 Definition of categories
1 The following definitions apply to all races.
2 International military patrols participate solely in race Z2.

Art. 6 Category P1: Swiss Military patrols - female, male or mixed (including Border Guards and Police Forces)
1 The patrols consist of four members of the Swiss military or equivalent forces and compete in the official racing suit PdG 2020.
2 Eligible for the category P1 are competitors having completed their basic training/recruit school and have not reached 65 at the time of the competition.
3 Members of the Swiss military performing their basic training/recruit school at time of registration are eligible for category P1 under condition of successful termination of their basic training.
4 Members of equivalent forces as described in Art. 18 of the ArmA (Federal Act on the Armed Forces and the Military Administration).
5 Military persons who were released from the mandatory Military Service by the Medical Examination Committee and military persons under an ongoing criminal investigation are not eligible for this category. Citizens who have done Civilian Service or Protection & Support Service (P&S) instead of the mandatory Military Service are not eligible for this category either.

Art. 7 Category P1: Evidence, Verification of the registration data
1 On request active military personnel or those released from duty (e.g. single term conscripts who have concluded their service duty) must send in their military service booklet (or an equivalent document proving they have completed their military service) in an envelope to the PdG command, Rue du Catogne 7, CH-1890 Saint-Maurice, by registered mail.
2 Applicants must bear the cost of copies or evidences.
3 If valid documents are not provided, the registration of their patrol in the Swiss military category will not be considered and the patrol will be considered as a category P4 patrol.
4 Patrols comprising four border guards or police officers must provide confirmation by their superior that the patrol members are effective border guard or police officers.

5 Members of Swiss military indicate one of their patrol members’ incorporation (old military service book page 8, new book page 6).

6 Each patrol defines their patrol name based on their military incorporation. If needed, PdG command will determine the patrol name.

Art. 8 Category P2: International military patrols

1 These patrols consist of four military personnel from the ranks of foreign armed forces who compete exclusively on the Z2 race in the official uniform of their country of origin.

2 The registration process is performed in coordination with the diplomatic representation of the patrol’s members and the international relation liaison officer of the PdG. The registration process is solely performed through the military diplomatic channel and not through the PdG web site.

Art. 9 Category P3: Civilian patrols with a mountain guide

1 Civilian patrols with a mountain guide must be led by a certified IFMGA^3 mountain guide.

2 The patrol defines its «patrol name» on its own. The name must show respect. If needed, PdG Command will amend the patrol name.

3 The certified IFMGA mountain guide are imperatively the patrol lead for category P3 patrols.

4 Register with your valid IFMGA certificate number. On request send a copy of your certificate to PdG Command, Rue du Catogne 7, CH-1890 Saint-Maurice by registered mail.

5 Candidate for certified mountain guide are not legitimized to act as certified IFMGA mountain guide.

6 The ranking of category P3 will be joined with the competitors of category P4. (see Art. 32).

Art. 10 Category P4: Civilian patrols (female, males, mixed)

1 Civilian patrols compete in category P4.

2 The patrol defines its «patrol name» on its own. The name must show respect. If needed, PdG Command will amend the patrol name.

3 International Federation of Mountain Guide Association, registered seat in Zürich.
3rd paragraph: Participation

Art. 11 Allocation of a starting slot
1 Patrons of the categories P1, P2 and P3 enjoy priority for a starting slot.
2 PdG Commander owns a number of starting slot for his own discretion.
3 The remaining slots are subject to a draw for the patrols in category P4.

Art. 12 Registration application
1 The patrol registers on the official PdG website with the name of all four members and define the patrol lead.
2 The patrol chooses the intended track: ZERMATT - VERBIER or AROLA - VERBIER. Further, the patrol defines the intended race date (first or second occurrence of the race).
3 Patrons belonging to category P1, P3 and P4 indicate if participating at the alternative occurrence date is an option.
4 The patrol estimates their race time under normal race conditions.
5 The patrols use the table in appendix 2 or 3 as a job aid for registering. The patrols must also consider the opening time of checkpost SCHÔNBIEL for the Z1/Z2 races (see appendix 2) and the opening time of checkpost COMBE DU PAS DE CHÈVRES for the A1/A2 races (see appendix 3).
6 At time of registration, individual patrol members can indicate their interest for a preparation training. Upon positive draw completion, these competitors will receive all necessary information to register for the preparation training performed by a third party.

Art. 13 Draw and participation confirmation
1 Upon availability of the draw result, PdG Command will confirm participation, departure day and time to the patrols. Those cannot be changed under any circumstances by the competitors.
2 In case of delay of a race, there is no possibility to change the assigned departure date nor time.
3 PdG Command may reserve the registration fee on the competitors credit card at time of registration.
4 The final participation is confirmed after the debit of the registration fee on your credit (see Art. 16, 2nd paragraph).
5 There is not waiting list being held for patrols that have not been allocated a racing slot.
Art. 14  
Patrol registration: Process and deadline
Process and deadlines for the registration process are outlined in appendix 1 of these rules and regulations.

Art. 15  
Modification in registration data

1 All patrols are entitled to change registration data within the published deadlines. Those must be performed through the official website.

2 At the end of the registration window, (see appendix 1), the following sequence is applied:
   a. Patrol member 1 = patrol lead;
   b. Patrol member 2 = patrol member;
   c. Patrol member 3 = patrol member;
   d. Patrol member 4 = not starting.

3 Licensed IFMGA mountain guides can only be replaced by another licensed mountain guide.

4 Does the modification of the registration data take place after the deadline, the patrol loses its right to start. The registration fee will not be reimbursed.

5 Patrols that show up, either in incomplete formation or changed formation (not approved by PdG command) will not be allowed to start. Similar rule is applicable for patrols that are late at the start.

Art. 16  
Registration fees

1 By registering, the patrol registers formally – the registration fee is due.

2 The registration fees for the races Z1 and Z2 are:
   a. CHF 1’590.- for patrols in category P1
   b. CHF 1’360.- for patrols in category P3 and P4;

3 The registration fees for the races A1 and A2 are:
   a. CHF 1’430.- for patrols in category P1
   b. CHF 1’200.- for patrols in category P3 and P4.

4 The amount is due per patrol, exclusive transfer costs (costs for post, bank and online payment). Costs for payments are on charge of the patrol.

4 Military commanders credits or credits of professional military organizations are not allowed to be use for registrations fees;
5 Dito.
5 The payment by bank transfer in Switzerland is without banking or transfer fees. The banking payment should be valuta on 05.10.2019 – otherwise the inscription will be null and void.

6 In case of a negative starting decision, only the registration fees will be reimbursed.

7 Only a confirmation email will be provided. Additional receipts, bills will not be issued.

Art. 17 Included services

1 The registration fee entitles the participants to following services:
   a. accident insurance for competitors not covered by the military insurance. The insurance is concluded by the «Defense» Group. Under specific prerequisites, it provides insurance coverage according the decree of military insurance as described in the decree for military sports (see art. 41);
   b. overnight stay, subsistence and logistics according art. 19;
   c. 3 x three starting numbers;
   d. 1x Swiss map special edition 1:50 000, (2020 edition);
   e. three commemorative presents;
   f. three commemorative medals;
   g. 4x racing suit PdG 2020. Those suits are being provided solely to the patrol members of category P1. They are sent in advance to the patrol leader.

2 In case of race cancellation the one and only possibility for the competitors to pick up their medals is at a location to be specified by PdG Command. Competitors will be notified through the PdG website. There will be no further correspondence nor distribution by mail.

