

## **RUNMAGEDDON SAHARA SAFETY RULES**

1. Participants move along marked routes. The marked routes are considered 25 m wide traffic lanes, along a line between two nearest poles with flags or lanes marked with a tape with the organizer's logo. Participants moving off routes will be disqualified.
2. Participants running 50 km move along lanes marked with green flags or lanes marked with a tape with the organizer's logo.  
Participants running 120 km with obstacles move along lanes marked with red flags or lanes marked with a tape with the organizer's logo. Participants running 120 km without obstacles move along lanes marked with red flags or lanes marked with a tape with the organizer's logo – participants during the race omit obstacles in the lane between the obstacles Edge and the tape with the organizer's logo.
3. Each participant is obliged to have a noticeable start number on his/her face. It is forbidden to cover or blot out the start number being put on face before the start.
4. Each participant is obliged to possess, for the time of the race, a LED headlamp with fully charged batteries, at least 2l skinbottles full of water. Participants without or with broken headlamps and/or without water are not permitted to participate in the race.
5. The organizer reserves the right to change the event rules and its schedule in case of factors dangerous for life or health of the participants (weather conditions, infrastructure destructions, etc.).
6. Participants are obliged to finish the race in a specified by the organizer time limit. The time limit will be given during briefings the night before each race – it will not be shorter than 6 hours.
7. Participants who exceed the time limit during the race are obliged to reach the nearest flag or obstacle and wait there to be picked up by the organizer. The organizer flatly bans to move on your own off the route, especially after the dusk.
8. Participants who stay on the route after the dusk are obliged to wait by the nearest flag or obstacle with a pocket lamp on illuminating the flag or obstacle.
9. Participants who exceeded the time limit on the route will not be disqualified from the whole classification. Penalty points are added to his/her time in the amount of 2 per each 100 m left to the finish.
10. The organizer reserves the right to exclude a participant in the following cases:
  - a. If a participant is extremely exhausted and his/her condition is confirmed by a medic, the chief of the event decides on his/ her exclusion. In this case the participant is given penalty points acc. to procedures from point 9.
  - b. If a participant is under the influence alcohol or drugs and his/her condition is confirmed by event medical team (or in case when the participants refuses to be checked by a breathanalyser), the chief of the event decides on his/ her

exclusion. Such participant is totally excluded from the race and does not participate in next stages of the event.

- c. If a participant at the start has not got a working headlamp with charged batteries, the chief of the event decides on his/ her exclusion. Such participant is totally excluded from the race and does not participate in next stages of the event.
  - d. If a participant is late for a given time of departure or is late more than 10 min for the start. The chief of the event decides on his/ her exclusion. Such participant is totally excluded from the race and does not participate in next stages of the event.
11. Calling for help during the day is through constant movement of both hands up and down. At night - through making circles with a pocket lamp on.
  12. A participant who noticed another participant who had an accident is obliged to call for help. Ignoring this will disqualify the participant from all event stages. The chief of the event decides on his/ her exclusion. The participant who helped has got his/her time corrected by subtracting minutes dedicated to the above mentioned activity.
  13. The race participants take part on their own responsibility and reading the safety rules they confirm that they are aware of the risk resulting from participation in Runmageddon Sahara 2020 (including the risk of death or health scourge).
  14. It is recommended to use trekking poles during the race.
  15. All participants, for safety reasons, are obliged to obey the rules set by team working on the routes as well as security and people working on behalf of the Organizer. The obligation also refers to the rules in the accommodation places.
  16. The organizer reserves the right to stop the race in case of life and health threatening situations. The information will be given by acting on behalf of the Organizer people on the route or - if needed – giving a shot with a red flare. In case the race is stopped, participants are obliged to behave the same as in case of exceeding the time limit (point 7 and 8).
  17. Difficult terrain conditions during the race require special care. Participants are obliged to be very careful on the section of the route described during a briefing the night before the race as 'particularly dangerous' . It is suggested to be very alerted running downhill steep hillsides.
  18. The organizer expects the participants to react individually to changing weather conditions. They should adjust their race speed – especially in case of rain.
  19. It is totally forbidden to touch, aggravate or get closer to wild animals on the route. This ban is also obliging in the accommodation place and refers to farm animals.
  20. It is completely forbidden to leave trash. Any rubbish can be thrown into trashcan put on the route and/or finish.

Remember:

1. If you exceed the time limit on the route, find the nearest flag or obstacle and wait for the team.
2. Help other participants who need it.
3. Move only alongside marked routes. If you don't see a flag after running 5 minutes, that means you are off route.
4. Check your LED headlamp before the race.
5. Check if you have on you fully filled skinbottles.
6. After the dusk, turn your headlamp on, sit by a flag and wait for the team.
7. Call for help moving your hands up and down during the day and making circles with a lamp at night.
8. Be careful, especially running downhill.
9. Be ready for weather changes.
10. Obey the rules set by the event team.
11. Be on time.
12. Inform about any health issues.
13. Do not drop trash on the route!