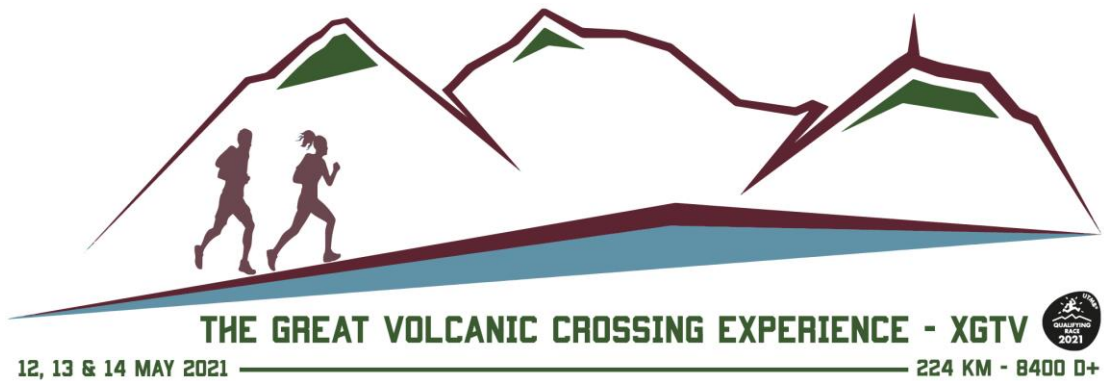


# The XGTV Great Volcanic Crossing Experience

224 km - 8400 m climb

« “Trail Adventure Race, Duo or Solo”  
from 12 to 14 May 2021



**VVX VOLVIC-VOLCANIC EXPERIENCE**

**MAY 2021**  
**13, 14 & 15**

DAY 1 - MOVE DAY 2 - DISCOVER

15 KM 25 KM 43 KM 80 KM 110 KM 224 KM

WWW.VOLVIC-VVX.COM

CHALLENGE RACE 2021 ULTRA-TRAIL WORLD TOUR

# 2021 regulations for the XGTV Great Volcanic Crossing Experience

The **XGTV Great Volcanic Crossing Experience**<sup>®</sup> is one of the events proposed as part of the VVX<sup>®</sup> Volvic Volcanic Experience.

It is managed by a Race Committee whose decisions are final.

## EVENT CHARACTERISTICS

1. The Great Volcanic Crossing Experience is a semi-autonomous sports challenge, which will take place from 12 to 14 May 2021.
2. This adventure is open **to solo runners and duos** of women, men or mixed teams.
3. This event will start on Wednesday 12 May 2021 at 10:00 am and the race closing time is 00:00 on Friday 14 May 2021, i.e. a maximum of 62 hours to meet this challenge and reach the finishing line.
4. An official ranking will be established according to the order of arrival of duos and solo runners within this period of 62 hours.

Duos are strictly inseparable. If one runner forfeits the race, the 2<sup>nd</sup> runner can continue the adventure as a solo competitor (however, the runner will be ranked after the last solo runner having left the starting line).

5. The route will bring competitors from the Lioran station in the Cantal department (15) to the Volvic (63) springs via the Plomb du Cantal, the Puy Mary, the Cézallier mountain range, the Sancy mountain range and the Chaîne des Puys – approximately 224 km with a climb of 8400 m in the heart of the Auvergne Volcanoes Regional Natural Park.

No markings are in place. The event involves following an itinerary using a roadbook and GPS routes (provided by the organisation).

In the event of a navigation error by a participant, the VVX Volvic Volcanic Experience organisation cannot be held liable for any damages incurred as a result (excluding highlighted routes given in article 14 of the “Event Characteristics” paragraph of these rules).

6. In order to maintain the quality of the event and ensure safety, the number of participants is capped at a total of 90 across all categories.

7. The organisation puts one medical station/cold refreshment station and three aid stations in place:

- Km 31.5 at the Col de Serre (medical and cold refreshment refuelling station) – Cut-off time = Wednesday 12 May 2021 at 7:00 pm
- Km 68.5 at Condat (aid station) – Cut-off time = Thursday 13 May 2021 at 4:00 am
- Km 105 at Pertuysat (aid station) – Cut-off time = Thursday 13 May 2021 at 7:00 pm
- Km 184 at the Maison du Parc in St Genès-Champanelle (aid station) – Cut-off time = Friday 14 May 2021 at 2:00 pm.

Each team manages its supplies and its breaks as it wishes.

