

## **SGRAIL100 GIRONA regulations**

- ✓ These regulations explain the conditions and characteristics of participating in the SGRAIL100 GIRONA event.
- ✓ These rules are strictly enforced for all participants.
- ✓ All the technical aspects of the race can be found in the technical data sheets on the official website of the event.
- ✓ These regulations may be corrected, modified or improved at any time by the organization, as well as the routes and technical data sheets for each of the races.
- ✓ The completion of the registration implies the acceptance of the 'Discharge of responsibilities and fitness certificate' set out in point 15 of the regulations.
- ✓ The completion of the registration implies the acceptance of the 'Responsible declaration of health regarding the Covid-19' set out in point 16 of the rules.
- ✓ The completion of the registration implies full acceptance of these rules.

### **1. ENVIRONMENT**

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- 1.1** The event take place in fragile and sensitive natural environments. It is our duty not to leave any traces behind us.
- 1.2** The races take place in unique natural environments. Participants must conserve and preserve the environment and comply with the regulations in force in each area.
- 1.3** Participants must respect the fauna and flora. Preference will be given to herds of animals encountered during the course.
- 1.4** Each participant must act responsibly and behave in an exemplary manner in the face of any adversity.
- 1.5** Participants may not go outside the limits of the marked trails.
- 1.6** Participants must respect the rows, gates and all types of fences related to the safety of livestock or private farms.
- 1.7** Any disrespectful action towards the environment, fauna or flora will result in automatic expulsion forever. **Caution: zero tolerance!**

## **2. ETHICS AND SECURITY**

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- 2.1** Participants must prioritize ethics, companionship and respect for the environment rather than competition.
- 2.2** In case a participant, a third person or any animal is in danger, it is obligatory to help.
- 2.3** The participants of the race must alert the nearest checkpoint or refreshment point of any kind of incident.
- 2.4** If the participants who have provided assistance have lost a lot of time, the race director will assess the situation and take the appropriate decisions.
- 2.5** In case of emergency, participants must call one of the two telephone numbers listed on the bib. These are emergency telephone numbers only.
- 2.6** In case of emergency, in areas with no coverage, runners must call and activate 112.

## **3. CLIMATE EMERGENCY**

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- 3.1** Participants should be aware that the climate change in which we live makes weather forecasting very difficult. Be prepared for all types of inclement weather.

## **4. REGISTRATION**

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- 4.1** The place is not definitively assigned to the participant until the payment is not effective.
- 4.2** If the event cannot be held on the scheduled dates due to the restrictions imposed by the epidemiological situation of Covid19 in the area, the race will be held once these restrictions are lifted and all registrations will be transferred to the new date.
- 4.3** The registration fee will only be refunded in the event that the event is definitively cancelled for security reasons due to the epidemiological situation of Covid19. In this case only the bank fees will be charged.
- 4.4** Once the payment has been formalized, the amount will only be refunded in case the event is cancelled for security reasons due to the current pandemic situation. In this situation only the bank fees will be charged.
- 4.5** The organization reserves the right to cancel the race until before the start if the physical integrity of the participants is in danger due to weather conditions or due to a worsening of the pandemic situation in the area.
- 4.6** The organization is not responsible for extra expenses related to registration such as accommodation or travel in case of cancellation of the race.

- 4.7** If the situation requires it, the organization may make the following modifications:
- a) Modify the routes
  - b) Activate alternative routes
  - c) Modify departure times
  - d) Modify the Covid-19 protocol according to the epidemiological situation.
- 4.8** In case of justified injury, a medical certificate can be presented and a change of the participant's name can be made. An e-mail must be sent (info@klassmark.com).
- 4.9** No change of name will be made one week before the race.
- 4.10** Registrations will be closed once the limit of participants or the announced deadline has been exceeded.
- 4.11** In case of last minute registration (one week before the start of the race), the size of the gift requested is not guaranteed.
- 4.12** The organization reserves the right to modify the number of participants.
- 4.13** The organization is not responsible for contractual relations between participants and external services.

