



SAFETY AND PARTICIPATION RULES IN ULTRAMARATHON KASZUBSKA PONIEWIERKA

1. GENERAL PROVISIONS

1.1 The following definitions are adopted in this document:

1.2.1 The Race – collectively understood: Ultramarathon Kaszubska Poniewierka 100, Ultramarathon Kaszubska Poniewierka HARD, Kaszubska Poniewierka 75, Kaszubska Poniewierka 50 and Kaszubska Poniewierka 30, hereinafter also collectively referred to as the Event,

1.2.2 Participant – an adult voluntarily and consciously participating in the Race and accepting its Regulations,

1.2.3 Organizer – “Aktywni w Trójmieście” association, based in Gdańsk,

1.2.4 Race Regulations – rules and arrangements set forth by the Organizer, applicable during the Race and determining the means and conditions of applying for participation in the Race, carrying out of the competition and evaluation of the sport results. Race Regulations consist of: „Safety and Participation Rules in Ultramarathon Kaszubska Poniewierka”, „Personal Data Protection Regulations in Ultramarathon Kaszubska Poniewierka”, as well as race regulations applicable for each distance of the Race.

1.2 Meanings of all definitions described in any of documents being a part of Race Regulations is valid for Race Regulations as a whole, unless differently specified in particular document.

1.3 The Race will be carried out on distances indicated in particular race regulations.

1.4 The provisions of Race Regulations are subject to change and the changes shall be published on the official website of the Race. Information about changes in the provisions of Race Regulations will also be announced in the newsletter and will be binding for the Participants. In case of lack of acceptance of such change, the Participant can refuse within 7 days from the introduction of such change by providing the Organizer with a written statement on lack of acceptance of such a change. Above right is not owed to the Participant in case Race Regulation changes are forced by applicable law.

2. PARTICIPANTS

2.1 Participation in the race is voluntary.

2.2 Each Participant takes part in the Race on his/her own responsibility. Only athletes in appropriate health condition for such activities as the Race, can take part in the Event. Each Participant evaluates his own health conditions individually.

2.3 Each Participant of the Race should be 18 years of age on the date of start.

2.4 The Participant acknowledges and accepts the fact that participation in the Race is associated with higher than usual physical effort, the Event is conducted in difficult terrain available for third party and carries a natural risk associated with sports, risk of accidents, also resulting from the fact that the course of the Race mainly leads through forests and short parts of the course cross public roads with traffic as well as risk of physical injuries, including death.



- 2.5 Before participation, each Participant personally submits to the Organizer a written statement on lack of health contradictions to take part in the Race with a confirmation of starting on Participant's own responsibility. The statement follows a template prepared by the Organizer, available on Participant's request by e-mail or in the Start Office. Submitting this statement is required to take part in the Race – the Organizer has right to refuse allowing participation in the Race if the Participant fails to submit this statement.
- 2.6 Participants are obliged to comply with the rules set forth by the Organizer and absolutely follow the commands of the Organizer and persons designated by the Organizer. The Participant is obliged to obey Race Regulations, including particular race (distance) regulations, Safety and Participation Rules as well as conditions described in Personal Data Protection Regulations (all above mentioned are accepted by Participant when registering for the Race).
- 2.7 During a mandatory briefing for Participants of Ultramarathon Kaszubska Poniewierka before the start, the Participants will be informed about particular dangers on the course.
- 2.8 The Organizer allows participation with a dog, provided that the owner meets all requirements of dwelling with the dog in public space and other areas crossed by the course, including usage a harness (because of wild animals in the forest, road safety aspects, etc.) and takes special care so that the dog poses no threat to the Participants of the Race. The dog should be up to date with all vaccinations.
- 2.9 Participants need to fulfil the following conditions:
- Fill in the registration form from the registration link or sign up personally at the Start Office or another location designated by the Organizer (in case of registration on site – this is only possible when participants limit is not reached). The registration expires if the registration fee has not been paid within the date set in the Race Regulations,
 - Pay the registration fee as set in the Race Regulations before the start, observing the deadline set in the Race Regulations. The registration fee payment confirmation shall be kept and presented during registration at the Start Office,
 - Legibly sign the statement before the start according to point 2.5, including provisions resulting from "Personal data protection regulations in Ultramarathon Kaszubska Poniewierka" and pick up bib number with chip at least.
- 2.10 Assignment of a bib number is the confirmation of accepting participation.
- 2.11 All participants of the Race insure themselves on their own, especially to cover the risk of accidents.