Art. 18 Reimbursement of registration fees

1 The registration fees, with reservation of paragraph 16 all. 6 and paragraph 18 all. 2, will in no circumstances be reimbursed.

2 Does a patrol retract irrevocably from participating at the 2020 edition of PdG before the 29.02.2019, without indication of reasons, PdG will reimburse CHF 400.-. The notice of retraction must be performed by registered mail to Commander PdG, col GS Daniel Jolliet: Command PdG, Rue du Catogne 7, CH-1890 Saint-Maurice.

3 The refund amount will be paid out past the completion of the PdG 2020 edition.

4 Patrols that decide to retract from participating past the date of March 1st, 2020, are requested to inform the PdG Command either by postal mail to Commando PdG, Rue du Catogne 7, CH-1890 Saint-Maurice or by email to info@pdg.ch.
Art. 19  Board, lodging and logistics

1 The Command PdG provides board and lodging to the competitors prior the competition as follows:
   a. Z1 and A1: Tuesday to Wednesday (and/or Wednesday to Thursday in case or race postponement)
   b. Z2 and A2: Friday to Saturday (and/or Saturday to Sunday in case of race postponement).

2 In case of private reservation of hotel rooms by the competitors, the bills must be paid prior leaving to leaving the hotel for starting the competition.

3 There is not reduction of the registration fee if the board and lodging facilities are not being used.

4 In case of postponement of the race, the additional overnight stay is included in the registration fee.

5 The Command PdG provides following catering:
   a. for races Z1 and Z2:
      i. one meal in designated restaurants in ZERMATT on the evening prior the race;
      ii. subsistence at the checkposts AROLLA and LA BARME;
      iii. one meal in the big tent in VERBIER after the arrival;
   b. For races A1 and A2:
      i. one meal in the big tent in AROLLA on the evening prior the race;
      ii. one breakfast / snack in the big tent in AROLLA prior the start;
      iii. subsistence at the checkpost LA BARME;
      iv. one meal in the big tent in VERBIER after the arrival.

6 The competitors bear the costs for additional meals and beverages in case of a race postponement.

7 Each patrol is responsible for additional subsistence during the race.

Art. 20  Medical care

1 Medical posts at the start in ZERMATT, AROLLA and at the finish in VERBER provide medical assistance to the competitors as needed.

2 All checkposts provide medical aid supervised by medical personnel on the race track.
4th paragraph: Races

Art. 21 Races ZERMATT – VERBIER (Z)

1 The PdG Command organises two races (Z1 and Z2) between ZERMATT and VERBIER.

2 The relevant details for this track are provided in appendix 2.

Art. 22 Races AROLLA–VERBIER (A)

1 The PdG Command organises two races (A1 and A2) between AROLLA and VERBIER.

2 The relevant details for this track are provided in appendix 3.

Art. 23 Power of decision by the PdG Commander

1 The PdG Commander has the power of decision for
   a. acceptance the participating patrols;
   b. allocation of the patrol’s starting positions;
   c. changes and modification of the patrols data;
   d. disqualification of any patrol;
   e. modification of the track (e.g: reduction, track modification);
   f. interruption, reduction or cancellation of the event if the conditions require it;
   g. neutralization with/without time counting;
   h. postponement of the race or cancellation of individual or all starts;
   i. further needed decisions not mentioned in these rules and regulations imposed by circumstances.

2 The PdG Commander can delegate his power of decision.

3 There is no right of appeal against decisions taken by the PdG Commander, PdG is a race under military command.

Art. 24 Starting numbers

1 The patrols must pass al checkposts as a group with their starting numbers clearly visible – one fixed to the backpack, one at the helmet and one to the right thigh.
All competitors must carry a valid ID (no photocopy) and present it when fetching the starting numbers and on request during the competition.

The competitors may keep their starting numbers past the competition-

**Art. 25**  
**Attire**  
The relevant details for the attire are provided in appendix 4.

**Art. 26**  
**Material and equipment**  
The relevant details for this track are provided in appendix 5. It contains all information in respect to mandatory equipment and associated checks.

**Art. 27**  
**Behavior on the track**  
1 The patrols behave according the recommendations and rules of the Swiss Alpine Club (SAC)\(^6\) as well as the Swiss Competence and Coordination Centre for Accident Prevention (BfU)\(^7\).

2 The competitors are technically and tactically able to estimate dangers in the alpine region, to orient themselves and move appropriately in mountain regions, to use the material appropriately, with skis, to rope up, analyse snow and avalanche situation and to use adequate safety measures if needed.

3 The patrol members must strictly follow instructions by the checkpost’s chiefs and medical personnel.

**5th paragraph: Rankings**

**Art. 28**  
**Guidelines for the ranking**

1 Time recording is based on the passage of the last patrol member.

2 Only registered patrol members and competitors are allowed to pass the finish line.

3 For each track, separate ranking lists for races A and Z will be published.

**Art. 29**  
**Swiss military patrols**

A ranking list will be compiled for each of the tree age categories:

a.  
**Swiss Military I** Total age of the 3 patrol members is less than 103 years;

---

\(^6\) E.g.: Alpine sport winter technology / tactic / safety ISBN978-3-85902-429-8

\(^7\) "Skitouren: Mehr Sicherheit beim Aufsteigen und Abfahren", "Skitouren: Mehr Sicherheit beim Aufsteigen und Abfahren", "Caution - Avalanches!" (available at slf;  [www.slf.ch](http://www.slf.ch)), etc.
b. **Swiss Military II** Total age of the 3 patrol members is between 103 and 150 years;

c. **Swiss Military III** Total age of the 3 patrol members is between 151 and 195 years.

**Art. 30** International military patrols

There will be only one ranking list, without consideration of any age categories, for race Z2.

**Art. 31** Civilian female patrols

There will be only one ranking list for each race, without consideration of any age categories.

**Art. 32** Civilian male and mixed patrols

A ranking list will be compiled for each of the three age categories:

a. **Civilian I** Total age of the 3 patrol members is less than 103 years;

b. **Civilian II** Total age of the 3 patrol members is between 103 and 150 years;

c. **Civilian III** Total age of the 3 patrol members is more than 150 years.

**Art. 33** Award ceremony

1. The ranking list will be available on the arrival day as of 1700.

2. The award ceremony takes place on the arrival day at 1430.

3. The participation to the award ceremony in VERBIER is mandatory for all patrols members who did pass the finish line by.

4. The handover of the commemorative medal takes place after the award ceremony.

5. Appendix 4 details the required attire for the award ceremony.

6. The award ceremony performed by the PdG Command may be adapted due to unforeseen conditions (timely, location).

**Art. 34** Late patrols

1. Patrols that fail to reach a checkpost within the defined passing time deadlines are being stopped by PdG Command and are regarded as disqualified.

2. Those patrols must follow the instructions as per Art. 35.

3. Those rules apply for patrols, complete and incomplete patrols) that arrive after 1600 in VERBIER.
Art. 35 Quitting the raced

1. All patrols quitting the race must report their decision to the next checkpoint.

2. Two patrol members can decide to pursue the race without ranking possibility. In order to do so, they need approval by the checkpoint’s chief and must carry the entire patrol’s equipment.

3. Exception to the above rule is the first race segment for each track which must be performed by the entire patrol. This is applicable for the segment ZERMATT – SCHÔNBIEL for the track Z and for the segment AROLLA - COMBE DU PAS DE CHÈVRE for the track A.