At the medical/cold refreshment refuelling station (Col de Serre), competitors will find:

- Solid cold food
- Energy products...
- Cold and hot drinks
- Toilets
- Medical assistance (doctor)

On the 3 life bases, competitors will find:

- A hot meal
- The 5 PDO (Protected Designation of Origin) Cheeses from Auvergne
- Energy products...
- Cold and hot drinks
- Toilets / Showers (showers subject to limitations)
- Their spare bags with a change of clothes and running supplies
- Medical assistance (physiotherapists, doctor, etc.)

**8. Assistance** can only intervene in **outdoor** life bases. It is strictly prohibited at any other point of the race, at crossings of roads and villages, under penalty of immediate disqualification. However, it is possible for participants to obtain water or food when crossing villages as far as this action is not intentionally organized (for example calling a friend to agree on a point to provide food...). Yet, in case of food poisoning or any other health problem caused by one of these supplies that is beyond the control of the organization, the responsibility of the organization of the Volvic Volcanique Experience VVX cannot be engaged.

**9. Participants may not be accompanied** along the route (except along the kilometre that precedes or follows the aid stations) under penalty of immediate disqualification. Checks will be carried out along the route.

10. All participants must strictly comply with **the Highway Code** throughout the entire event. The organiser shall not be liable in the event of non-compliance with the entirety of these instructions.

11. Most of the areas crossed by marked paths are private properties. Removing your waste, staying on the marked paths, not disturbing wildlife, etc. are simple gestures to respect nature, inhabitants and other visitors.

12. To protect the health of competitors, their entourage, volunteers and the public as best as possible, the organiser will strictly comply with all injunctions and instructions imposed by the administrative authority concerning the health crisis caused by the COVID-19 virus.

These measures are now specified in the “Guide to health recommendations for the organisation of races and the fight against the spread of the COVID-19 virus” issued by the French Athletics Federation on 21 July 2020. Reference should be made to this document. It is specified that the protection measures in question may result in significant changes to the organisation of events, to the route and timetable of races, to the number of participants and to the procedures to be followed, and may even result in the cancellation of said event. Each participant undertakes to comply unreservedly with these current administrative measures and those which may subsequently be taken. No reimbursement may be requested from the organiser as a result.

13. Any runner declaring COVID symptoms before the race must refer to the organization by calling the race doctor (number at the end of the race regulations). Any runner having COVID symptoms within 15 days after the race will report it to the organization by phone at 0805383944 (no surcharge) or by email at info@sportips.fr

14. XGTV race is ITRA certified and is a 6 point UTMB © qualifying race.

15. Two classifications will be established: a duo classification and a solo classification so that each finisher can recover his/her UTMB points.

16. The provided GPX track ensures route continuity. However, on the Roadbook, the highlighted track will be the imposed track. Certain passages (for example, through villages) will not be highlighted, which will allow runners to take the route of their choice between the two tracks (for example to find water or buy food ...). The two supports (GPX track and Roadbook) are therefore complementary.

## **PARTICIPATION AND REGISTRATION TERMS**

The Great Volcanic Crossing Experience is open to any person born in or before 2001 (*espoir* to master 11 categories), whether or not they are a member of a race federation.

To validate their registration, each runner must complete and provide a registration form on <http://sportips.fr/volvic-vvx/> and the **signed and dated certificate of acceptance of these rules with the handwritten words “lu et approuvé”** (see Appendix 3).

**Before 12 April 2021, each competitor must submit the following via the Sportips registration module:**

- a **specific XGTV medical certificate** dated less than one year before 12 May 2021 (see Appendix 1)
- **proof** (*email, certificate, copy of results via a race site*) that each competitor participated in and completed a **medium- or high-altitude ultra-trail race of a minimum of 24 hours and/or a long-distance trail of a minimum of 24 hours in 2018, 2019 or 2020.**

- **For duos, the preceding criterion may be met by one of the two runners.**
- a **medical information sheet** that will only be accessible to doctors and the race director (see Appendix 2).
- an **image rights permission sheet** (see Appendix 4).
- The post-COVID **runner's charter** (FFA directive) (see Appendix 5)
- All of these documents must be submitted electronically.