3. REGISTRATIONS

- 3.1 Applications are accepted since the registration form is opened, available at:
https://b4sportonline.pl/Ultramaraton_Kaszubska_Poniewierka/
until a limit of participants is reached.
- 3.2 Upon registration, Participant's personal data (such as first name, last name, city, distance, club, date of birth, entry fee, category) will be published on the registration list. By applying, the Participant gives his consent to such publication. Additionally, after registration the Participant is obliged to pay an entry fee in the amount calculated in the registration form.
- 3.3 The Organizer does not refund entry fee to persons, who do not complete the Race or do not take part in the event. Moreover, in such cases the Organizer does not transfer the fee for next/other races.



- 3.4 It is possible to transfer the registration fee to another Participant until **31.07.2019** and a processing fee of **30 PLN** is charged and shall be paid directly to the Organizer's bank account. After this date no further changes are possible. Such change must be performed personally between the interested parties and confirmed by them to the Organizer's email address: zapisy@kaszubskaponiewierka.pl
- 3.5 Shortening or any other change of the course or race, as well as interruption of the race (in part or as a whole) after it has started, does not provide grounds for refund of the registration fee.
- 3.6 The registration fee can be paid as standard bank transfer to the bank account provided by Organizer or via electronic payment available in the registration form or in cash (only in case of payment on site in the Start Office or other location indicated by Organizer before the event).
- 3.7 Payment methods available via electronic payment platform including debit cards:
- Visa
 - Visa Electron
 - MasterCard
 - MasterCard Electronic
 - Maestro
- In case of reimbursement for the transaction made by Participant's debit card turns out to be mandatory, the Organizer will return means to bank account assigned to that debit card.
- 3.8 If the Participant has selected bank transfer or debit card payment method, the order handling time is calculated from the moment of receiving the payment on Organizer's bank account or settlement account.
- 3.9 The Organizer is not responsible for the duration of payment execution; the date of payment receipt by the Organizer is binding.
- 3.10 The Participant has the right to ask for an invoice from the Organizer. In this case the Participant is obliged to fill in invoice data section in the registration form and contact Organizer via email address: zapisy@kaszubskaponiewierka.pl

4. RULES DURING THE RACE

- 4.1 Each Participant is obliged to run by himself and carry all stuff needed for the Race independently, without using any means of transport or help of others.
- 4.2 Participants of the Race can use refreshment points provided by the Organizer.
- 4.3 Participants can independently and at their own expense buy products in shops located near the course of the Race.
- 4.4 The location of refreshment points together with an indication of products available for the Participants will be specified in a detailed course description in Race Regulations designated for each distance.
- 4.5 Absolutely for the entire duration of the Race, Participants must carry mandatory equipment listed in Race Regulations, appropriate for each distance.



