

CONDITIONS DE PARTICIPATION

SPECIAL COVID

Dear runners,

So that the party may take place and be beautiful despite the particular period that we are living, we have taken certain precautions to protect you, as well as all the volunteers who will welcome you.

In order to comply with the OFSP's (Swiss Federal Office of Public Health), we will do our best to minimize the crowd and reduce the time spent in "sensitive" places (collection of the bib, supplies and arrival area in particular). We appeal to everyone's individual responsibility so that social distance and usual barrier gestures are respected at all times.

Wearing a mask: Wearing a mask will be mandatory in the following situations (masks not provided by the organization):

- When collecting the bib.
- In the starting area. The mask can be removed a few moments before departure, when authorization is given by the speaker.
- In public transport and/or shuttles set up by the organization.
- **Material control:** In order to minimize the crowd, this year exceptionally there will be no compulsory material, except hydro-alcoholic gel, the cup and a jacket,(see below) and no checks. A list of recommended equipment will be indicated in the Roadbook, each runner deciding under his own responsibility what equipment he wishes to take with.
- **Supplies posts:** Wearing a mask will be compulsory for all volunteers but not for runners. Hydro-alcoholic gel will be available at the entrance to the refreshment zone : each runner must apply it to his hands when arriving. The runner **does not** help himself to anything, he will be served by a volunteer who will place the chosen food on a small tray. The runner will then go aside, always making sure of respecting the distances from the other runners.
- **Compulsory "covid-19" equipment:** Each runner must bring a small bottle of hydro-alcoholic gel (not provided by the organization). He will be responsible for applying it on his hands before each passage involving chains or ropes.
- **Start zone:** 57K runners can, like every year, choose to start at 6 a.m. or 9 a.m., without any prior registration required. The departure of the 32K is scheduled for 8:30 a.m. in Vérossaz. These three separate starts will never allow more than 400 runners in the same place at the same time.
- **Arrival area:** On arrival, each finisher runner can take in supplies (same operating mode as at the refreshment stations along the course) and receive his medal (for the DDM | 57K only) and his finisher gift. The runners are asked to leave the finish area promptly in order to limit the crowd. Activities will be organized in collaboration with

the merchants of Champéry Central Street to allow you to experience conviviality with your closed relations, while avoiding large gatherings.

- **Distribution of the people:** Each runner is asked to go with his entourage to the restaurant assigned to him. A map, with the indication according to the bib number, will be posted in several places of the village street.
 - **Announcement of the results:** This year exceptionally, the podium awards ceremony will not take place. The first three riders will receive their prizes when crossing the finish line. Other prizes will be mailed directly.
 - **Runner's meal:** A meal will be served to all runners in the parish hall of Champéry. We thank you for being particularly attentive to respecting the distances on this occasion and for following the instructions of the volunteers.
 - **Showers and massages:** As part of the measures to fight the pandemic, the large number of runners unfortunately does not allow us to offer you showers and massages this year. We thank you for your understanding. The hosts of the Region will be happy to welcome you for your overnight stays during this weekend and will allow you to enjoy a room and a shower.
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To participate, it is essential that race participants:

- Be fully aware of the length and difficulty of the event, and should be prepared for it.
- Have acquired, prior to the race, a capacity of personal safety when alone in a mountain setting, allowing themselves to manage the challenges and problems created by this event, and in particular:
 - to know how to cope without outside help with weather conditions that can be extremely challenging, as a result of altitude, darkness, night, wind, cold, fog, rain and/or snow.
 - to know how to manage, even when alone, the physical and/or mental challenges resulting from severe fatigue, digestive issues, muscular or joint pains, and possible injuries...
- to be fully aware that the role of the organization is not to help a race participant manage his problems and that for such activity in the mountains, safety depends on the ability of the race participant to adapt to challenges encountered en route.

All DDM trail races are open to any person, male or female, at least 18 years old on the day of the race, or 16 and 17 years old with a signed parental release form.

The DDM Junior is open to participants from ages 11 to 17.