### Services provided by the organisation

#### Per runner

- 1 Bib
- 1 hot post-race meal and drink in Volvic
- 1 Access ticket to the closing evening of the VVX on Saturday, May 15, 2021 in Volvic
- 1 finisher TShirt
- 1 Souvenir gift
- The classification and validation of 6 points for the UTMB

#### Per team or in addition for the solo package

- 1 emergency beacon with Global Positioning System (GPS) per team. This beacon will allow you to have duo / solo live monitoring. A deposit check will be requested from participants to receive the beacon when they hand their bibs.
- 1 Roadbook
- 1 GPX track with the tracks and waypoints file to be downloaded into personal GPS will be sent approximately 15 days before the event to all participants to avoid any changes on the track.
- In case of a withdrawal, a paper format Roadbook will be provided in the life base.
- **4 bases** (3 life bases + 1 medical base / cold supply) with liquid and solid supplies, hot meals with local products, toilets, medical assistance, physiotherapist...
- **The shuttle** to reach the start at the Lioran station (15) - departure from Volvic (Goulet site) Wednesday, May 12, 2021 at 6.30 am
- **24 hour security** on the race provided by professionals
- **Shuttle for repatriation** of runners (in case of retirement, repatriation with managers of the life bases, after all the competitors have passed through).
- **Electronic time-keeping**
- **A free application for Live Tracking** on Smartphone and screen on arrival.

## **COMPLETION OF THE RACE**

The XGTV Great Volcanic Crossing Experience will leave from Lioran station in the Cantal department on Wednesday 12 May 2021 at 10:00 am. The Experience then becomes a medium-altitude circuit of about 224 kilometres and has about 8400 metres of climb.

Arrivals will be judged at the Goulet site in Volvic on Friday 14 May 2021 at midnight, i.e. a maximum time of 62 hours is allocated to complete the entire route.

Collection of the bib numbers, bag checking and race instructions: Tuesday, May 11, 2021 from 4 p.m. to 8 p.m. on the Goulet site in Volvic. The bags will be checked (compulsory equipment) at 4.30 p.m., 6.30 p.m. or 8 p.m. (30 runners maximum per slot).

Race briefing: Wednesday, May 12, 2021, 30 min (9:30 am) before the start.

Drop-off of relief bags: Tuesday 11 May 2021 upon collecting bibs from the Goulet site in Volvic (former factory) from 4:00 pm to 8:00 pm or Wednesday 12 May 2021 from 5:30 am to 6:30 am at the Goulet site in Volvic (former factory).

**Important clarification regarding relief bags: they are not provided by the organisation, and there is a 10kg maximum per bag, with a full fastening mandatory (no open bags such as bin bags or supermarket bags).**

Departure by shuttle: Wednesday, May 12, 2021 at 6.30 am from the Goulet site in Volvic. Mandatory for participants **except in exceptional cases, validated by the organization. Mask are mandatory on the bus.**

Arrival at Lioran on 12 May 2021 at 9:00 am at the latest. Reception + animation + breakfast + briefing and photo of participants.

Official start of the race: Wednesday 12 May 2021 at 10:00 am at Lioran on Neige Front.

## **BIBS**

Each bib is handed over individually to each competitor upon presentation of a photographic identity document after having **signed and dated the certificate of acceptance of these rules with the handwritten words "lu et approuvé"**. **If this condition is not fulfilled, the organisation will not allow the participant to take part in the race.** The bib must be visible throughout the race and presented at the checkpoints along the route and at the stations.

In Volvic, the bib is the pass required to access the bus, treatment rooms, rest rooms, showers, bag drop-off or collection areas and, of course, the four stations.

## **GEOLOCATION AND CHECKS**

A geolocation application will be enabled and a GPS beacon will be provided to each duo team or solo participant. This beacon allows the organisation to monitor the team's progress and its route, thus ensuring its safety on the route.

**A penalty will be assigned to each solo participant/duo if they are deemed to be off the route. The race director will have full discretion regarding this penalty after verification on arrival.**

**Any absence of mandatory equipment will result in a penalty of one hour per absence.**

It is imperative for each solo / duo to have at least 1 phone in charge for GPS tracking, in the race bag throughout the event. Also for solos, obligation to have a recharging battery.

Tracking information will be available on the Internet.

## **CUT-OFF TIMES**

Cut-off times will be defined at the stations and/or any other location deemed necessary by the organisation for safety requirements. They are calculated to enable participants to reach the finishing line within the maximum time imposed of 62 hour