- 4.6 During the Race, Participants are allowed to use gels, bars and other nutrients that have been clearly and permanently marked (e.g. with a marker) with the Participant's bib number. The Participant agrees to present such products upon the Organizer's request (or the request of its representative). This rule is particularly aiming at identification of Participants who litter on the course. There will be trash bins on refreshment points, so athletes can leave their garbage there. The Organizer is entitled to disqualify Participant in case garbage is found on the course or its neighborhood or in other cases when it will be proven that garbage was not dropped to designated place.
- 4.7 Pacing is not allowed on any of the distances.
- 4.8 Participants can receive support from their support teams at refreshment points only.
- 4.9 Camping (an organized rest) is forbidden on the whole course. Camping is only allowed in places designated by the Organizer. Camping on private territory next to the course of the Race is done solely under responsibility of the Participant and requires approval from the landlord or other person who is in charge of managing the property.
- 4.10 On the whole course of the Race, it is strictly forbidden to enter areas of agricultural crops, forest nurseries and private properties, unless a clearly marked course passes through such areas.
- 4.11 On the course of the Race, especially in forest areas, general rules of nature protection shall be observed. In particular, it is forbidden to leave any items on the course (all trash shall be taken along or left in the refreshment points or other designated places i.e. public trash bins) and disturb the silence. In case of breach of provisions set forth in this point, the Organizer reserves the right to disqualify the Participant.
- 4.12 Participant is obliged to return the chip need for time measurement in designated area located just after finish line. In case this obligation is not fulfilled, the Organizer is entitled to disqualify the Participant.

5. SAFETY

- 5.1 On the whole course of the Race, rules of moving on roads in accordance with the provisions of the Road Traffic Act as of 20 June 1997 (Journal of Laws 2012.1137) and other applicable law shall be observed. The Participant is obliged to take utmost caution when crossing roads where cars are allowed, or running along such road.
- 5.2 Telephone numbers (emergency numbers and the phone number to the Organizer) will be provided on the reverse of bib number.
- 5.3 In case of a dangerous event or situation during the Race and lack of cellular reception to contact the Organizer or relevant services, the Participant is obliged to use other means in order to call for help. Each Participant is obliged to promptly inform the Organizer about such an event.
- 5.4 Every Participant is obliged to help other Participants in case of accidents. Failure to help another Participant may result in disqualification.
- 5.5 Referees will be present along the course of the Race to check if Participants have crossed a particular checkpoint.
- 5.6 Bib number shall be attached in a visible place throughout the whole Race in order to be visible for the referees.



- 5.7 Refreshment points will be open from the start of the Race (respectively for each distance) till the time limit set described in Race Regulations or Race Announcement for each distance, unless the last Participant of that distance has passed refreshment point before time limit.
- 5.8 Taking into account the safety of Participants, as well as the estimated time required for them to reach the finish line in order to meet the time limit for the whole Race, time limits apply also to refreshment points. Participants that exceed the time limit set for a certain refreshment point automatically end their participation in the Race. **Every Participant that exceeded the time limit must hand back his/her bib number to the staff at the refreshment point and finish competition on that point.** Once the time limit is reached for a certain point, the point is closed, unless the last Participant of certain distance the point is organized for has passed it before time limit.
- 5.9 Each Participant is absolutely obliged to inform the Organizer about resigning from the Race as well as in case he/she is not able to continue the competition (also due to medical staff decision, disqualification or not meeting the time limit). The information can be provided either to refreshment point referee or by telephone, including SMS to the contact number given by the Organizer.
- 5.10 If the Participant, due to any reason he is responsible for, fails to inform the Organizer, about his resignation and leaving the Race, the Participant will be charged with the cost of rescue action carried out by the Race safety services designated by the Organizer, and is obliged to compensate for the damages of the Organizer and third parties.
- 5.11 The medical staff is authorized to exclude a Participant from the Race. Such decision is final.

6. WEATHER CONDITIONS

- 6.1 The Race will take place regardless of the weather conditions.
- 6.2 The Organizer reserves the right to cancel, shorten or interrupt the Race in case of atmospheric or weather conditions that pose a threat to the life, health or safety of the Participants as well as other circumstances independent of the Organizer that would pose a similar threat. In such cases registration fee is not refunded.

7. FINAL PROVISIONS

- 7.1 The Race Regulations apply to all persons and institutions related to the Race, including the Organizer and the Participants.
- 7.2 Cases not included in the Race Regulations are resolved by the Organizer according to applicable law.
- 7.3 Breaching of the provisions of the Race Regulations may lead to the disqualification of the Participant.