

Appendix 5

Material, equipment, controls

As of 30th August 2023

1st paragraph general guidelines and equipment control

1. General guidelines

- ¹ Equipment must be complete from start to finish.
- ² Random checks may be carried out all over the race without neutralizing the time. Any patrol whose material or equipment does not comply with the rules and regulations or which is no longer in possession of all of its equipment at a checkpoint during or at the finish of the race will be disqualified.
- ³ The patrol must carry all its equipment itself from start to finish. No outside support is permitted.
- ⁴ Each participant guarantees that his or her material and equipment comply with the race rules and regulations.
- ⁵ The mandatory equipment is marked (see 4th paragraph of this appendix).

2. Material and equipment check

- ¹ The PdG Command organizes two advanced equipment checks in addition to the patrol registration checks.
- ² The PdG Command strongly recommend that the participants make use of the advanced material and equipment control, which applies to all races and to avoid long queues in ZERMATT or SION.
- ³ It is possible that one member of the patrol design one patrol member to present all the material and equipment from the entire patrol in view to be inspected and marked.
- ⁴ Additional checks are carried out on materials and equipment as:
 - at start;
 - on the track, by random sampling (without time neutralization);
 - at finish.
- ⁵ It is the patrol responsibility to check/test the compulsory equipment before reporting for the checks. If any part of the patrol or individual equipment is damaged, no replacement parts will be issued by the PdG Command.

2.1 Advanced checks in ROMANEL-SUR-LAUSANNE and SION (barracks)

¹ Two advanced controls are organized. These are valid for all races as:

- a) on Sunday, 14th April 2024 from 08:00 to 12:00 at the car parking Migros Center in ROMANEL-SUR-LAUSANNE;
- b) on Sunday, 14th April 2024 from 15:00 to 20:00 and on Monday, 15th April from 15:00 to 20:00 in SION (barracks).

2.2 Material and equipment check in ZERMATT

¹ Races Z1 and Z2, see appendix 2.

² All concerned patrols arrive at the Triftbachhalle between 08:30 and 17:00 for the personal identity check.

³ The patrols are split into two groups as:

- a. already checked patrols (check done in advance);
- b. patrols to be controlled (patience and understanding are required).

⁴ The concerned patrols receive their bib / race number on presentation of the withdrawal form sent by the timekeeper.

2.3 Material and equipment check in SION

¹ Races A1 and A2, see appendix 3.

² All concerned patrols arrive in SION at 14:00 for the personal identity check.

³ The patrols are split into two groups as:

- a. already checked patrols (check done in advance);
- b. patrols to be controlled (patience and understanding are required).

⁴ The concerned patrols receive their bib / race number on presentation of the withdrawal form sent by the timekeeper.

2.4 Material and equipment check at the start

¹ Any change or modification of equipment after the inspection is strictly forbidden and will result in the disqualification of the patrol.

² all patrols under the responsibility of the patrol leader, take their material and personal equipment to the start (Z and A races).

³ Patrols must be on site at latest 45 minutes before the start.

2.5 Material and equipment control on arrival

On arrival in VERBIER, a check is carried out.

3. Exchange of equipment during the race

¹ 2 ski poles per patrol may be carried. In this case, they must be marked by the PdG Command.

² After being checked by the PdG Command, broken skis and poles can be exchanged and marked at the checkpoint in AROLLA.

³ Any other replacement of equipment is forbidden.

4. Return of Equipment

¹ The equipment received from the PdG Command must be returned by all patrols in VERBIER (see table, 2nd paragraph of this appendix).

² Lost or not returned material will be paid by the patrol directly on site.

5. Material in case of medical evacuation

¹ If one or more patrols are evacuated by land or air, the remaining members of the patrol are responsible for the patrol's common equipment.

² The personal equipment of the injured patrol member can be taken in charge by the PdG Command.

6. Lost, left behind or stolen personal equipment

¹ Personal equipment collected by the PdG Command is donated to charity or recycled.

² The PdG Command declines all responsibility in the event of theft, left behind, loss or damage to patrol member's personal material.

7. Lost & found

¹ Lost and found items can be collected from the Lost & Found office at the finish in VERBIER within 24 hours of the race.

² After this deadline, the equipment can be collected by notifying the PdG Command from the 1st of May 2024.

³ From the 1st of June 2024, any not picked-up equipment will either be recycled or donated to charity.

2nd paragraph Material and equipment

8. Material provided by the PdG Command

Material	Technical requirements / description
1 mobile phone	<ul style="list-style-type: none"> - Turned "ON". Call only if absolutely necessary. The device must always be within easy reach in the bag attached to the shoulder trap. It must not be covered by items of clothing to ensure a good reception of the GPS/GSM signal. - The mobile phone must be returned on arrival in VERBIER. Otherwise, or in event of loss, 600 CHF will be charged to the patrol directly on site.
3 electronic chips (timekeeping)	<ul style="list-style-type: none"> - They must be worn as instructed. The allocation of electronic chips must absolutely correspond to the order on the start list; <ul style="list-style-type: none"> 1 = Patrol leader; 2 = 2nd patrol member; 3 = 3rd patrol member. - The electronic chips are nominative and correspond to the individual emergency data of the participant. - The 3 electronic chips must be returned together with the rest of the equipment. Otherwise, or in event of loss, each electronic chip will be invoiced at 100 CHF to the participant directly on site.
1 map	<ul style="list-style-type: none"> - One map, special edition PdG 2024; 1:50 000; - Remains in possession of the patrol.
9 bibs (race numbers)	<ul style="list-style-type: none"> - 9 bibs / race numbers <ul style="list-style-type: none"> 1 = Patrol leader; 2 = 2nd patrol member; 3 = 3rd patrol member. - Worn on the right leg, the backpack and helmet. - Labelling material will be provided to identify personal equipment transported from ZERMATT or SION to VERBIER. - Only 1 label per patrol member will be distributed. - Remains in possession of the patrol.