The DDM Kids is open to participants from walking, up to age 10. (Online as of 4, less on site)

Each participant declares that he or she knows and accepts these rules.

SEMI-AUTONOMY

The principle of semi-autonomy is a central premise of the DDM Trail Race. Semi-autonomy is defined as the ability to be autonomous between aid stations, in terms of food, clothing and

safety equipment, and in particular including the ability to manage any challenges that may arise, such as environmental issues, injury, and/or darkness.

This principle involves in particular the following rules:

1. Each participant must have with him or, for the duration of the race, all of his mandatory equipment (see paragraph EQUIPMENT). He or she should carry this material in their race vest during bib pickup, and cannot exchange or drop mandatory equipment along the course. At any time during the race, race marshals will be able to check participant race vests and their contents. The participant has the obligation to submit to these controls with cordiality, under penalty of removal from the race.
2. Aid stations are supplied with drinks and food for consumption on the spot. The organization provides water for filling flasks or hydration bladders. The participant must make sure that he or she has enough water and food when leaving an aid station to reach the next aid station.

CONDITIONS OF REGISTRATION

Your participation in the DDM Trail implies the unreserved acceptance of these rules.

REGISTRATION

Registration is open as of December 1st for the next race.

Registrations are made via MSO through the website of the event: www.ddmtrail.ch

For the races, the prices will be as follows:

N°	Name of the category	Age (over)		before Dec 31st	before August 1st	before Sept. 12th
		From	to			
	DDM 57 et DDM 32 individuel				(Price per person DDM 57 / DDM 32)	
1	Espoir homme	18	23	85/65 CHF	89/69 CHF	99/79 CHF
2	Senior homme	24	39	85/65 CHF	89/69 CHF	99/79 CHF
3	Vétérant 1 homme	40	49	85/65 CHF	89/69 CHF	99/79 CHF
4	Vétérant 2 homme	50	59	85/65 CHF	89/69 CHF	99/79 CHF
5	Vétérant 3 homme	60	90	85/65 CHF	89/69 CHF	99/79 CHF
7	Espoir dame	18	23	85/65 CHF	89/69 CHF	99/79 CHF
8	Senior dame	24	39	85/65 CHF	89/69 CHF	99/79 CHF
9	Vétérant 1 dame	40	49	85/65 CHF	89/69 CHF	99/79 CHF
10	Vétérant 2 dame	50	59	85/65 CHF	89/69 CHF	99/79 CHF
11	Vétérant 3 dame	60	90	85/65 CHF	89/69 CHF	99/79 CHF

	DDM R (relais)	<i>From</i>	<i>to</i>		(Price per team)	
13	Homme relais 1	18	90	129 CHF	129 CHF	149 CHF
14	Homme relais 2	18	90	129 CHF	129 CHF	149 CHF
15	Dame relais 1	18	90	129 CHF	129 CHF	149 CHF
16	Dame relais 2	18	90	129 CHF	129 CHF	149 CHF
17	Mixte relais 1	18	90	129 CHF	129 CHF	149 CHF
18	Mixte relais 2	18	90	129 CHF	129 CHF	149 CHF
	DDM D (découverte)	<i>From</i>	<i>to</i>		(Price per person)	
19	Homme	18	90	129 CHF	129 CHF	149 CHF
20	Dame	18	90	129 CHF	129 CHF	149 CHF
N°	Name of the category	Age (over)			on site	
	DDM J (Junior)	<i>From</i>	<i>to</i>		(Price per person)	
21	Homme	11	17			15 CHF
22	Dame	11	17			15 CHF
	DDM K (Kids)	<i>From</i>	<i>to</i>		(Price per person)	
23	Homme	4	10			10 CHF
24	Dame	4	10			10 CHF

This registration fee includes participation in the race, race souvenir, finisher prize, and a meal available at the race finish.