	Place	Date Cut-off time	Time allotted	Details
<b>Station 1</b> <b>Massif Cantalien</b>	Maison des activités  Pleine Nature du Col de  Serre	Wednesday 12 May 2021  at 7:00 pm	Race time = 9hrs  Avg 3.3 km/h	31.5 km  1950 m climb/1860 m descent
<b>Station 2</b> <b>Cézallier</b>	Condat	Thursday 13 May 2021 at 4:00 am	Race time = 9hrs  Avg 4.1 km/h	37 km  740 m climb/1375 m descent  <i>68.5<sup>th</sup> km</i>
<b>Station 3</b> <b>Sancy</b>	Pertuysat	Thursday 13 May 2021 at 7:00 pm	Race time = 15hrs  Avg 3.5km/h	36.5 km  1100 m climb/610 m descent  <i>105<sup>th</sup> km</i>
<b>Partner lodging stage</b> <b>(picnic room</b> <b>available - SUBJECT TO</b> <b>LIMITATIONS</b> <b>food on site at your</b> <b>expense)</b>	Buron du Col de la Croix-Morand  Thursday 13 May 2021 (5:00 am to 00:00)			35 km  2070 m climb/1855 m descent  <i>140<sup>th</sup> km</i>
<b>Partner lodging stage</b> <b>(picnic room</b> <b>available - SUBJECT TO</b> <b>LIMITATIONS</b> <b>food on site at your</b> <b>expense)</b>	Café du Lac de Servières  Thursday 13 or Friday  14 May 2021 (7:00 am to 11:00 pm)			26 km  980 m climb/1175 m descent  <i>166<sup>th</sup> km</i>
<b>Station 4</b> <b>Chaîne des Puys</b>	Maison du Parc de  Montlosier	Friday 14 May  2021 at 2:00 pm	Race time = 19hrs  Avg 3.2 km/h	79 km  3390 m climb/3605 m descent  <i>184<sup>th</sup> km</i>
<b>Arrival at the</b> <b>Goulet site in</b> <b>Volvic</b>	VVX finish  line	Friday 14 May  2021 at 00:00	Race time = 10hrs  Avg 3.9 km/h	40 km  1220 m climb/1600 m descent  <i>224<sup>th</sup> km</i>



In order to be allowed to continue the race, the teams and solo participants must leave the aid station before the specified time limit (cut-off time).

Any competitor pulled out of the race by the organisation who wants to continue the journey will do so under his/her full responsibility after returning his/her bib and GPS beacon.

## **FORFEITING AND REPATRIATION**

The organisation will ensure the repatriation of runners (who forfeit the race or are pulled out at a cut-off time) from the stations, without making a commitment as to the time of repatriation. If a participant forfeits the race at any other point on the route, runners must make their own arrangements to reach the nearest aid station, save for some exceptions.

If a participant forfeits the race, the return of the relief bag to Volvic before the end of the event cannot be guaranteed.

## **MANDATORY EQUIPMENT**

For obvious safety reasons, participants undertake to keep with them all the mandatory equipment listed below.

Systematic checks will be carried out at the starting line and aid stations, and randomly along the route.

### **Mandatory personal equipment**

- Minimum water supply of 1.5 litres at the starting line and when leaving each aid station Micropure or water filtration system
- Spare energy food supply, at least 1,000 kcal
- 1 headlamp in good working condition with batteries or a spare battery 1 survival blanket (minimum 140x210 cm)
- 1 whistle
- 1 warm long-sleeved undershirt in breathable fabric in the runner's size (T-shirt + pair of arm sleeves allowed)
- A 2<sup>nd</sup> long-sleeved layer (fleece type) in the runner's size
- A 3<sup>rd</sup> long-sleeved layer with a hood (Gore-Tex or equivalent type)
- 1 pair of Gore-Tex or equivalent type of trousers in the runner's size
- 1 pair of long sports trousers or leggings in the runner's size (3/4 + pair of sleeves allowed)
- 1 pair of gloves 1 beanie or ruff
- 1 manual compass
- 1 multi-use cup or eco-cup
- 1 Bowl or bowl + cutlery for hot meals in the life base (in a spare bag in the life base or in a backpack): nothing will be provided by the organization, principle of eco-responsibility and compliance with health measures.
- 1 mandatory duvet in the race bag (at least 200 g)

- 3 relief bags per runner with capacity of approximately 20 L. Each bag will be identified and transported to each of the three aid stations

### **Mandatory equipment per team or for the solo runner**

- 1 knife
- 1 lighter
- 1 set of waterproof maps (map holder or waterproof paper) (each runner is in charge of printing it)
- 1 cell phone (with saved organization numbers), fully charged in a waterproof pouch
- 1 charger (solar, portable, etc.);
- 1 GPS or watch on which the tracks provided by the organization have been downloaded.
- The Roadbook and the route maps
- 1 emergency headlamp and spare batteries
- 1 First aid kit for treating small wounds and minor illnesses: 1 Velveau elastic tape width 5 cm (unopened), 1 packet of sterile compresses, 1 adhesive tape (Sparadrap/Tensoplast...), 1 unidose of physiological salt solution, 1 pair of tweezers, 4 tablets of PARACETAMOL or equivalent (analgesic stage 1) -> No ANTI-INFLAMMATORY, 2 blister bandages

N.B.: Any absence of mandatory equipment will result in a penalty of one hour.