4. Individual patrol members can in no circumstances finish the race alone or be left alone on the track, with the exception of the checkpoints.

5. Quitting patrols must, if possible, on their own, report to one of the next 4 checkpoints: ZERMATT, AROLLA, LA BARME or VERBIER.

6. If not ordered otherwise by PdG Command, quitting patrols are not allowed to leave the track, remove the starting numbers, switch off the mobile phone and not switch off the avalanche transceiver, or proceed to an alpine hut.

7. The checkpoint’s personnel where reported, will take care of the quitting patrol.

8. Non-compliant patrols will be disqualified.

6th paragraph: Special regulations

Art. 36 Individual assistance in respect to subsistence by competitors support personnel

1. Individual assistance by support personnel is allowed on the following track segments:
   a. SCHÔNBIEL: in the clearly marked sector by the checkpoint;
   b. TÊTE BLANCHE: in the clearly marked sector by the checkpoint;
   c. COL DE BERTOL: in the clearly marked sector by the checkpoint;
   d. AROLLA (Skilift Fontanesses): after the checkpoint for the track Z;
   e. Z: COMBE DU PAS DE CHÈVRES (eastern starting point of the lane): at COL DE RIEDMATTEN in the clearly marked sector;
   f. A: COMBE DU PAS DE CHÈVRES (eastern starting point of the lane): at COL DE TSENÁ RÉFIEN in the clearly marked sector;
g. **LA BARME:** in the clearly marked sector by the checkpost (not permitted on the ascent to LA BARME and on the base of the pass);

h. **LA ROSABLANCHE:** in the clearly marked sector by the checkpost (not permitted on top of the pass);

i. **LAC DU PETIT MONT FORT:** in the clearly marked sector LAC DU PETIT MONT FORT (not allows on the pass COL DE LA CHAUX).

2 Support personnel must follow all instructions and orders given by PdG Command.

3 PdG Command may limit or restrict access to specific support areas

**Art. 37** Technical assistance

1 For non PdG personnel, it is absolutely forbidden to provide technical assistance to competitors such as fixing and/or removing climbing skins, ropes, skis, etc.

2 Engaging «scouts» to free up or to light up the track is forbidden as well.

**Art. 38** Reporting of accidents or problems

1 Patrols must provide assistance to other competitors in the event of danger or accident and initiate rescue procedures, either on their own initiative or at the request of a checkpost chief or medical personnel.

2 All accidents and events that cause a patrol to quit or where a human life is at risk must be reported as soon as possible by the mobile phone provided (the appropriate number is pre-programmed on the mobile phone provided)

3 The following information must be provided:

   a. Starting number of concerned patrol;
   b. location;
   c. number and name(s) pf the casualty(ies)
   d. type of injury or the problem occurred
   e. measure taken.

**Art. 39** Exclusion from the competition due to medical reasons

1 PdG medical personnel, easily recognizable by their vests, have authority to withdraw (temporarily or definitively) a patrol or an athlete for medical reason.
Definitively withdrawn patrols, resp. patrol members must comply to the instructions / orders given by the checkpost’s chief or medical personnel to reach of the of 4 checkpoints ZERMATT, AROLLA, LA BARME or VERBIER.

Art. 40 Environmental protection
1 All patrol members are bound to respect the alpine world and protect the environment.
2 Littering on the track is not allowed. Litter may be disposed at every checkpost.
3 Running sneakers that are left behind are not allowed to be collected by the competitors. They will be collected by PdG Command and will either be recycled or given to a charity.

Art. 41 Insurances
1 According art. 26 of the decree of military sports of October 29th, 2003 are all current and former Swiss army members who participate at the PdG, regardless of the category, insured by the military insurance – based on the federal bill of June 19th, 1992.
2 For other competitors, inclusive Border Patrol and Police Forces, that are not covered by the military insurance the “Defense” Group concludes an accident insurance that covers solely medical treatment.
3 It is the competitors responsibility which additional insurances the must conclude individually, such rescue transport, risk insurance in case of death or invalidity, and further.
4 If competitors suffer from health problems, either before, during or after the race, the must contact medical personnel to obtain a medical certificate to be provided to the civilian doctor.

Art. 42 International military patrols
From entering Swiss territory, prior to the competition, until their direct departure from Swiss territory after the competition, members of international military patrols are covered by an insurance concluded by the “Defense” Group.

Art. 43 Doping tests
1 The PdG ist subject to the doping rules of Swiss Olympic. Therefore, the PdG is subject to the valid doping provisions of Swiss Olympic and the valid enforcements provisions of Antidoping Switzerland.
2 Patrol members and further persons are self-responsible to know what a breach against anti-doping provisions is and which substances and methods currently are registered on the doping list.

3 Doping tests may be conducted by Swiss Olympic. All competitors recognize the sole competence of the disciplinary board of Swiss Olympic.

Art. 44 Disqualification
1 Any breach of these regulations shall result in disqualification.
2 Any disqualified patrol is prohibited to continue the competition and must follow instructions given by the PdG Command.
3 Disqualified patrols lose any claim to awards, medals and partial or full reimbursement of the registration fees.
4 In case of serious violation of regulations, competitors may be excluded from future participations to the PdG.

Art. 45 Protests
1 Protests must be handed in to the PdG Command by the patrol leader at the latest of two hours after passing the finishing line in VERBIER. The protest must be fully documented on the official protest form, see appendix 6.
2 When submitting a protest, a deposit of CHF 300.- must be paid.
3 The deposit of CHF 300.- is only reimbursed if the protest is successful.
4 PdG Command will inform the concerned parties about the final decision in written form.
5 Any recourse to courts of law is not possible.

Art. 46 Travel ticket / marching order / pay
1 The PdG Command will not provide any travel tickets or marching orders.
2 Participation in the PdG does not entitle military competitors to a loss of earnings compensation card or military pay.

Art. 47 Right to audio-visual media / protection of data privacy
1 By entering the competition, the athletes consent to the PdG to use official photographs and films on which they may be seen.
2 Limited personal data about competitors will be made available to partner organisations.
3 Throughout the race, the geographical position of each patrol will be publicly visible on the smartphone application PdG.
Art. 48 Drones

1 During the competition week, it is forbidden to use or control any kind of unmanned flying object (e.g.: drone, helicopter, model airplane) either on the track, at the start in ZERMATT or AROLLA and at the finish in VERBIER.

2 The engagement of drones needs further to civilian approvals, the written approval by the PdG Command

7th paragraph: Final clauses

Art. 49 Interpretation of the rules and regulations

In case of disagreement of the rules and regulations due to translation matters, the French version of the Rules and Regulations will be decisive.

Art. 50 Contact data

1 The PdG Command can be reach through postal mail under following address: PdG Command, Rue du Catogne 7, CH-1890 Saint-Maurice.