DEPARTURES

- DDM | 57 : start at 6 or 9am, to choose from according to runner's ability
- DDM | 32 : start at 8:30am (from Vérossaz)
- DDM | R (Relay) : start at 6 or 9am, to choose from according to runner's ability
- DDM | D (Découverte) : start at 10am on Friday from Champéry
- DDM | J (Junior) : start at 1pm
- DDM | K (Kids) : start at 11:30am

CANCELLATION OF REGISTRATION

Any cancellation of registration must be made in writing. Reimbursement of registration fees must be made by the dates below for the year preceding the race:

- Before June 15: 60% of the registration fee will be refunded.
- Before August 15th: 30% of the registration fee will be refunded.
- After September 1st: No refund will be made. Bib exchange is possible.

EQUIPMENT

To participate in the DDM race events, mandatory gear is required. However, it is important to note that this is a minimum that each race participant must supply. We encourage you to consider taking additional clothing and equipment based on your personal abilities and experience.

We encourage you to not choose the lightest possible clothing in order to save a few ounces of weight, but to choose clothes that will provide good protection in the mountains against the cold, wind and snow, and therefore, better safety and performance.

Mandatory equipment:

- 1 liter minimum water supply
- Mobile phone so you can contact the emergency services and be contacted at any time
- Personal cup for supplies
- Food reserve
- Minimum 1.40m x 2m survival blanket
- Headlamp
- Whistle
- Jacket with hood to withstand bad weather in the mountains

Recommended equipment :

- Long leg running pants or tights OR a combination of tights and socks fully covering the leg
- Elastic adhesive tape for bandaging or strapping
- Long sleeve sweater to withstand the cold
- Gloves
- Cap or bandana
- Sunglasses
- Sun cream

The organization reserves the right to modify the mandatory equipment according to weather conditions. The final list will be communicated on the website and the FB page.

RACE BIB

Each bib is given individually to each trailer on presentation of:

- An identity document with a photograph,

The race bib must be worn on the chest or belly and must be visible at all times throughout the race. It must therefore always be positioned above all clothing and may under no circumstances be attached to the bag or a leg. Partners' names and logos must not be altered or hidden. The bib is the pass necessary to access the shuttles, supply areas, infirmaries, rest rooms, showers, drop-off areas or collection of bags... Except in case of refusal to comply with a decision taken by a race official, the bib is never withdrawn but in case of abandonment, it is deactivated.

SAFETY AND MEDICAL ASSISTANCE

First aid stations are located at various points along the routes. A medical team is present throughout the events in Champéry, Vérossaz and Salanfe. The first aid stations are intended to provide assistance to any person in danger using the organization's own resources or those agreed upon.

It is the responsibility of a runner in difficulty or seriously injured to call for help:

- by reporting to a first-aid station
- by calling the medical team
- It is the responsibility of each runner to assist any person in danger and to warn the rescuers.

Don't forget that hazards of all kinds, related to the environment and the race, can make you wait for help longer than expected. Your safety will then depend on the quality of what you put in your bag.

A runner calling on a doctor or first-aid attendant submits in fact to his authority and undertakes to accept his decisions.

First-aid attendants and official doctors are in particular authorized:

- to disqualify (by invalidating the bib) any competitor unable to continue the race,
- to evacuate by any means at their convenience the runners they deem to be in danger,
- to admit to hospital at their convenience runners whose state of health so requires.

The costs resulting from the use of exceptional emergency or evacuation means shall be borne by the person rescued, who shall also be responsible for his own return from the place where he has been evacuated. It is the sole responsibility of the runner to prepare and submit a file to his personal insurance within the time limit set.

If you are unable to reach the medical team, you can call the emergency services directly (especially if you are in an "emergency only" area).

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Any runner who voluntarily deviates from the marked path is no longer under the responsibility of the organization.

CONTROL AND FOOD SUPPLY STATIONS

Each runner will be provided with a bib with an electronic chip. Runners who do not permanently have their chips will be penalized.

A check is carried out on arrival at any first aid or supply station.

Unannounced checkpoints shall be set up at places other than first aid and supply station. Their location is not communicated by the organization.

