

# GLAGLA RACE

## SAFETY INSTRUCTIONS AND REGULATIONS 2023

### Mandatory safety equipment

- Dry suit (Supskin type) or neoprene (long john, long legs or wetsuit covering an area of the body greater than a long john - long legs.)
- PFD (personal flotation device) (50 N CE)
- Water
- Sweet dose
- Blanket.

The equipment will be checked upon launching.

You should wet your neck, even if it is cold, before leaving so that your body becomes aware of the temperature of the water and thus avoid thermal shock (the brain keeps the memory of the cold for 20 min)

### Abandonment / Discomfort and assistance to person in distress

In the event of abandonment or material failure, give distress signals by lifting the paddle upside down: pale upwards. If you no longer have your paddle, wave your arms up and down.

In the event of physical failure, lie down on your board and report your discomfort to any runner passing nearby: the rules of nautical solidarity apply fully. you must provide assistance to any person in difficulty then notify the organization as quickly as possible, and this as a priority and to the detriment of any personal classification considerations. You must wait for the arrival of a rescue boat to leave. Competitors not respecting these instructions may be disqualified.

The organizers cannot be held responsible for any false statements that may be mentioned on the registration form and reserve the right to exclude offenders, without refund of registration fees.

The obligation to provide assistance to anyone in danger is imposed, while the rescue services take over. Participation in the event implies acceptance of these rules. These regulations may be amended by the organizer depending on the conditions and the number of competitors. The presence of each participant in the information meetings is therefore compulsory. If the weather or safety conditions do not allow the start of a race, the organizer reserves the right to modify the routes or to cancel or interrupt one or more races without giving the right to a refund.

## Schedule

- bib pick up : see the up-to-date timetables on the [glaglarace.com](http://glaglarace.com) website
- Mandatory safety briefing: 9.45 a.m.
- Long and short distance departure: 10:30 am sharp

## Other instructions

Returnable cups: keep them to limit waste throughout the day.

Do not disturb the timekeepers.

Hot spots to stop: Clos Marcel (buoy 2), NCY SUP (buoy 3)

Supplies (tea, cakes, bananas, etc.): NCY SUP (buoy 3)

Bib above the waistcoat and backpacks, obligatory water pocket.

The number must be legible from the front and from the back.

Racing rules

All participants must strictly comply with the racing rules and the specific information specified during the race briefing. In the event of non-compliance with these rules, the competitor may be stopped by the organizer.

Any abandonment must be reported to the organization. In the event that the safety officer considers that a competitor is in danger, the organization has every right to stop this competitor. By order of the safety managers, the competitor must then board the boat immediately, without giving the right to a refund. Violators may be excluded from other races and events of the Alpine Lakes Tour and their behavior reported to the French Surf Federation.

## Departure

The departure is done in 3 phases:

A blow from the foghorn: you can get in the water and head for the starting line

2 brief blows of the foghorn: prepare to go can be given at any time. Stay behind the starting line (1 minute penalty for overtaking)

3 blows of the foghorn: go for it!

Arrival

You must pass between the yellow and orange cylindrical Red Paddle buoys. The finish line is located at the height of the Red Paddle banner. The stopwatch is stopped when the front end of the board crosses the line.