2 Further contact data is available on www.pdg.ch.

PATROUILLE DES GLACIERS

Colonel GS Daniel Jolliet
Commander

Appendices

1 Overview of the registration procedure
2 Information for patrols starting in ZERMATT
3 Information for patrols starting in AROLLA
4 Attire
5 Material, Equipment, Checks
6 Protest form

Goes to
Patrol members
For information
General Secretary VBS
CdA
Chef A Stab
Chef Kommando Op
Chef FUB
Chef LBA
Chef Kommando Ausb
Kdt Ter Div 1
AsPdG
### Appendix 1

**Overview of the registration procedure**

As of 15.08.2019

---

1. **Preparation**

<table>
<thead>
<tr>
<th>Deadline</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 2019</td>
<td>- Requirement to read the Regulations and appendices on the <a href="http://www.pdg.ch">www.pdg.ch</a> web site.</td>
</tr>
<tr>
<td></td>
<td>- Collect all necessary data for all four team members before starting the registration process.</td>
</tr>
<tr>
<td></td>
<td>- Collect all necessary certification documents (if needed).</td>
</tr>
<tr>
<td></td>
<td>- Ensure that the registration fee:</td>
</tr>
<tr>
<td></td>
<td>- is wired by October 5th, 2019</td>
</tr>
<tr>
<td></td>
<td>- can be debited on your credit card to validate your registration.</td>
</tr>
</tbody>
</table>

2. **Participation registration**

<table>
<thead>
<tr>
<th>Deadline</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>- IFMGA certified mountain guides send a copy of the license to PDG Command.</td>
</tr>
</tbody>
</table>

3. **Check / Verification**

<table>
<thead>
<tr>
<th>Deadline</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>October / November 2019</td>
<td>- verification of the registration data.</td>
</tr>
<tr>
<td></td>
<td>- on request:</td>
</tr>
<tr>
<td></td>
<td>o Send by postal mail the Swiss Military booklet</td>
</tr>
<tr>
<td></td>
<td>o Send IFMGA/IVBV licence</td>
</tr>
<tr>
<td></td>
<td>- after verification, potential change of patrol category (from category P1/P3 to category P4).</td>
</tr>
<tr>
<td></td>
<td>- past the deadline for submission of required documents, the patrol will automatically be moved to category P4.</td>
</tr>
</tbody>
</table>
## Appendix 1 Rules and Regulations, PDG 2020, Overview of the registration procedure

### 4. Draw of the participants

<table>
<thead>
<tr>
<th>Deadline</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>Until November 29th, 2019</td>
<td>- PdG Command selects the patrols.</td>
</tr>
<tr>
<td></td>
<td>- PdG Command informs about the selected patrols during the event &quot;OBJECTIF PDG 2020&quot;, taking place at, World Cycling Center UCI, Chemin de la Mêlée 12, 1860 Aigle.</td>
</tr>
</tbody>
</table>

### 5. Information to all patrols

<table>
<thead>
<tr>
<th>Deadline</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>End of November 2019</td>
<td>- the selected patrols for the 2020 PdG are informed by mail as of November 30th, 2019.</td>
</tr>
<tr>
<td></td>
<td>- the confirmation mail contains the departure date and time.</td>
</tr>
<tr>
<td></td>
<td>- the patrols that are not admitted to the 2020 PdG receive an official confirmation of “non-participation”.</td>
</tr>
<tr>
<td></td>
<td>- this decision is final.</td>
</tr>
</tbody>
</table>

### 6. Retraction of the patrols

<table>
<thead>
<tr>
<th>Deadline</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>Until February 29th, 2020</td>
<td>- members of selected patrols can retract from participating until February 29th, 2020 without any explanation.</td>
</tr>
<tr>
<td></td>
<td>- the retraction notice must be performed by registered postal mail to PdG Command, PdG Command, Rue du Catogne 7, CH-1890 Saint-Maurice.</td>
</tr>
<tr>
<td></td>
<td>- the refunded amount (CHF 400.-) will be paid out past the completion of the PdG 2020 edition.</td>
</tr>
</tbody>
</table>

### 7. Modification/Patrol member rotation

<table>
<thead>
<tr>
<th>Deadline</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 15th, 2020</td>
<td>- the patrol members can perform on modifications within their patrol on the portal of the time keeper. At the same time, they define the sequence within their patrol.</td>
</tr>
<tr>
<td></td>
<td>- without any changes, the first registered member of the patrol will act as patrol lead, the last registered member of the patrol will not participate.</td>
</tr>
<tr>
<td></td>
<td>- modifications performed after the deadline will not be taken into consideration.</td>
</tr>
</tbody>
</table>
Appendix 2
Information for patrols starting in ZERMATT

As of 15.08.2019

First paragraph: Description of the track Z

1. Dates
   Race Z1: Tuesday 28th and Wednesday 29th of April 2020
   Reserve date: Wednesday 29th and Thursday 30th of April 2020
   Race Z2: Friday 1st and Saturday 2nd of May 2020
   Reserve date: Saturday 2nd and Sunday 3rd of May 2020

2. Departure times for Race Z

3. Track Z (altitude / posts)

   Length: 57.5 km / altitude difference: +4386 m, -4519 m.
   Checkposts: Time keeping (potentially with subsistance and medical service)
   Transitpoints: eventually not man powered (e.g: safety, withdrawal, neutralisation, subsistance, changing, disqualification due to timeout, etc.)

<table>
<thead>
<tr>
<th>Post Nr.</th>
<th>Checkpost name (transitpoint)</th>
<th>Altitude</th>
<th>Time limits for passage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>ZERMATT (Start)</td>
<td>1605 m</td>
<td></td>
</tr>
<tr>
<td></td>
<td>FURI (transitpoint)</td>
<td>1862 m</td>
<td></td>
</tr>
<tr>
<td></td>
<td>OBER STAFEL (transitpoint at the pumpstation)</td>
<td>2178 m</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>SCHÖNBIEL</td>
<td>2480 m</td>
<td>Start + 3 hrs</td>
</tr>
<tr>
<td></td>
<td>STOCKJI (transitpoint)</td>
<td>3140 m</td>
<td></td>
</tr>
</tbody>
</table>
Appendix 2, Rules and Regulations, PDG 2020, Information for patrols starting in ZERMATT

<table>
<thead>
<tr>
<th></th>
<th>Location</th>
<th>Elevation</th>
<th>Arrive</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>TÊTE BLANCHE</td>
<td>3650 m</td>
<td></td>
</tr>
<tr>
<td></td>
<td>GLACIER DU MONT MINÉ</td>
<td>3180 m</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>COL DE BERTOL</td>
<td>3264 m</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>PLAN BERTOL</td>
<td>2664 m</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>AROLLA (Skilift Fontanesses / subsistance point)</td>
<td>1990 m</td>
<td>0630 *)</td>
</tr>
<tr>
<td>7</td>
<td>COMBE DU PAS DE CHÈVRES</td>
<td>2741 m</td>
<td>0815</td>
</tr>
<tr>
<td></td>
<td>COL DE RIEDMATTEN</td>
<td>2918 m</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>LES DIX</td>
<td>2690 m</td>
<td></td>
</tr>
<tr>
<td></td>
<td>PAS DU CHAT (transitpoint)</td>
<td>2370 m</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>LA BARME (subsistance point)</td>
<td>2457 m</td>
<td></td>
</tr>
<tr>
<td></td>
<td>LES ÉCOULAIES (transitpoint)</td>
<td>2562 m</td>
<td>1045</td>
</tr>
<tr>
<td>10</td>
<td>LA ROSABLANCHE</td>
<td>3191 m</td>
<td>1300</td>
</tr>
<tr>
<td></td>
<td>COL DE MOMIN (transitpoint)</td>
<td>3000 m</td>
<td></td>
</tr>
<tr>
<td></td>
<td>LAC DU PETIT MONT FORT (transitpoint)</td>
<td>2763 m</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>COL DE LA CHAUX</td>
<td>2939 m</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>LES RUINETTES</td>
<td>2200 m</td>
<td></td>
</tr>
<tr>
<td></td>
<td>TÉLÉCABINE (transitpoint)</td>
<td>1521 m</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>VERBIER (Finish line)</td>
<td>1472 m</td>
<td>1600</td>
</tr>
</tbody>
</table>

*) with the exception of starting time Z2 0300

The time of passage limits and arrival in VERBIER are independent of the starting times. All patrols that do exceed the time of passage limits will be stopped at the check points, disqualified and taken out of the race by the PdG Command. They will be asked to follow further instructions by the PdG Command. The PdG Command reserves the right to change the time of passage limits if necessary due to changing conditions.