### **Other equipment highly recommended for your safety (non-exhaustive list)**

- At least €20 in cash
- Waterproof bag
- Emergency poncho
- Tea-light candle
- Sticks
- Other spare clothing
- 1 pair of sunglasses
- String, sunscreen, Vaseline or anti-heating cream
- Floor mat in spare bag to rest in life base...

### **SAFETY AND CONDUCT TO ADOPT IN THE EVENT OF AN ACCIDENT**

The Race HQ will be located in Volvic and monitors will be present throughout the whole route and at the aid stations. These people will be the only contacts for the runners, who should speak to them in the event of a problem.

If necessary, they will be responsible for alerting and coordinating public emergency services

### **In the event of an accident**

Runners must use their first aid kit for initial first aid treatment.

In the event of an emergency or inability to move, they must alert the **Race Doctor or the Race Director**.

In the event of bad weather conditions, and for safety reasons, the Race Director reserves the right to change the route, change the cut-off times or, if necessary, stop the race or impose a stop-and-go at the aid stations. His/her decisions are final.

In case of any modification of the route, new maps (paper roadbook) will be provided in a life base with a less exposed fall-back route. So you must know how to read an IGN map (legend, contour lines, equidistance, distance estimation, etc.)

## **INSURANCE**

### **Individual accident**

Each competitor must be in possession of personal accident insurance covering search and rescue costs in France in the Medium Mountain sector. Such insurance may be taken out with any organisation at the discretion of the competitor, in particular with the French Athletics Federation via federation membership, or with the French Climbing and Mountaineering Federation, etc.

For runners who are members of the ITRA (International Trail Running Association), it is possible to take out an Assistance-Repatriation insurance that covers search and rescue costs worldwide. For more information, visit [www.itra.run](http://www.itra.run).

### **Civil liability**

The organiser will take out liability insurance for the duration of the race. This liability insurance guarantees the monetary consequences of its liability, and that of its employees and participants.

## **IMAGE RIGHTS**

All participants in the event expressly waive both their image rights during the event and all claims against the organiser and its official partners that may arise from the use of their image. Only the organisation may pass this image right

à on to any media via an accreditation or an appropriate licence. Any communication about the event or use of images of the event must respect the name of the event and the registered trademarks, and have the official agreement of the organisation.

## **TEAM CHANGE AND CANCELLATION**

The initial composition of the teams may be modified before 12 April 2021. Requests will be evaluated by the Race Committee, which will decide whether or not to accept the registration, and its decision is final.

Any cancellation of the registration of a whole team or solo participant must be submitted by e-mail or registered letter. Cancellation by telephone is not permitted.

Registration fee refunds are only possible under the following conditions:

<b>Date of submitting request</b>	<b>Amount refunded, as a % of the registration fee (excluding supplementary fees)</b>
From 1 January to 15 February 2021	60%
From 16 February to 12 April 2021	40%
After 12 April 2021	No refund.

If one team-mate withdraws, it will not be possible to recover part of the amount of the registration.

Registration is in the name of the participant. A registration may not be transferred to another race or to another person for any reason whatsoever.

In the event that a runner has an accident or develops a serious illness, a doctor's certificate, signed and stamped by the doctor, stating the reason that they cannot take part in the race, will be required. Any other reason for cancellation must be supported by a signed and stamped certificate issued by the relevant authority.

## **DATA PROTECTION**

The organisation reserves the right to share the list of participants and their contact information with its partners.

In accordance with the French Data Protection Act of 06/01/1978, participants have the right to access, rectify and erase their personal information from this list by making a request in writing to the organisation and indicating their full name and bib number.

## **QUARTZ EVENT PROGRAMME**

The Volvic Volcanic Experience Organisation has decided to implement the QUARTZ Event programme to protect your health and contribute to a drug-free sport. The QUARTZ Event programme is for all participants. It is not intended to nor is qualified to replace national and international anti-doping rules but is intended to strengthen medical surveillance before, during and after the competition. The QUARTZ Event programme is conducted in collaboration with the ITRA (International Trail Running Association), the Athletes For Transparency (AFT) association and the Ultra-Sports Science Foundation (USS). It is managed by a Medical Committee consisting only of doctors. This Medical Committee may seek advice from experts of its choice and is in particular responsible for giving an opinion to race management on the medical status of the participants. This Medical Committee may even recommend management remove a participant from the race for health reasons.