Only runners wearing a visible and duly controlled race number have access to the supply stations.

Any runner seen throwing garbage on the course will be disqualified.

A large number of bins are placed at each supply station and must be used. No cups will be provided at the refreshment station, each runner must have with him the necessary.

MAXIMUM TIME ALLOWED AND TIME BARRIERS

The time barriers are as follows:

- 01 :30pm in Vérossaz
- 04 :30pm in Salanfe
- 09 :00 in Champéry

The start times (time barriers) of the main checkpoints will be defined and communicated in the race roadbook.

These time barriers are calculated to allow participants to reach the finish in the maximum time imposed, while making possible stops (rest, meals...). To be allowed to continue the race, competitors must leave the checkpoint before the time limit set (regardless of the time of arrival at the checkpoint).

Any competitor put out of the race and wishing to continue his course will be able to do so only after having returned his bib, under his own responsibility and in complete autonomy.

In case of bad weather conditions and/or for safety reasons, the organization reserves the right to stop the race in progress or to modify the time barriers.

ARRIVAL

When you arrive, you will receive your finisher gift.

A meal is also offered to all participants at the arrival site.

RANKINGS AND AWARDS

For each race, a general classification for men and women and a classification for each category for men and women are established:

The top 3 in each category receive a podium prize.

ABANDONMENT AND REPATRIATION

Except in case of injury, a runner must not withdraw elsewhere than at a checkpoint. He must then inform the person in charge of the checkpoint, who definitively invalidates his bib.

The runner keeps his invalid number because it is his pass to access the shuttles, buses, meals, treatment rooms...

Repatriation will be decided with the head of the checkpoint, according to the following general rules:

- Runners who abandon at a rescue or supply station but whose state of health does not require evacuation must return as quickly as possible and by their own means to the nearest point of repatriation.
- With regard to supply or emergency stations accessible by car or 4x4:
 - when the checkpoint closes, the organization may, within the means available, repatriate runners who have abandoned and are still present at the checkpoint
 - in the event of unfavorable weather conditions justifying the partial or total stop of the race, the organization shall ensure the repatriation of the runners arrested as soon as possible

In the event of abandonment before a checkpoint, it is imperative to return to the previous checkpoint and report the abandonment to the head of the Checkpoint. If the runner meets the broom runners on the way back, it is the broom runners who invalidates the race bib. The runner is then no longer under the control of the organization.

MODIFICATIONS OF THE COURSE OR TIME BARRIERS; CANCELLATION OF THE RACE

The organization reserves the right to modify at any time the route and the locations of the first aid and supply station, without notice. In case of unfavorable weather conditions (heavy rain and snow at altitude, high risk of storms...) the start can be postponed for a maximum of a few hours, beyond that, the race is cancelled.

In case of force majeure (in particular in case of bad weather conditions and for safety reasons), the organization reserves the right to stop the race in progress or to modify the time barriers.

In the event of cancellation of an event, for any reason whatsoever, decided more than 15 days before the date of departure, a partial refund of registration fees will be made. The amount of this reimbursement will be set in such a way as to enable the organization to meet all irrecoverable costs incurred at the date of cancellation. In case of cancellation decided less than 15 days before the start or in case of interruption of the race, for any reason whatsoever, no refund will be made.

INSURANCE

Civil liability

The organiser shall take out civil liability insurance for the duration of the event. This civil liability insurance guarantees the financial consequences of its liability, that of its employees and participants.

The Trail des Dents du Midi association ensures the safety of its participants (runners, volunteers and all persons having a close or distant relationship with the association) and takes all necessary measures to achieve this objective. It takes concrete measures in consultation with the owners of the mountain pastures to ensure safety, but declines any responsibility in the event of non-compliance with instructions and distances to the animals.

Individual accident

Each competitor must be in possession of individual accident insurance covering search and evacuation costs. Such insurance may be taken out with any organization of the competitor's choice.

REGULATION CHANGES

The organization reserves the right to modify these rules at any time and without notice.

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