4. **Particularities of Track Z**

1. The patrols must depart from ZERMATT in complete formation (three team members) as registered on the departure list.
2. All patrols must reach the checkpoint SCHÖNBIEL as a complete formation.
3. For the ascent from ZERMATT to SCHÖNBIEL, it is mandatory to pass the transitpoint OBER STAFEL, where the PdG Command may check the equipment.
4. The checkpoint SCHÖNBIEL must be reached within 3 hours of departure from ZERMATT. Patrols that exceed this time of passage limit are disqualified and have to follow the checkpost lead’s instructions, return to ZERMATT where they have to report at the starting post.
5. The checkpoint SCHÖNBIEL opens at 2330. Teams who arrive before must wait for the post to open, without neutralisation of the time.
6. It is mandatory for the teams to rope up from checkpost SCHÖNBIEL to checkpost COL DE BERTOL. For safety reasons, the PdG Command may also order teams to rope up or use fixed ropes at other places.
7. For the descent from checkpost LES RUINETTES to VERBIER, it is mandatory to use the ski slope to the right of the cable car. Descending underneath the cable car is forbidden. The passage at transitpoint TÉLÉCABINE (MÉDRAN station) is mandatory.
8. It is mandatory to use the marked track all the way to the finish.

5. Race times / departure times chart

The table below provides help to define the appropriate departure times.

<table>
<thead>
<tr>
<th>Departure time</th>
<th>22:00</th>
<th>22:45</th>
<th>23:30</th>
<th>00:15</th>
<th>01:30*)</th>
<th>03:00**)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Estimated race time:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18 hours</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17 hours</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16 hours</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 hours</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14 hours</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13 hours</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 hours</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11 hours</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 hours</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 hours</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 hours</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 hours</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>6 hours</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>

*) mandatory departure time for the elite
**) the departure time at 0300 will solely take place for race Z2
Second paragraph: Order of the day for races Z1/Z2

Tuesday, 28th of April 2020 (Z1) and Friday, 1st of May 2020 (Z2)

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>0830 to 1700</td>
<td>Check-in of patrols at Triftbachhalle in ZERMATT.</td>
</tr>
<tr>
<td>0830 to 1700</td>
<td>Organisational duties:</td>
</tr>
<tr>
<td></td>
<td>- medical check, on request after first check with a civilian physician;</td>
</tr>
<tr>
<td></td>
<td>- distribution of starting numbers, microchip and bracelet, after ID check;</td>
</tr>
<tr>
<td></td>
<td>- control of material and equipment;</td>
</tr>
<tr>
<td></td>
<td>- accommodation (ready from 1300 on)</td>
</tr>
<tr>
<td>1630</td>
<td>Technical briefing for patrol members of the first three starting groups (group 1) in the church of ZERMATT (attendance mandatory)</td>
</tr>
<tr>
<td></td>
<td>- entry only with bracelet</td>
</tr>
<tr>
<td>from 1815</td>
<td>dinner followed by a rest</td>
</tr>
<tr>
<td>1800</td>
<td>Technical briefing for patrol members of the remaining starting groups (group 2) in the church of ZERMATT (attendance mandatory)</td>
</tr>
<tr>
<td></td>
<td>- entry only with bracelet</td>
</tr>
<tr>
<td>from 1915</td>
<td>dinner followed by a rest</td>
</tr>
<tr>
<td>from 2100</td>
<td>check of material and equipment for the first departure, at the square at the train station.</td>
</tr>
<tr>
<td></td>
<td>- for all other departures, the patrols must be on location 45 minutes prior to their starting time.</td>
</tr>
<tr>
<td></td>
<td>- distribution, instruction and function check of the GPS tracker, mobile telephone and avalanche search device.</td>
</tr>
<tr>
<td>2200 2245 2330</td>
<td>departure, square at the train station</td>
</tr>
</tbody>
</table>
**Wednesday, 29th of April 2020 (Z1) and Saturday, 2nd of May 2020 (Z2)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0015</td>
<td>departure, square at the train station</td>
</tr>
<tr>
<td>0130</td>
<td>*) the departure time at 0300 will solely take place for race Z2</td>
</tr>
<tr>
<td>0300*</td>
<td>from 0700</td>
</tr>
<tr>
<td></td>
<td>arrival of patrols VERBIER (immediately afterwards: equipment check, random doping check, re-establishment).</td>
</tr>
<tr>
<td>1430</td>
<td>ranking announcement and award ceremony (PDG village) – pertaining to weather and race conditions, time and place for the award ceremony might be changed by PdG Command</td>
</tr>
<tr>
<td></td>
<td>Followed by</td>
</tr>
<tr>
<td>1600</td>
<td>distribution of commemoration medals and gifts</td>
</tr>
<tr>
<td></td>
<td>closing of time keeping</td>
</tr>
</tbody>
</table>

**Remarks in case of postponement of a race**

a) In the event of race Z1 being postponed, the following dates and hours apply:
   - Postponement of Z1 from Tuesday 28th/Wednesday 29th of April 2020 to Wednesday 29th/Thursday 30th of April 2020;
   - Order of the day in case of postponement:
     - Wednesday 29th of April: individual training;
     - from 1630: the order of the day remains unchanged.

b) In the event of race Z2 being postponed, the following dates and hours apply:
   - Postponement of Z2 from Friday 1st of May/Saturday 2nd of May 2020 to Saturday 2nd of May/Sunday 3rd of May 2020.
   - Order of the day in case of postponement:
     - Saturday 2nd of May 2020: individual training;
     - from 1630: the order of the day remains unchanged

In both cases, participants are required to comply to requests by the PdG Command. Especially due to weather conditions, mountain training courses might be forbidden.
Appendix 3

Information for patrols starting in AROLLA

As of 15.08.2019

First paragraph: Description of the track A

1. Dates
   Race A1: Wednesday 29th of April 2020
   Reserve date: Thursday 30th of April 2020
   Race A2: Saturday 2nd of May 2020
   Reserve date: Sunday 3rd of May 2020

2. Departure times for Race A

3. Track A (altitude / posts)
   Length: 29.6 km / altitude difference: +2200 m, -2728 m.
   Checkposts: Time keeping (potentially with subsistence and medical service)
   Transitpoints: eventually not man powered (e.g.: safety, withdrawal, neutralisation, subsistence, changing, disqualification due to timeout, etc.)