Each participant therefore undertakes to:

1. Report the following medical information to the Medical Committee:
  - Any history of medical issues and/or pathology, in particular those that may increase risks during a sport activity
  - Use of regular treatments or medicines or food supplements at least 30 days before the start of the competition
  - Any request for or use of a substance or method subject to a Therapeutic Usage Exemption (TUE)
2. Accept all urinary and/or blood and/or hair and/or saliva tests and related analyses within 30 days of the start of the competition and up to 15 days after the competition, it being understood that the costs incurred in taking these samples and the related analyses shall be borne directly by the Organisation.
3. Agree not to participate in the competition in the event of glucocorticoid usage, regardless of the mode of administration and therefore whether or not a TUE exists, within seven days of the start of the competition. The use of glucocorticoids may in particular be identified in the analyses carried out either from a direct dosage or in the case of an abnormally low cortisol level.
4. Agree to respond to any invitation from the Medical Committee on site or à remotely (telephone or videoconferencing) so as to discuss the participant's aptitude for participation in the competition.
5. Send any form regarding any anti-doping test performed within 30 days of the start of the competition and up to 15 days after the competition. Each form must be legible.
6. Accept the use, for research purposes only and strictly anonymously, of the participant's personal data. Each participant has the right to access, rectify and object to the processing of their data. The Medical Committee is the body the participant can turn to in order to exercise this right.

The declaration of medical information to the Medical Committee is made through the ITRA health space to which each participant has access after creating a runner account free of charge on the ITRA website: <http://www.itra.run>. Declared medical information can only be accessed by the Medical Committee's doctors, designated experts and the medical team providing any treatment during the race.

Any unreasonable breach, refusal or transmission of inaccurate information in connection with the QUARTZ Event programme may result in the participant being taken out of the competition or disqualification after the competition.

## **ACCEPTANCE OF THE RULES AND EVENT ETHICS**

By registering, participants confirm that they are aware of these rules and agree to follow all provisions therein unreservedly. Registering implies full and complete acceptance (i.e. without reservation) by participants of these rules, the event ethics and any instructions provided by the organisation to the participants.

**THESE RULES MAY BE AMENDED UP TO 48 HOURS BEFORE THE RACE START, IN PARTICULAR AS A RESULT OF HEALTH MEASURES LINKED TO COVID 19 AS IMPOSED BY THE GOVERNMENT.**

## **CONTACT INFORMATION**

Email: [grandetraverseevolcanic@gmail.com](mailto:grandetraverseevolcanic@gmail.com)

Damien POULET - Race Coordinator for the Great Volcanic Crossing Experience – Email: [damienpoulet@gmail.com](mailto:damienpoulet@gmail.com)

Stéphane DUMORTIER – Race Director – Email: [steph.raidmr@gmail.com](mailto:steph.raidmr@gmail.com)

FB event page: <https://www.facebook.com/ExperienceGrandeTraverseVolcanic/>

XGTV Facebook group (for participants only):

