

Race Handbook RIT 2024

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General Rules

1. Each team must consist of two participants and at least one technical assistant.
2. It is mandatory for the 2 racers to participate in the Youth Prologue event on Friday.
3. Each participant must know how to swim. By the mere fact of registering, every competitor attests to knowing how to swim.
4. Members must always follow each other within a 15 m distance.
5. Members must follow the course layout for sections where it is specified to do so.
6. Athletes and assistants must carry all equipment (bikes AND canoes) throughout the Adventure Raid.
7. The team must be perfectly autonomous in terms of supplies, equipment, and safety. It must always have with it the list of mandatory safety equipment* required by activity. You may be checked at any time during the race by the organization. (*see *Mandatory Section*)
8. Teams must always have their GPS beacon with them, from the start line to the finish line inclusively.
9. Teams are required to assist a team in difficulty. Failure to assist a team in danger is sanctioned by exclusion from the race. The team must ensure that its passport is properly stamped as proof of passage.
10. You are responsible for verifying that your passport is properly stamped for each PC (control point) during the race. Each stamp not visible on the punch card will be penalized by a time penalty.
11. We will not tolerate any waste or trash during the race, and a team will be penalized on its final race time. Excrement must be buried more than 10 m from watercourses, and toilet paper must be picked up and thrown in the trash or toilet.
12. All runners must sign the waiver provided by the organization before the start of the race.
13. The organization reserves the right to add specific regulations to each event. These will be recorded in the "Road Book", and it is the responsibility of the runners to read and respect them.
14. All motorized means of transportation are prohibited.
15. Sails and other non-motorized means of propulsion will be accepted unless

otherwise indicated during certain sections.

16. Camping in a tent is mandatory for all athletes on Friday and Saturday nights for safety control and fairness among runners. It is not mandatory for assistants to sleep in a tent.
17. GPS and GPS watches are prohibited. Only watches that give ONLY the time are accepted.
18. The use of satellite or cellular phones is prohibited during the event.
19. Teams must link the checkpoints and transitions in order, unless otherwise indicated in the "Road Book".
20. Assistance teams are only allowed to help their teams within a maximum radius of 30 m around the transition and arrival areas.
21. Each team is entitled to only one support vehicle during transitions. Only vehicles the size of a pickup truck or van are accepted. Trailers are prohibited.
22. Each team is responsible for the equipment loaned by the organization. It must sign the loan agreement and provide a security deposit. Any damage or loss of the loaned equipment will be charged to the team. The loaned equipment must be returned after the race to the designated location.
23. In case of emergency, any competitor can notify the organization either by satellite phone or by cell phone with assistants or GPS beacons.
24. Any recourse to the assistance of the organization without justification may result in a penalty of exclusion from the race.
25. Each member of a team participating in the raid remains fully responsible for his or her personal belongings and equipment. In case of loss, theft, or damage to this equipment and effects, the responsibility of the raid organization cannot be called into question.
26. In case of abandonment, every competitor must imperatively notify the organization either by satellite phone or cell phone, or by going to the nearest transition to notify an official. Failure to comply with this obligation could result, in the event of specific searches, in the pecuniary, civil, and criminal liability of the competitor(s) who have not taken the necessary steps to signal their location. Failure to comply with this obligation would release the organization from any liability and therefore from any civil or criminal proceedings.

Eco-Responsible Event

The Temiscamingue International Raid implements an eco-responsible approach and teams must respect it, particularly the following points:

- Do not abandon any waste or object of any kind in nature, leave the camp sites clean.
- Respect the natural environment, do not break branches, or move natural elements to facilitate or shorten a passage.
- Respect private and public properties, know how to respect these places (fauna, flora) and other users of nature such as walkers, fishermen, etc.
- Close the gate (or gates) that you had to open during the raid.
- The right of way applies only for the duration of the race. It is strictly forbidden to return to these lands without the owners' authorization.

In general, respect any eco-responsibility instructions that may be given during the event.

Safety and Medical Services

- Competitors participate in the competition in compliance with safety rules. Whether these are part of the regulations or common sense and logic rules, they must act as responsible individuals. The behavior of a participant should never endanger his or her life or that of others. Any failure to comply with these principles and rules engages the personal responsibility of their authors and releases the organization from any liability.
- A team of first aid responders will provide emergency medical services in collaboration with local emergency services. First aid services of the raid organization are positioned at locations deemed important by the raid organisers.
- The raid takes place in an isolated area. The medical team may take several hours to reach a team requiring medical assistance. By the mere fact of registering, every competitor attests to understanding the situation and will not hold the organization responsible for delays in reaching a team in difficulty.
- A team may be neutralized for "medical" reasons (accident, incident, fatigue, etc.) at its request or according to the decision of the raid organization. In this case, the time is not stopped, and the team must comply with the directives of the raid organization.

- Weather and/or natural conditions or the management imperatives of the event may require the organization to stop teams temporarily or definitively and/or cancel race sections or the entire race for safety reasons. Failure to comply with these instructions will result in a penalty and release the organization from any subsequent liability. The jury may make time adjustments if it deems it necessary.