<table>
<thead>
<tr>
<th>Posten Nr.</th>
<th>Name des Kontrollpostens (Durchgangspunktes)</th>
<th>Höhe</th>
<th>Limiten Durchlaufzeiten</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>AROLLA (Start)</td>
<td>2000 m</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>COMBE DU PAS DE CHÈVRES</td>
<td>2741 m</td>
<td>0815</td>
</tr>
<tr>
<td></td>
<td>COL DE TSENÀ RÉFIEN (transitpoint)</td>
<td>2951 m</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>LES DIX</td>
<td>2690 m</td>
<td></td>
</tr>
<tr>
<td></td>
<td>PAS DU CHAT (transitpoint)</td>
<td>2370 m</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>LA BARME (subsistance point)</td>
<td>2457 m</td>
<td></td>
</tr>
<tr>
<td>Appendix 3, Rules and Regulations, PDG 2020, Information for Patrols starting in AROLLA</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>-------------------------------------------------------------</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| 10 | LES ÉCOULAIES (transitpoint) | 2562 m | 1045 |
| 11 | LA ROSABLANCHE | 3191 m | 1300 |
| 12 | COL DE MOMIN (transitpoint) | 3000 m |
| 13 | LAC DU PETIT MONT FORT (transitpoint) | 2763 m |
| 14 | COL DE LA CHAUX | 2939 m |
| 15 | LES RUINETTES | 2200 m |
| 16 | TÉLÉCABINE (transitpoint) | 1521 m |
| 17 | VERBIER (Finish line) | 1472 m | 1600 |

The time of passage limits and arrival in VERBIER are independent of the starting times.

All patrols that do exceed the time of passage limits will be stopped at the check points, disqualified and taken out of the race by the PdG Command. They will be asked to follow further instructions by the PdG Command. The PdG Command reserves the right to change the time of passage limits if necessary due to changing conditions.

4. **Particularities Track A**

1. The patrols must depart from AROLLA in complete formation (three team members) as registered on the departure list.
2. All patrols must reach the checkpoint COMBE DU PAS DE CHÈVRES as a complete formation.
3. The checkpoint COMBE DU PAS DE CHÈVRES must be reached within 1.45 hours of departure from AROLLA. Patrols that exceed this time of passage limit are disqualified and have to follow the checkpost chief’s instructions, return to AROLLA where they have to report.
4. The checkpoint COMBE DU PAS DE CHÈVRES (eastern starting point of the lane) opens at 0400. Teams who arrive before must wait for the post to open, without neutralisation of the time.
5. For the descent from checkpost LES RUINETTES to VERBIER, it is mandatory to use the ski slope to the right of the cable car. Descending underneath the cable car is forbidden. The passage at transitpoint TÉLÉCABINE (MÉDRAN station) is mandatory.
6. It is mandatory to use the marked track all the way to the finish.
5. **Race times / departure times chart**

The table below provides help to define the appropriate departure times.

<table>
<thead>
<tr>
<th>Departure time</th>
<th>03:30</th>
<th>04:00</th>
<th>04:30</th>
<th>05:00</th>
<th>06:00 *)</th>
<th>06:30 *)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Estimated race time:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 hours</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11 hours</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 hours</td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 hours</td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 hours</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 hours</td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 hours</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>5 hours</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>4 hours</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>3 hours</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>

*) *mandatory starting time for elite.*

---

Second paragraph: Order of the day for races A1/A2

**Tuesday, 28th of April 2020 (A1) and Friday, 1st of May 2020 (A2)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>0930 to 1530</td>
<td>Check-in of patrols in ÉVOLÈNE, «Schulzentrum»</td>
</tr>
<tr>
<td>1000 to 1530</td>
<td>Organisational duties:</td>
</tr>
<tr>
<td></td>
<td>- medical check, on request after first check with a civilian physician;</td>
</tr>
<tr>
<td></td>
<td>- distribution of starting numbers, microchip and bracelet, after ID check;</td>
</tr>
<tr>
<td></td>
<td>- control of material and equipment;</td>
</tr>
<tr>
<td></td>
<td>- accommodation</td>
</tr>
<tr>
<td>1800</td>
<td>- technical briefing for patrol members accommodated in the “ÉVOLÈNE” area in the tent in AROLLA, attendance mandatory</td>
</tr>
</tbody>
</table>
### Appendix 3, Rules and Regulations, PDG 2020, Information for Patrols starting in AROLLA

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1845</td>
<td>dinner for patrol members accommodated in the “ÉVOLÈNE” area in the tent in AROLLA</td>
</tr>
<tr>
<td>1930</td>
<td>dinner for patrol members accommodated in the “AROLLA” area in the tent in AROLLA</td>
</tr>
<tr>
<td>2015</td>
<td>technical briefing for patrol members accommodated in the “AROLLA” area in the tent in AROLLA, attendance mandatory</td>
</tr>
</tbody>
</table>

**Wednesday, 29th of April 2020 (A1) und Saturday, 2nd of Mai 2020 (A2)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>From 0200</td>
<td>breakfast</td>
</tr>
</tbody>
</table>
| From 0245 | control of material and equipment for the first departure, fehlt Örtlichkeit, all patrols must be on location 45 minutes prior to their starting time.  
|           | distribution, instruction and function check of the GPS tracker, mobile telephone and avalanche search device. |
| 0330  | departures fehlt Örtlichkeit                                           |
| 0400  |                                                                             |
| 0430  |                                                                             |
| 0500  |                                                                             |
| 0600  |                                                                             |
| 0630  |                                                                             |
| From 0700 | arrival of patrols VERBIER (immediately afterwards: equipment check, random doping check, re-establishment). |
| 1430  | ranking announcement and award ceremony (PDG village) – pertaining to weather and race conditions, time and place for the award ceremony might be changed by PdG Command |
| Followed by | distribution of commemoration medals and gifts |
| 1600  | closing of time keeping                                                  |
Remarks in case of postponement of a race

a) In the event of race A1 being postponed, the following dates and hours apply:
   - Postponement of A1 from Wednesday 29\textsuperscript{th} to Thursday 30\textsuperscript{th} of April 2020
   - Order of the day in case of postponement:
     • Wednesday 29\textsuperscript{th} of April 2020: individual training;
     • from 1800: the order of the day remains unchanged

b) In the event of race A2 being postponed, the following dates and hours apply:
   - Postponement of A2 from Saturday 2\textsuperscript{nd} to Sunday 3\textsuperscript{rd} of May 2020.
   - Order of the day in case of postponement:
     • Saturday 2\textsuperscript{nd} of May 2020: individual training;
     • from 1800: the order of the day remains unchanged

both cases, participants are required to comply to requests by the PdG Command. Especially due to weather conditions, mountain training courses might be forbidden.
Appendix 4
Attire

as 15.08.2019

1. **Category P1: Swiss military team members**
   (including Border Guard and Police Forces)
   - **Racing attire**
     Official racing suit PdG 2020 and personal equipment suitable for high alpine conditions and long layover times in extreme weather conditions and temperatures according appendix 5.
   - **For the award ceremony**
     Windbreaker PdG 2020 (will be distributed during the equipment check).

   Ordering aid, check table on pt. 4

2. **Category P2: International military patrols**
   - **Racing attire**
     Official racing attire from country of origin and personal equipment suitable for high alpine conditions and long layover times in extreme weather conditions and temperatures according appendix 5.
   - **For the award ceremony**
     Uniform required as per country of origin

3. **Kategorien P3 und P4: Zivilpatrouillen**
   - **Racing attire**
     Personal equipment suitable for high alpine conditions and long layover times in extreme weather conditions and temperatures according appendix 5.
   - **For the award ceremony**
     Expected is windbreaker PdG 2020 (will be distributed during the equipment check) or correct civilian attire (no beachwear)
4. **Ordering aid**

- The four racing suits PdG 2020 for the members of a Swiss military patrol (Category P1) must be ordered at time of registration on the internet form.
- The race suits will be delivered at the home address of the patrol lead.
- Swiss military patrol members not wearing the official racing suit PdG 2020 will not be allowed to start. Their team will be disqualified.
- The racing suit can be exchanged up to three weeks after delivery. The exchange address is mentioned on www.pdgshop.ch/exchange. The costs for the exchange, delivery and packaging must be paid directly on the shop.