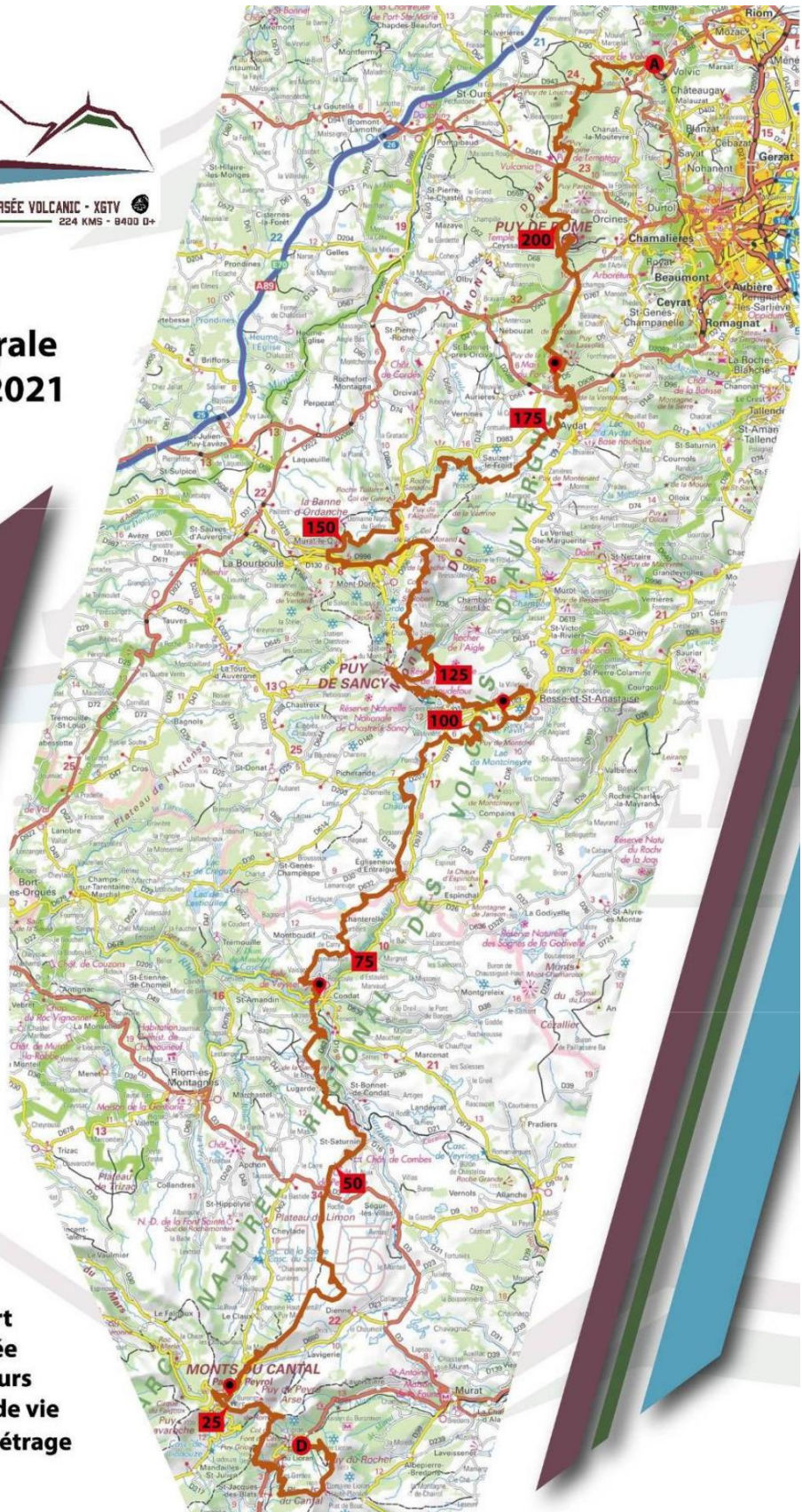
[https://www.facebook.com/groups/366908153909318/?source\\_id=283671439019324](https://www.facebook.com/groups/366908153909318/?source_id=283671439019324)

Website: [www.volvic-vvx.com](http://www.volvic-vvx.com)

Registration module: <http://sportips.fr/presentation-course/xgtv-220km/>



## Vue générale parcours 2021



- D** Départ
- A** Arrivée
- Parcours
- Base de vie
- KM** Kilométrage

## APPENDIX 1



### SPECIFIC MEDICAL CERTIFICATE for the 2021 XGTV Great Volcanic Crossing Experience

**This certificate of aptitude for participation in the XGTV sporting event (ultra-endurance race of 224 km - climb of 8400 m - max. time 62 hrs) is to be filed in the Sportips registration module before 12 April 2021. If the medical certificate is not received by that date, the registration will be cancelled and not refunded. All medical certificates must be provided in French.**

I, the undersigned,

.....,

a medical doctor, certify that I have examined, today,

Mr/Ms (delete as appropriate) .....,

born on .....in.....,

and have not identified any reasons to disallow competitive racing on foot, and in particular participation in an **ultra-endurance race of 224 km with a climb of 8400 m with a maximum duration of 62 hours.**

Signed on..... in.....

Handed over to the interested party for all legal intents and purposes.

Stamp and signature of the Doctor



## APPENDIX 2



### MEDICAL INFORMATION SHEET for the 2021 XGTV Great Volcanic Crossing Experience

**This sheet must be filled out by the runner and filed in the Sportips registration module before 12 April 2021. If the medical information sheet is not received by this date, the registration will be cancelled and not refunded.**

*The information contained in this sheet allows for better care in the event of medical problems during the race. This medical information is strictly confidential and will only be accessed by the race director and doctor, and is subject to medical confidentiality.*

**Bib no. (reserved for the organisation)**

.....

**First name and last name of the runner**

.....

**Date and place of birth of the runner**

.....

**Person to be notified in case of an emergency (last name, first name, telephone number, relationship with the runner)**

.....

**Known medical history (cardiac, diabetes, etc.)**

.....

**Current medical treatments**

.....

**Known allergies to drugs (or no knowledge of any allergies)**

.....

