



## RULES

### SALOMON 4 TRAILS 2020 - HIKING

In recent years hiking has shaken off its old-school image and reinvented itself as a young, dynamic and modern sport popular among all ages. That's why we will be offering a separate hiking category at the SALOMON 4 TRAILS. There is a new route with new trails each year comprising short but spectacular stages heading south towards Lake Garda. Hikers leave in the morning together with the trailrunners. However, before you pull on your hiking boots and hit the trails, please read these rules and regulations carefully and sign the declaration of liability at the end to confirm you have understood everything. As organisers we trust you to know your own level of fitness and experience, so please be honest with yourself. That is the best way to stay safe and have fun. The 15 points below contain everything you need to know about equipment, time limits, etc. at the SALOMON 4 TRAILS for hikers.

#### 1. TYPE OF EVENT / CONDITIONS OF PARTICIPATION

What are the SALOMON 4 TRAILS, who is allowed to take part and what can you expect?

The event is for individual competitors who are at least 18 years old. The SALOMON 4 TRAILS are an extreme team stage race. The different stages, all include sections in the high mountains. That's why this event is only suitable for people who have experience of walking in this kind of terrain. If you do not have such experience, it is better to stay at home.

Mountains + vertigo = problems. Participants must be absolutely sure-footed even on narrow and twisting alpine trails. The courses may also include short sections where you will have to hold onto a rope for safety. And, of course, it is essential that you know how to act in case of emergency.

Thanks to smartphones most of us these days know how to use topographic maps and GPS. However, participants must also be able to orientate themselves in alpine terrain without the help of technology, even when the weather closes in and visibility is poor.

Ill, injured or simply not fit enough? In that case don't risk it. Instead, rest up and start preparing for next year's event. By signing these participant rules you declare that you are 100% fit and ready to take part in this sporting event.

The points listed here are not designed to be exhaustive. Instead, they serve merely as examples and indications of what awaits participants.

#### 2. SELF-RELIANCE

Even if things are busy at the start line, hiking in the mountains can be a lonely experience. Participants must be self-reliant throughout the stages. That means all participants must be able to orientate themselves without external support. And, of course, it is essential that you always have enough food and drink with you.

#### 3. COURSE

The SALOMON 4 TRAILS consists of four daily stages of varying length and difficulty. There is no guarantee that the weather will be good. Therefore, if the weather gods are not smiling on us and we are unable to ensure the safety of the participants we may be forced to change sections of the courses at short notice. For all the latest information visit: <https://4trails.net/course/?lang=en>

#### 4. CLOTHING / EQUIPMENT

Weather conditions can change quickly in the high mountains. Therefore, all participants must wear or carry in their backpack the following clothing and equipment. We will carry out checks on the start line and at the control points. Participants who do not have all of the items listed below may be subject to time penalties or disqualification.

- Closed trail running shoes or hiking shoes with a tread that is suitable for the alpine terrain
- Labeling of a participant's food / beverage supplies by the individual's start number
- Foul-weather gear for protection from the elements (as a minimum water-proof rain coat)
- Warm clothing (long-sleeved shirt and pants) as insulating layers underneath the rain gear (in case of bad weather conditions which may set in suddenly in high mountain territory); basic rule: it is not allowed to see any skin!
- Gloves and a hat
- Drinking vessel to get drinks at the food stations
- Water tank containing at least 1 liter
- Emergency kit (1x sterile dressing 4"x4", 2x field dressing, 2x sterile gloves, 1x triangular bandage, 4x band-aids 1x emergency whistle, blister pads, rescue blanket)
- GPX watch with complete course data saved to memory, alternatively: the printed course map(s) and elevation profile
- Backpack
- Mobile phone with Medical Crew Number saved in its address book to be able to make emergency calls (it must be made sure that the phone can make calls from within Austria as well)

Also recommended: sun screen, sports glasses, fatty cream against chafing, additional supply of own food and beverages, blister tapes.

**WIN** WIN

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## 5. START NUMBER

You will receive your start number, which is unique to you and cannot be transferred to other people, at the registration desk. Please bring along a signed copy of our declaration of liability (can be downloaded when registering to take part) and your ID Card. Your starting number must be worn visibly at all times during the tour and must not be taken off.

## 6. ELECTRONIC TIMING

Your start number contains an electronic transponder chip which will record your time and for safety reasons. If this chip does not work or becomes lost, please immediately inform a member of staff at one of the checkpoints and the Race Office.

## 7. BRIEFINGS / START

At the starting location on the evening before the hike there's a compulsory briefing on the tour as a whole and on the first stage you will be hiking. It is here that you will be told about the route in detail and the regulations. At each subsequent stage, participants will receive a detailed route briefing for the next stage as part of the respective pasta party. Every participant must attend the briefings. On the day of the hike you must gather at the start area 45 minutes before the official start time. There will be a final briefing in the start area 15 minutes before the start.

## 8. COURSE SIGNPOSTING

We will make sure you find your way along the course. The route will be signposted by our experienced team using chalk spray, signs, barrier tape, flags, etc. Please be aware that third parties may knock off these markings, that they disappear or be hard to see in darkness or snowfall. Once the time cut-off has passed the course is closed to all hikers.

## 9. CHECKPOINTS AND REFRESHMENT STATIONS

There are between one and two control points along each stage.