9. Common equipment per patrol

Material	Technical requirements / description
Rope ®	<ul style="list-style-type: none"> - A single-use dynamic rope complying with UIAA standard 101¹, with a diameter of at least 8.5 [mm] and a passive length (stretched out on the ground) of at least 30 [m]. - Roping onto a carabiner is forbidden. - The elastic cord is forbidden.
Compass and altimeter	<ul style="list-style-type: none"> - The altimeter must be set before the start under the responsibility of the patrol leader as follows: <ul style="list-style-type: none"> a. ZERMATT : 1605 [m] b. AROLLA : 2000 [m] - Integrated compasses/altimeters into wrist-watches are allowed. - integrated compasses and altimeters in mobile phones or pocket knives and avalanche transceivers are forbidden.
Anti-slip skins	<ul style="list-style-type: none"> - A spare pair is mandatory.
Sunglasses	<ul style="list-style-type: none"> - A spare pair of filtering sunglasses are mandatory.
First-aid Kit	<ul style="list-style-type: none"> - The first-aid Kit contains at least: plasters, elastic bandages and painkillers.

® Equipment marked with a sticker or seal before the start.

Note:

The use of an elastic cord to aid/support a patrol member is tolerated after the start. Its use is forbidden on the descent, in the walking zones (including portage) and in the change/transition zones.

10. Individual equipment

Material	Technical requirements / description
Skis ®	<ul style="list-style-type: none"> - Minimum length 150 [cm]; - Minimum ski width 60 [mm] at the pad; - Metal edges covering 90% of their length; - Stoppers are recommended.
Ski bindings	<ul style="list-style-type: none"> - The skis are fitted with bindings that allow the heels to move during ascending and can be locked during descending. - The ski bindings must have a side and front release system with or without a safety strap.
Ski poles ®	<ul style="list-style-type: none"> - A pair of alpine or cross-country poles with a maximum diameter of 25 [mm] equipped with non-metallic rings. - The ski poles must be placed on the floor during all handling operations in the change/transition area.
Ski boots ®	<ul style="list-style-type: none"> - A pair of high ski boots (above the malleolus). The soles must conform to the factory specifications and cover at least 75% of the shoe's surface. The minimum depth of the notches is 4 [mm]. - Shoes must be appropriate for ascent and descent. - Although permitted, carbon shoes are not recommended for light persons as they can cause much more serious injuries than normal shoes. - Minimum weight for the ski boots: <ul style="list-style-type: none"> a. All men's category: 500 [g] each, i.e 1000 [g] per pair; b. All women's category: 450 [g] each, i.e 900 [g] per pair.
Backpack	<ul style="list-style-type: none"> - The Backpack must be large enough to hold all the required equipment for the race. - The Backpack must also have two attachment points for the skis.

Avalanche transceiver (DVA) ®	<ul style="list-style-type: none"> - An avalanche transceiver (457 kHz) equipped with 3 antennas, conforming to the EN 300718 standard and perfectly operational (batteries – reception – transmission). Approved only in Europe. - The device should be worn under clothing as close as possible to the body and should not be visible. - It must be switched to "Transmit" mode at the start and remain so for the entire duration of the race. Only switch to "search" in the event of a rescue operation.
Helmet ®	<ul style="list-style-type: none"> - Each participant must wear a helmet that complies with the dual standards (ski/mountain): <ul style="list-style-type: none"> - UIAA 106 <u>and</u> EN 1077 class B or - EN 12492 <u>and</u> EN 1077 class B. - The helmet must be worn strapped under the chin during the entire race.
Glasses / ski goggles	<ul style="list-style-type: none"> - A pair of filtering sunglasses or a visor adapted to the helmet. - Ski goggles are mandatory for race Z participants.
Snow shovel ®	<ul style="list-style-type: none"> - An avalanche shovel is mandatory and must meet the standard (UIAA 156¹).
Snow probe ®	<ul style="list-style-type: none"> - A snow probe at least 240 [cm] long and with a diameter of 10 [mm].
Ice axe ®	<ul style="list-style-type: none"> - An ice axe complying with the UIAA standard 152¹ or equivalent, at least 48 [cm] long with tip protection. - Ice hammers or similar tools are not allowed.
Survival blanket	<ul style="list-style-type: none"> - A survival blanket with a minimum surface area of 1.80 [m²].
Climbing harness	<ul style="list-style-type: none"> - A leg harness complying with the UIAA standard 105¹.
Headlamp	<ul style="list-style-type: none"> - Operational.

® Equipment marked with a sticker or seal before the start

¹ The equipment must be certified to UIAA or equivalent EN standard where dual certification is not required.

11. Clothing

Mandatory clothing	<p><u>Upper body clothing</u></p> <ul style="list-style-type: none">- underwear;- A 1st thermal layer, i.e a ski jacket or long-sleeved ski suit;- A 2nd layer, i.e a windproof, breathable jacket with thermal padding (synthetic or feather, minimum weight 300 [g]);- A jacket resistant to bad weather and high-mountains conditions (e.g Gore-Tex[®]);- Cap or similar;- A pair of gloves covering the whole hand up to the wrist;- A second pair of thermal gloves;- One of the jackets must have a hood. <p><u>Under body clothing</u></p> <ul style="list-style-type: none">- 1st thermal layer: ski trousers or ski suit;- Windproof and breathable mountain over trousers.
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