## **5. CONDITIONS OF PARTICIPATION**

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- 5.1** All participants must be of legal age on the day of the event.
- 5.2** Participants take part in the event voluntarily and under their own responsibility. For this reason, the entity and the organizing company, the municipality, the collaborators and workers, the sponsors and the other participants are released from any civil liability.
- 5.3** The participants automatically by registering accept the "disclaimer and certificate of fitness" and the "responsible declaration of health regarding the Covid-19" which informs of the risks involved in participation and excludes the organization from liability in case of any incident, accident or contagion arising from the participation.
- 5.4** The participant, when registering, accepts all the points of these rules. Failure to comply with any of them will result in automatic expulsion.

## **6. DEVELOPMENT**

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- 6.1** The mask and the social distance are mandatory throughout the race. Participants may only remove their masks at the start of the race and when they are in motion.
- 6.2** The course is open to other users, bicycles, vehicles, tractors, etc. Participants must follow the current rules of the road and ride with caution at all times.
- 6.3** In case of breakdown or any incident, on the nameplate there are telephone numbers to contact the organization.

- 6.4** Once the maximum time to finish the course has been exceeded, all the services of the race will be deactivated.
- 6.5** The course SGRAIL100 GIRONA are composed by 3 disciplines: swim, gravel and trail running.
- 6.6** The start will be determined by an acoustic sound.
- 6.7** The final time of the course are determined by the summation of every discipline time.
- 6.8** To be on the final classificatory you need to finish every discipline on time.
- 6.9** There are two rankings: male and female.
- 6.10** There are 2 transitions, in Cadaquès and Celrà, with bags for every participant. The participants need to give the bags with the BIB number to the organization.
- 6.11** The final ceremony will be at the time determined by the organization.
- 6.12** If you have a reward, you need to be present at the ceremony.

## **7. CHECK-IN AND TRANSPORT**

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- 7.1** BIB numbers and bags for the transitions are distributed on the check-in, also the bikes collect to transport to Cadaquès.
- 7.2** There are 3 bags to pick up in the check-in, fill up and return in the check in:
  - 7.2.1** One bag for the transition 1 with the clothes of Gravel.
  - 7.2.2** One bag for the transition 2 with the clothes of Trail Running.
  - 7.2.3** One bag for the finish line to change the clothes.
- 7.3** All the bags will be returned as soon as possible to the event center.
- 7.4** If you want to transport your bike to Cadaquès you need to leave the bike on the check-in.

## **8. WITHDRAWALS**

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- 8.1** Participants who decide to abandon will have to withdraw at one of the checkpoints or refreshment points. Only a serious injury will justify the participant to abandon at another point of the course.
- 8.2** The organization only undertakes to return participants to the starting point of the race when they have abandoned at a checkpoint or refreshment point with motorized access.
- 8.3** The organization reserves the right to return participants to the starting point once they have finished the race, to ensure the optimal development of the race.
- 8.4** Participants who decide to abandon the race will have to communicate it to the organization.

## **9. TRACK AND MARKING**

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- 9.1** It is mandatory to follow at all times the course marked with tapes.
- 9.2** If for any reason you leave the course at any time, it is mandatory to rejoin at the exact point where you left.
- 9.3** The gravel route are **NO MARKED**, you need to follow with the GPS, importing the track determined by the organization.

## **10. EQUIPMENT AND CLOTHING**

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- 10.1** It is the responsibility of each participant to carry the appropriate material to face the race.
- 10.2** Participants have the duty to wear the correct footwear and equipment according to the technical conditions of the race and the weather conditions.
- 10.3** The organization reserves the right to prevent the start or stop any participant who does not have the necessary equipment.
- 10.4** The organization recommends that all participants, during the development of the race, have food and drink. It is also recommended the use of sunscreen if the conditions of exposure require it.
- 10.5** The organization is not responsible for any lost or forgotten object during the race and any fault bike.
- 10.6** All the types of bikes are allowed (gravel, cyclo-cross, mountain bike...) less the e-bikes and tandem bikes, you also need to wear a homologated helmet.
- 10.7** It is not allowed any change of bike on the route.