Attention: Beware of the exact dimensions. In case of doubt, order the next order size

<table>
<thead>
<tr>
<th>UNISEX</th>
<th>XS</th>
<th>S</th>
<th>M</th>
<th>L</th>
<th>XL</th>
<th>XXL</th>
</tr>
</thead>
<tbody>
<tr>
<td>EU</td>
<td>44/10S</td>
<td>46/10S</td>
<td>48M</td>
<td>50L</td>
<td>52XL</td>
<td>54/0XL</td>
</tr>
<tr>
<td>US</td>
<td>34/8S</td>
<td>36/8S</td>
<td>38M</td>
<td>40M</td>
<td>42L</td>
<td>44/0L</td>
</tr>
<tr>
<td>US PANTS</td>
<td>29”</td>
<td>30”</td>
<td>32”</td>
<td>34”</td>
<td>36”</td>
<td>38”</td>
</tr>
</tbody>
</table>

| HEIGHT (CM) | 157-171 | 171-175 | 175-179 | 179-183 | 183-187 | 187-191 |
| CHEST (CM)  | 91-94 | 95-98 | 99-102 | 103-106 | 107-110 | 111-114 |
| WAIST (CM)  | 77-80 | 81-84 | 85-88 | 89-92 | 93-96 | 97-100 |
| HIP (CM)    | 92-95 | 96-99 | 100-103 | 104-107 | 108-111 | 112-115 |
| LEG (CM)    | 101-104 | 103-106 | 105-108 | 107-110 | 109-112 | 111-114 |
Appendix 5
Material, Equipment, Checks

As of 28.08.2019

First Paragraph: General directives on material and equipment check

1. **General directives**
   1. The equipment must be complete from the start to the finish line.
   2. Random checks may be carried out on the course without time neutralisation. Patrols whose equipment does not comply to the regulations or is not complete at time checked during or after the completion of the race will be disqualified.
   3. The patrols must carry their entire material themselves from the start to the finish line. Any assistance from third parties is prohibited.
   4. All patrol members must ensure that their material and equipment is compliant with the competition regulations.
   5. Mandatory material will be marked (see point 4 of this appendix)

2. **Checks of material and equipment**
   1. In addition to the material and equipment check at check-in time (in ZERMATT and ÉVOLÈNE, PdG Command organises two additional advanced material and equipment checks.
   2. It is recommended to use the advanced material and equipment checks to avoid long and unpleasant waiting times in ZERMATT or ÉVOLÈNE.
   3. One team member may present all the material and equipment of the three team members for checking and marking.
   4. Additional material and equipment checks may be conducted:
      a) at the start of the race;
      b) randomly on the track (without neutralization of time);
      c) at the finish line.
   5. The patrols are responsible to check their material and equipment before showing up at the official material and equipment checks. PdG Command will not replace broken or defect material or personal equipment.
2.1  Advanced checks in ROMANEL-SUR-LAUSANNE and in CONTHEY

The two advanced checks, available for all races, take place on following dates:

a) Sunday, 26th of April 2020, from 0800 to 1200 at the covered parking lot of the Migros Centre in ROMANEL-SUR-LAUSANNE;

b) Sunday, 26th of April 2020, from 1500 to 1900 at the covered parking lot of the Coop Centre, Coop Bassin in CONTHEY.

2.2  Material and equipment check in Zermatt

Race Z1 (Tuesday, 28th April 2020) and Z2 (Friday, 1st May 2020), see appendix 2:

a) all patrols report at the Triftbachhalle between 0830 and 1700 for the ID check;

b) all patrols will be split in two channels:
   i. patrols having already complied with the material and equipment check (advanced checks);
   ii. patrols that still needs to be checked (patience and understanding is required);

c) all patrols receive their starting numbers and are informed on their allocated accommodation.

2.3  Material and equipment check in ÉVOLÈNE

1 Race A1 (Tuesday, 28th April 2020) and A2 (Friday, 1st May 2020), see appendix 3:

a) all patrols report at the school centre in ÉVOLÈNE between 0930 and 1530 for the ID check;

b) all patrols will be split in two channels:
   i. patrols having already complied with the material and equipment check (advanced checks);
   ii. patrols that still needs to be checked (patience and understanding is required);

c) all patrols receive their starting numbers and are informed on their allocated accommodation.

2 Race A1 (Tuesday, 28th April 2020) in ÉVOLÈNE

a) 0930: checks of starting numbers 1400 bis 1699
b) 1100: checks of starting numbers 1200 bis 1399
c) 1230: checks of starting numbers 1000 bis 1199
d) 1400: check in of the patrols having taken advantage of the advanced material and equipment checks in ROMANEL-SUR-LAUSANNE or CONTHEY.

3 Race A2 (Friday, 1st May 2020) in ÉVOLÈNE

a) 0930: checks of starting numbers 3400 bis 3599
b) 1100: checks of starting numbers 3200 bis 3399
c) 1230: checks of starting numbers 3000 bis 3199
d) 1400: check in of the patrols having taken advantage of the advanced material and equipment checks in in ROMANEL-SUR-LAUSANNE or CONTHEY.

2.4 Material check at the start
1 Any exchange or modification of the material after the check is strictly forbidden. Non-compliance will lead to disqualification of the patrol.
2 The team leaders are responsible for reporting their teams at the start (courses Z and A) fully equipped with personal material and equipment. The teams must report mandatorily 45 minutes prior to their allocated starting time for checks on their equipment.

2.5 Material check at the finish line
Random checks will be carried out at the finish line in VERBIER.

3. Exchange of material during the race
1 Each patrol may carry two reserve poles, which must have been marked by the PdG Command.
2 After being checked by the PdG Command, broken skis or poles may be exchanged and marked at the checkpoint in AROLLA.
3 Any further replacement or exchange of material is strictly forbidden.

4. Return of material
1 All patrols must return the material provided by the PdG Command in VERBIER (see table, part 2, of this appendix).
2 The amount due for lost or unreturned material will be collected from the teams on site.

5. Material in the event of a medical evacuation
1 In the event of an evacuation by road or air transport of one or more athletes, the remaining patrol members are responsible for their joint patrol material. The PdG Command will take care of the personal material of injured contestants.
2 The PdG Command will take care of the personal material of injured competitors.