Refreshment stations:

Each refreshment station has drinks, energy bars and fruit. Some refreshment stations also have hot food and hot drinks. Please see the route map online of the course to find out where exactly each numbered refreshment station will be located.

Checkpoints:

Participants will be registered at each checkpoint as they arrive. Participants who do not pass through all the checkpoints (due to short-cuts or losing their way) but make it to the finish will be out of the ranking.

## 10. TIME CUT-OFFS / FINISH

You are probably familiar with time cut-offs from races such as the Tour de France. If a participant reached a checkpoint after the time cut-off, he/she will be withdrawn. Details on the time cut-offs can be found in your information pack. Please be aware that the organisers reserve the right to change the time cut-offs. People who have the right to remove participants from the tour are: the course director, the members of staff at the checkpoints and refreshment stations, the medical crew and the officials trailing the field.

## 11. WITHDRAWING FROM THE HIKE

What should you do if, for whatever reason, you are forced to withdraw from the hike? Inform the Medical Crew immediately by calling **+49 151 550 101 48**. If you fail to do this it may result in an expensive and complicated search mission being launched to find you. You will have to bear the costs of any such search mission. Please be aware that starters who have withdrawn are not automatically entitled to a transfer.

## 12. MEDICAL EMERGENCIES (MEDICAL CREW)

Start/finish area:

Your health is our number one priority. An hour before the official start time and an hour after the last starter reaches the finish area there will be a MEDICAL CREW on-site. Please use their services if you need to. Important! Please make sure you get there in plenty of time – things can get pretty busy. Participants who fail to visit the MEDICAL CREW early enough will not have a right to medical treatment.

During the stages:

Safety first is the name of the game. That's why members of our MEDICAL CREW and/or public ambulance crews will remain at points along the course until the last starter has passed. If you get into trouble, call the medical info hotline or ask another participant to do so for you. If things are acute, ask another participant to provide first aid. Remember: every starter is obliged to help other starters in this way. Don't worry about losing time – any delay incurred as the result of helping another participants in a medical emergency will be deducted from your time at the finish.

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In a natural environment there are often unpredictable circumstances which make it difficult or impossible to provide immediate medical assistance. This is where you, your own responsibility and your self-discipline come in. Please abandon the tour too early rather than too late – if possible at a checkpoint or refreshment station. If you have recently passed one and are then forced to abandon, please turn around and go back to it. Be sensible. The members of our MEDICAL CREW have the right to withdraw participants from the tour at any time if they believe the participant will not be able to complete the tour or will seriously jeopardise his/her health and/or the safety of the course team or MEDICAL CREW by doing so.

Which other powers does the MEDICAL CREW have? They can carry out medical examinations and check if participants have all the necessary safety equipment. They can transport participants off the course using the appropriate means of transport and take them either directly or with the help of the local ambulance service to the nearest hospital if this is necessary.

Please be aware that participants must cover the costs of all rescue services apart from those carried out by the MEDICAL CREW.

**MEDICAL INFO HOTLINE: +49 151 550 101 48**

#### **EUROPEAN EMERGENCY NUMBER 112**

The medical info hotline can be found on the back of your start number. If you are unable to get through to the medical info hotline, please call the European emergency number 112 without delay.

### **13. PROTECTING THE ENVIRONMENT / NATURE**

Hikers respect the environment. Therefore, please throw away any rubbish only at the refreshment stations and under no circumstances damage or pollute the natural surroundings on purpose.

### **14. THE SALOMON 4 TRAILS RULES**

The SALOMON 4 TRAILS takes place on tarmac roads, forest roads, walking paths and alpine trails, which are not closed to the public.

Participants must adhere at all times to the traffic rules in the respective country. All participants must follow instructions given by the police and the course marshals.

Please be aware that away from the marked course there is serious danger of falling. That is why short-cuts (including "cutting" switchback corners, etc.) and alternative routes are strictly forbidden. Participants take part in the event at their own risk.

At unclear or dangerous points on the course, please proceed with the appropriate caution. The organiser is entitled to take additional measures in order to secure dangerous sections. However, the organiser is not obliged to do so.

It is forbidden for participants to receive assistance from a member of their support team who is in a vehicle or on a bicycle. Any disturbance caused to the tour as the result of accompanying vehicles of any kind may result in the participant who is receiving support being disqualified from the tour. Any accompanying vehicles found to be on sections of the course closed to public vehicles will automatically lead to the disqualification of the participant receiving support.

For environmental reasons, members of support teams assisting individual participants are strictly forbidden from polluting or damaging the natural surroundings. This includes any form of spraying or painting along the course. Any such action will result in the immediate disqualification of the participant who was the recipient or the intended recipient of this support.

Any participant who disposes of food wrappers, bottles, cups, etc. by throwing them away in nature instead of at the refreshment stations will be disqualified.

Mechanical connections between two participants are prohibited for safety reasons.

All participants must behave in a considerate, sporting and fair manner.

### **15. CANCELLATION OF PARTICIPATION BY EVENT ORGANISER**

Up until the official end of the event, the event organiser reserves the right to cancel a participant's participation, in line with the legal provisions set out in Articles 324, 241 Paragraph 2 of the German Civil Code. Any such cancellation shall be carried out according to the provisions set out in Article 346 of the German Civil Code.

**The event management and organising team reserves the right to make changes to these rules.**

**WIN** WIN

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