Penalties/Sanctions

- Unjustified use of organizational assistance: 1 hour
- Failure to always maintain cleanliness during the race: 3 hours
- Non-compliant safety equipment: 2 hours
- Missing equipment: 30 minutes per item
- Non-grouped progression (15 m) at all times: 30 minutes
- Non-compliance with organizational instructions: 2 hours
- Non-compliance with safety rules: 4 hours
- Unpunched control point card (day 1 and 2): 3 hours
- Punching of control point card without partner: 1 hour
- Loss of control point punch card: penalty = time of the last team plus 3 hours
- Loss of the "Road Book" or course map: minimum penalty of 3 hours (to be determined by the organization according to the progress of the race)
- Planned external assistance when not permitted: **Disqualification**
- Unsportsmanlike conduct (e.g. blatant cheating, systematic disputes, bad spirit, inappropriate remarks, or gestures): **Disqualification**
- Failure to pass through an organizational point (transitions, campsites) or not camping at a mandatory campsite: **Disqualification**
- Use of unauthorized means of transportation or equipment: **Disqualification**
- Violation of the identity or physical abilities of a competitor: **Disqualification**
- Deliberate degradation of the environment: **Disqualification**
- Injurious or aggressive behavior: **Disqualification**
- Unfair attitude, destruction, sabotage: **Disqualification**
- Failure to assist a person in danger: **Disqualification**
- Pollution, fire, damage, vandalism during or after the events: **Disqualification**

In case of an infraction leading to the exclusion of a team from the race, the members of the team (competitors, assistants) will be jointly and indefinitely

responsible for their actions and release the organization from any liability.

Claims

Claims must be submitted in writing, at the assistance point following the section or portion of the race on which a team wishes to make a claim. A fee of 200 CAD is required for any claim. They will be judged by the race jury, which will hear, if deemed necessary, the competitors concerned by the claims.

Race Jury

The race jury is composed of a representative of the raid management, a representative of the technical team, a representative of the race commission, and any person whose presence is deemed useful by the members of the race jury. The race jury ensures that the ethics of the race are respected by the participants. It is the sole judge of breaches of the regulations. It receives and judges the claims made by the participants. It can sanction any transgression of the regulations with penalties. It can also grant bonuses based on the neutralizations carried out or for any other reason. The technical organization personnel present on the ground are sworn in by the organization. Their testimony is therefore valid before the race jury.

Mandatory Equipment

Mandatory Equipment at All Times

- Whistle + first aid kit (1 per team)
- Headlamp (2x)
- Survival blanket (2x)
- Waterproof bag (1x) with spare clothing top and bottom (2x)
- Compass (1x)
- GPS Tracking Device (1X)

Mandatory Equipment for Bike Section Per Team

- Mountain bike (2x)
- Approved bike helmet (2x)
- Front bike light (2x)
- Flashing red rear light (2x)

Mandatory Equipment for Canoe Section

- 1 canoe (loaned by the organization or brought by the team)
- A nautical safety kit consisting of 1 rope bag (1x) with 15 m of floating rope (1x) and a scoop
- Nautical safety knife (2X)
- Approved life jacket 2x (loaned by the organization or brought by the team). *Self-inflating or inflatable PFDs are prohibited!*

Mandatory Equipment for Rope Section

The organization requires TWO complete sets of equipment per team.

- 2 climbing harnesses
- 2x 2m lanyards (minimum 9 mm diameter climbing ropes) with 2 simple carabiners
- 2x Type 8 or ATC descenders with a screw or auto lock carabiner
- 2 screw or auto lock carabiners
- Bike helmet is mandatory for rope activities (2x)

Mandatory Equipment for Campsites (managed by assistants)

- Sleeping bags (1 per person)
- Ground mat (1 per person)
- Food Water
- Stove, etc....

Equipment Provided by the Organization

- A canoe is provided for each team with PFD and paddles. If you need a canoe from the organization, you must request it by email **before March 1, 2024**, at info@enduranceadventure.com.

Note: You can, if you wish, bring your own personal canoe and paddles. The canoe must be made of plastic (T-Formex, Royalex or other plastics). Fiber canoes are not accepted (fiberglass, carbon, Kevlar, etc.). Keep in mind that the canoe will be used during the Youth Prologue event on Friday, by young people.

- Paddles will be provided by the organization, if requested
- A three-person tent per team

The equipment loaned by the organization is your responsibility. A deposit will be required when the equipment is collected and will be returned when the equipment is returned at the end of the race. Any damage to the equipment will be charged to the users.

Highly Recommended Equipment

We recommend that athletes have waterproof map holders (in 11 x 17 format) to protect maps, as well as transparent self-adhesive protective film.

For adventure swimming sections and river and lake canoe sections, the organization strongly recommends wearing a neoprene wetsuit. River water can be very cold!

Conditions of participation

Participants declare that they have read the regulations as well as the various documents assimilated to the regulations of the event and have accepted the terms without reservation.

Team's Captain Signature : _____

Team Captain Initials: __ __