## **11. PENALTIES AND DISQUALIFICATIONS**

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- 11.1** The organization may disqualify all participants who do not comply with the rules during the course of the race.
- 11.2** The penalties will be agreed by the organization. The race director will impose the corresponding penalty according to the seriousness of the facts.
- 11.3** The organization will expel any participant who shows or has a violent behaviour against another runner, official or public.
- 11.4** The organization will expel any participant who does not pass through all the checkpoints and refreshment posts.
- 11.5** The organization will expel any participant with a disrespectful attitude towards the environment, fauna or flora.
- 11.6** The race director reserves the right to assess each action individually and modify the parameters set out above.

**11.7** The organization will give penalties and disqualifications to the participants by the following square:

<b>CONCEPT</b>	<b>DISQUALIFICATION</b>	<b>NO START</b>	<b>PENALTIES</b>
Any violent behaviour to some participant and/or organizer and/or spectator	X		
No homologated helmet		X	
Quit the helmet during the gravel route	X		
Don't pass to a control pass	X		
Use a motorized vehicle for transportation or assistance on route	X		
Wear snorkels, flotation devices, gloves or fins	X		
Draft with others participants			30 minutes
Voluntarily or involuntarily deviating from a course	X		
Throw waste or be disrespectful with the environment	X		
Manipulate, cut or modify the BIB number	X		
Don't wear the BIB number		X	
Tap the BIB number publicity		X	
Supplies outside the aid control area			30 minutes
Start ride the bike in the transition 1			30 minutes
Cross the finish line without BIB number			30 minutes

## **12. BIB PICK-UP**

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- 12.1** It is mandatory to comply with your bib pick-up schedule. If your schedule does not meet your needs you must inform the organization.
- 12.2** To collect the race bib it will be essential that the participant identifies himself/herself. Therefore, it will be mandatory to present an identification document (ID card, driving license or passport), the federation card in case of being federated and the 'disclaimer and certificate of physical fitness' and the 'responsible statement of health regarding the Covid-19' signed.
- 12.3** To pick up the bib of a third person, it will be necessary to deliver the 'disclaimer and fitness certificate' and the 'responsible declaration of health regarding the Covid-19' signed by the person concerned, as well as a photocopy of the ID card and the federation card in case of being federated.
- 12.4** The participant has the duty to know what are the conditions of coverage of his insurance or federative entity.
- 12.5** The resale of registration fees and the consequent participation with the bib of another person may have penalties for both seller and buyer; and the possibility of taking action against both.
- 12.6** On the BIB pick-up the organization will report different bags for the the different transitions. In the bag of transition 1 needs to be all the necessary for the gravel route. In the bag of transition 2 needs to be all the necessary for the trail running route.

## **13. DATA PROTECTION**

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- 13.1** In accordance with the Organic Law 15/1999 of December 13, all participant data will be included in a private file owned by the organizers, for the sole purpose of managing the event.

## **14. IMAGE RIGHTS**

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- 14.1** All participants waive their image rights during the race.
- 14.2** The organization may use the images of the race for reasons of self-interest.
- 14.3** The right to one's own image is a right recognized in Article 18.1 of the Constitution and regulated by Law 5/1982 of May 5 on the right to honor, personal and family privacy and self-image, as well as in the application of Law 15/1999 on the Protection of Personal Data of December 13, 1999.

**14.4** The acceptance of these rules implies that the participant authorizes KLASSMARK to take photographs and filming of their participation and gives consent for the dissemination and commercial and advertising exploitation of all images taken during the event without being entitled to receive any financial compensation. In no case will they be used for purposes other than those indicated.