6. Material left behind, lost or stolen
1 Participant’s personal material found by the PdG Command will be recycled or given to a charity.
2 The PdG Command accepts no liability for stolen, lost or damaged participant’s individual material.
Second paragraph: Material and equipment

7. Material provided by the PdG Command

<table>
<thead>
<tr>
<th>Material</th>
<th>Technical requirements/description</th>
</tr>
</thead>
</table>
| 1 mobile phone                        | - set on «reception mode» at the start. Calls to be made solely for emergency purpose. Must be kept handy at all times in the cover attached to the backpack strap. Should not be covered with any material to allow for good GPS / GSM signal.  
  - it is mandatory to return the mobile phone together with the rest of the equipment. Lost or damaged mobile phone will incur a payment fee of CHF 600.- to be paid on site. |
| 3 microchips (time measurement system)| - the chip card must be carried around the neck as instructed. The chip is allocated according to the starting list and may under no circumstances be changed. (1 = team leader, 2 = team member, 3 = team member)  
  - the chips are “personal” and correspond to the individual emergency data of the competitors.  
  - it is mandatory to return the chip cards together with the rest of the equipment. Lost or damaged chip card will incur a payment fee of CHF 100.- to be paid on site. |
  - remains in possession of the patrol.                                                                                                                                  |
| 9 starting numbers                    | - 9 starting numbers (1 = patrol lead, 2 = patrol member, 3 = patrol member).  
  - remains in possession of the competitors.                                                                                                                            |
| 4 race suits PdG 2020                 | - 4 attires PdG 2020, solely for Swiss military patrols members P1  
  - remains in possession of the competitors.                                                                                                                            |

8. Joint patrol equipment

<table>
<thead>
<tr>
<th>Material</th>
<th>Technical requirements/description</th>
</tr>
</thead>
</table>
| Rope @                              | - a single rope, UIAA norm 101 conform, with a minimum diameter of 8,5 mm and 30 m length without elongation (stretched out on the ground).  
  - roping up with carabiners is forbidden.  
  - an elastic cord attached to the rope is tolerated but not recommended.                                                                                             |
Compass and altimeter - the patrol leader is responsible for calibrating the altimeter before the start:
- ZERMATT: 1605 m
- AROLLA: 2000 m
- integrated compasses and altimeters in mobile phones or pocket knives and avalanche transceivers are forbidden
- integrated compasses and altimeters in wrist watches are allowed

Climbing skins - one reserve pair of climbing skins is mandatory

Sunglasses - one reserve pair of sunglasses is mandatory

Medical kit - medical kit containing at minimum: band aids, elastic bandages and painkillers.

Material will be marked with a tape or a seal prior to the start.

NB
The use of an elastic cord to aid/support a team member is tolerated after the start. It is forbidden to use in descents, in the pedestrian/marching and changing/transition zones.

9. Individual Material

<table>
<thead>
<tr>
<th>Material</th>
<th>Technical requirements/description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ski</td>
<td>- minimum length 150 cm;</td>
</tr>
<tr>
<td></td>
<td>- minimum width 60 mm;</td>
</tr>
<tr>
<td></td>
<td>- metal edge covering a minimum of 90% of the ski length.</td>
</tr>
</tbody>
</table>

| Ski bindings   | - skis must be fitted with bindings that allow free movement of the heels for the ascent and can be locked for downhill control. |
|                | - bindings must be fitted with a side and straightforward release system, with or without safety straps. |

| Ski poles      | - a pair of alpine or cross-country ski poles of a maximum of 25mm, and width non-metallic baskets. |
|                | - The ski poles must be placed flat on the ground from the beginning until the end of the manoeuvre in the transition area. |

| Ski boots      | - Ski touring boots (only the shell) must cover the ankles and have notched rubber soles. The soles must cover at least 75 % of the shoe surface. The minimum notch depth is 4 mm. There must be at |
least 8 notches under the heel and 15 under the front part with a surface of 1 cm² per notch
- The ski touring boots must be adapted for ascents and descents
- Although allowed, carbon ski boots are not recommended for light persons as they are more subject to occur injuries than normal boots
- Minimum weight for the boots:
  - male participants: 500g each, 1000g for the pair
  - female participants: 450g each, 900g for the pair

<table>
<thead>
<tr>
<th>Backpack</th>
</tr>
</thead>
<tbody>
<tr>
<td>- the backpack must be large enough to accommodate all the material required for the competition inside.</td>
</tr>
<tr>
<td>- the backpack must also be fitted with two attachments for the skis (carrying).</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Climbing skins</th>
</tr>
</thead>
<tbody>
<tr>
<td>- one pair of climbing skins.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Avalanche transceiver</th>
</tr>
</thead>
<tbody>
<tr>
<td>- an avalanche transceiver (457 kHz), standard EN 300718, perfectly operational (batteries - reception - transmission), approved in Europe</td>
</tr>
<tr>
<td>- the device must be carried invisibly as close to the body as possible.</td>
</tr>
<tr>
<td>- must be set and remain on “transmit” from the start throughout the competition. Set on “search” only for a rescue mission.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Helmet ®</th>
</tr>
</thead>
<tbody>
<tr>
<td>- all competitors must be equipped with a helmet meeting</td>
</tr>
<tr>
<td>- UIAA 106 norm and EN 1077 class B standards or</td>
</tr>
<tr>
<td>- EN 12492 and EN 1077 class B standards.</td>
</tr>
<tr>
<td>- the helmet must be worn with the chin-strap closed underneath the chin during the whole race.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sunglasses / ski googles</th>
</tr>
</thead>
<tbody>
<tr>
<td>- one pair of sunglasses with filter or a visor fitted to the helmet.</td>
</tr>
<tr>
<td>- ski googles are mandatory for Race Z competitors.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Snow shovel ®</th>
</tr>
</thead>
<tbody>
<tr>
<td>- unmodified snow shovel (minimum surface 20x20cm, in working configuration, with shovel + handle at least 50 cm long). (UIAA Standard 156 recommended)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Snow probe ®</th>
</tr>
</thead>
<tbody>
<tr>
<td>- a snow probe that is at least 240 cm long and 10mm diameter.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ice axe ®</th>
</tr>
</thead>
<tbody>
<tr>
<td>- an ice axe meeting UIAA 152 norm or equivalent, minimum length 48 cm, with protecting pick ice</td>
</tr>
</tbody>
</table>
- climbing axes and tools are not allowed.

Rescue blanket - a rescue blanket with a minimum surface of 1.80m².

Climbing harness - a harness with leg straps, UIAA standard 105 compliant or equivalent.

Head lamp - operational.

© Material will be marked with a tape or a seal prior to the start.

10. **Clothing**

<table>
<thead>
<tr>
<th>Mandatory clothing</th>
<th>Upper body clothing</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>- Underwear</td>
</tr>
<tr>
<td></td>
<td>- 1 thermal layer, either ski jacket or overall with long sleeves</td>
</tr>
<tr>
<td></td>
<td>- Second layer, quilted windbreaker jacket, of 300g minimum</td>
</tr>
<tr>
<td></td>
<td>- Mountain jacket</td>
</tr>
<tr>
<td></td>
<td>- cap or headband</td>
</tr>
<tr>
<td></td>
<td>- Gloves, covering the wrist</td>
</tr>
<tr>
<td></td>
<td>- Second glove pair, thermal gloves</td>
</tr>
<tr>
<td></td>
<td>- One of the jacket must provide a hood</td>
</tr>
<tr>
<td>Under body clothing</td>
<td>- Ski pants (or overall) as first layer</td>
</tr>
<tr>
<td></td>
<td>- An additional mountaineering pants (windbreaker and breathing)</td>
</tr>
</tbody>
</table>
Appendix 6

Protest form

As of 15.08.2019

1. **Patrol details**
   Number and name of the patrol _________________________________
   
   Firstname/Surname ____________________________________
   Patrol lead
   Potential witnesses ____________________________________
   Firstname/Surname

2. **Reason for protest**
   *(use additional sheet of papers if needed)*
   
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
3. **Command PdG**

Recipient of Protest
Grade/ Firstname/Surname: _______________________________________

Date/time: ______________________________________________________

Signature Commander VERBIER base: ________________________________

Decision Commander PdG

Date /
Signature Commander PdG

________________________________________________________