**Additional information (if necessary)**

.....

**Date:** .....

**Runner's signature:** .....

### APPENDIX 3



#### CERTIFICATE OF ACCEPTANCE OF THE RULES for the 2021 XGTV Great Volcanic Crossing Experience

**This certificate of acceptance of the rules for the XGTV sporting event is to be filed in the Sportips registration module before 12 April 2021. If the certificate of acceptance of the rules is not received by this date, the registration will be cancelled and not refunded.**

I, (first name and last name)

.....

declare that I have received, read and accepted the rules of the XGTV Great Volcanic Crossing Experience, which will take place on 12, 13 and 14 May 2021.

Write the words "Lu et approuvé" [Read and approved] below by hand

Date: .....

Signature: .....

## APPENDIX 4



### PERMISSION FORM ("Image rights")

I, the undersigned, (first and last name)

.....

born on ..... and residing at .....

grant "VOLVIC VOLCANIC" the exclusive rights to photograph me, film me, record my words and comments, and use my image (individually or in a group).

These recordings and photographs are hereinafter referred to using the term "Elements".

These Elements may be used for any communications operation, whether internal or external to "VOLVIC VOLCANIC", across all events it organises (VVX, XGTV, etc.), and may be used via any and all means of promotion and communication. This includes the print press, displays (posters, bills and flyers), video, television, business documents, paper media (point-of-sale advertising, catalogues, brochures, signs, books, booklets, diaries, cards, calendars, leaflets, etc.) and digital media (the internet, intranet, social media, DVD, CD-ROM, email, etc.).

These promotional and communications operations may take place within France (including metropolitan France and its overseas departments and territories) and abroad.

In addition, these operations are not limited in time. My granting of permission remains valid even in the event of a change in my civil status (in particular in the event of marriage) and even in the event of my death or my being placed under judicial protection.

The Elements may be adapted to suit the nature and method of distribution of the information and communication resource via any graphical means or process or computer software subject to the sole limitation that this adaptation must not change or harm the integrity of my image.

With regard to the content of my statements and comments, my consent will be required if substantial changes are to be made.

This permission is granted free of charge and with no compensation of a financial nature or of any other kind.

This permission is governed by French law. Any difficulties arising from the interpretation and/or implementation of this permission will result in an attempt at reconciliation between the parties before any such matters are brought before the competent courts.

Signed in ....., on .....

Signature

## APPENDIX 5



### RUNNER'S CHARTER – POST COVID-19 COMMITMENT (FFA directive)

**This charter must be filled out by the runner and filed in the Sportips registration module before 12 April 2021. If the charter is not received by that date, the registration will be cancelled and not refunded.**

As a runner in the Volvic Volcanic Experience VVX XGTV Great Volcanic Crossing Experience, I am aware that participation in any event must take place in strict compliance with the health rules put in place by the government and with our environmental values, and I hereby undertake to:

1/ Comply with the protective measures in place in particular in enclosed and semi-enclosed places and in locations with a high density of people during the event (including mask-wearing, regular hand-washing, and physical distancing).

2/ Strictly comply with the race rules and the measures put in place by the organisation to minimise the health risks:

At the start point, wear a mask that I will keep with me during the race and put on again after arriving at the exit queue

Run while following all social distancing guidelines that are in place with regard to other participants wherever possible and making sure to use the entire width of the path

Refrain from spitting on the ground

Blow my nose in a single-use tissue that I throw in the bin

Refrain from littering

Respect public areas and keep them clean

Have and use my own liquid refreshment container (water pouch, flask, bottle, cup, etc.), etc.

3/ Avoid physical contact with other participants.

4/ Understand that by taking part in the event I am taking part in a gathering of people that could potentially spread the coronavirus epidemic if preventative measures are not taken by all.

5/ Accept by taking part in the event that the health risk is potentially serious for the most vulnerable (people aged over 65 or with chronic illnesses and pregnant women).

6/ If I have shown symptoms of Covid-19 in the weeks and months before the race, consult a doctor prior to taking part to find out if intense effort and my participation in the competition is permitted, particularly for races that involve significant climbs and in particular at altitude.

7/ Avoid running if I have shown symptoms of Covid-19 within the last 14 days.

8 / If I have COVID symptoms within 15 days after the race, I commit to report it to the organization by phone at 0805383944 (no surcharge) or by email at [info@sportips.fr](mailto:info@sportips.fr)

9/ If possible, download and register on the "StopCovid" app prior to attending the event.

10/ Choose events that are close to my home and that require few journeys and little travel.

Surname

First name

Date

Signature