## **15. DISCHARGE OF RESPONSIBILITIES AND FITNESS CERTIFICATE**

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- 15.1** That I have read and accept the regulations in full.
- 15.2** That I am sure that I am physically and psychologically well prepared for the race because I have followed the appropriate medical controls to ensure that I am in good health and that I do not suffer from any disease, allergy, physical defect, injury or cardiorespiratory condition that would discourage my participation.
- 15.3** That I am fully aware of the difficulty, route, profile and distance of the race because I have previously consulted it on the website.
- 15.4** That I am aware that this type of race involves a risk for the participants. For this reason I attend voluntarily and under my own responsibility, assuming all the risks and consequences arising from the same participation. Therefore, I exonerate the organization, collaborators, sponsors and other participants from any responsibility for any physical or material damage that may occur to me; therefore, I waive any claim or lawsuit against those announced.
- 15.5** That I have sufficient knowledge and technical skills to ensure my own safety, taking into account the natural environment and the conditions of autonomy of the race.
- 15.6** That I have the sports and safety equipment required for the event. I guarantee that the equipment is in good condition, that I have the knowledge to use it properly and that I will carry it with me throughout the race.
- 15.7** That I undertake to comply with the rules and safety protocols established by the organization, as well as maintain a responsible behavior that does not increase the risks to my physical or mental integrity. I will follow the instructions and abide by the decisions taken by those responsible for the organization (judges, doctors and organizers).
- 15.8** That I authorize the medical services of the race to perform any treatment or action they deem appropriate at any time during the race. I agree to abandon the race and allow my hospitalization, if they deem it necessary for my health.
- 15.9** That I authorize the organization of the race to take and use any photographs, filming or recording to be made, provided they are exclusively related to my participation in this event, and not to receive any consideration in return.
- 15.10** That before or during the race I will not consume prohibited substances, considered as doping by the different federations. The organization can pass anti-doping control to any participant.



- 15.11** That I am aware that my badge is personal and non-transferable, therefore I will not give or sell it to anyone. This includes the hypothesis that they may not be able to attend the race.
- 15.12** That I agree to follow the general guidelines of respect for others and the environment, as listed below:
- a) To transit with prudence and according to the road rules, on tracks, trails and roads open to traffic.
  - b) Transit, little by little, in the presence of people, animals or vehicles.
  - c) Not to cause alterations in the natural processes and functioning of ecosystems.
  - d) Not to deteriorate biotic, geological, cultural, or environmental resources in general.
  - e) Avoid or avoid environmentally sensitive areas.
  - f) Perform physiological needs in optimal places, or in any case, away from water points and away from places of passage or gathering of people.
  - g) Not to light fires or cause fire hazards.
  - h) Not to use or install any type of structure or element that leaves a permanent mark on the environment.
  - i) Not to throw or abandon objects or solid or liquid waste outside the places expressly designated for their collection.
  - j) Not to leave the marked route.
  - k) Close the gates or wires for livestock, which I am forced to open on my way.

## **16. RESPONSIBLE DECLARATION OF HEALTH REGARDING COVID-19**

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- 16.1** That I do not present symptoms (fever, cough, respiratory distress, malaise, diarrhea, etc.) or any other infectious condition.
- 16.2** That I have not been in close contact with any person with probable or confirmed symptoms of Covid-19 infection in the 14 days prior to the test date.
- 16.3** That I know the safety and hygiene protocol adopted by the organization for the correct development of the test.
- 16.4** That compliance with the protocol of action of safety and hygiene to deal with the Covid-19 is a duty of each participant and excludes the organization of responsibilities in the contagions that may occur.
- 16.5** That I give consent for this data to be treated from a medical and preventive point of view with the sole purpose of taking the necessary measures to prevent the spread of the virus.

## **17. OWN INSURANCE COVERAGE**

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- 17.1** Unlimited health and medical-surgical care, up to 18 months.
- 17.2** Unlimited transfer or evacuation expenses to the agreed care center.
- 17.3** Orthopedic material costs, up to 70%.
- 17.4** Unlimited rehabilitation treatments, up to a maximum of 18 months.

- 17.5** Compensation for absolute and partial disability due to a sports accident up to 12.025€.
- 17.6** Compensation for death as a result of a sports accident up to 6.015€.