



## **ALVI TRAIL LIGURIA 2024 – SAFETY PLAN**

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## **1. General recommendations**

The main rule of this race is, in line with respect for the environment, that athletes must be equipped with a dedicated GPS device or smartphone in which the race gpx tracks will be uploaded.

Participants are required to be familiar with and use their GPS as the trails will be marked by webbing and signs only where necessary, especially on the exit/entrance from/to the villages while along the trails they will mainly be used the existing trail markers included in the official maps.

Athletes will also have to run in semi-self-sufficiency, being autonomous between two feed stations previously marked by the organization. Therefore, each athlete will have to carry sufficient food and water supplies with them to be able to run without problems of nutrition and hydration between two refreshment points marked by the organization.

This race is open to all persons, men and women, who are 20 years of age or older at the time of registration and in possession of a valid medical sports certificate for athletics and/or mountain running during the entire race period.

It is highly recommended to have taken part in and finished at least one long-distance (100km) and major elevation gain (5,000/6,000 D+) ultra trail race in the period 2022-2023.

The Alvi Trail Liguria is run in semi-self-sufficiency, defined as the ability to be self-sufficient between two refreshment points, referring to safety, nutrition and equipment, thus enabling adaptation to encountered or foreseeable problems (bad weather, physical discomfort, injuries, etc.).

Each runner must carry all mandatory equipment with him/her for the duration of the race. This must be carried in the marked backpack at bib distribution and may not be interchanged or changed under any circumstances on the course.

At any time the race marshals may check the contents of the backpacks.

The competitor is obliged to submit to these checks willingly, under penalty of disqualification.

## **2. Race Rules**

The first item regarding the Safety is represented by the Race Rules, issued in the two official languages Italian and English, published on the race website in downloadable PDF format ([www.alvitrail.com](http://www.alvitrail.com)).

In the Race Rules are indicated the rules to be followed, the requirements to be able to participate in the race and all the main information such as the mandatory and recommended material and equipment, the Emergency nr, the way to withdraw from the race, the cut-off times and whatever else the registered athlete may need to face the race in complete serenity.

## **3. Medical and rescue assistance**

L'assistenza medico sanitaria e di soccorso è anche per l'edizione 2024, così come per le precedenti 3 edizioni, assicurata da ANPAS (Associazione Nazionale Pubbliche Assistenze) che collabora con l'Organizzazione Alvi Trail Liguria prima con lo studio dei tracciati e della predisposizione di squadre, medicalizzate e non, di automezzi idonei, delle postazioni e delle fasce orarie in cui organizzare il presidio.

ANPAS fornisce il Piano di assistenza medico sanitaria e di soccorso, per ciascuna singola tappa, con il dettaglio di tutte le squadre coinvolte.

The medical and rescue assistance, as for the previous editions, is ensured by ANPAS (National Association of Public Assistance) which collaborates with the Alvi Trail Liguria Organization first with the study of the trails and the preparation of teams, the presence of a doctor where requested, the availability of suitable vehicles, the time slots in which to organize the medical garrisons.

ANPAS provides the Medical and Rescue Assistance Plan, for each single stage, with details of all teams involved.

The day before each individual stage, ANPAS sends by email to the Alvi Trail Organization the final references for all contacts for the day.

ANPAS teams are all equipped with PCs or smartphones on which the tracks and the tracking system application are downloaded, through which they are able to follow the progress of the race and monitor the track of each individual competitor and the Sweepers.

#### **4 Race Doctor**

The role of Race Doctor will be played by Dr. Bruno Thomas, an internationally renowned French doctor with considerable years of experience in endurance races around the world, first as an ultra trail runner and then as a race doctor (Marathon Des Sables, UTMB, Canal Adventure Circuit ...).

Dr. Bruno Thomas will also be joined by physiotherapist Dr. Natalia Labzova.

#### **5. Tracking system - geolocation of athletes in the competition**

Each athlete registered for the 3 long races (ULTRA 440K, WEST 220K and EAST 220K) will be equipped with a GPS device that will be placed inside the camelbak or in a pocket and connected to the tracking system used (Se-Te track, Tractalis or other) and allow the Organization, the medical and rescue volunteers positioned along the tracks and in the base of operations in Genoa, all volunteers as well as friends and family wherever they are, to monitor each individual athlete in the race and, in case he or she goes off the gpx track, to notify her or him via message or mobile phone call.

For the SEA 50K race, monitoring of athletes will be done by manual check at the various defined check points that will be posted on the website [www.alvitrail.com](http://www.alvitrail.com).

#### **6. GPS obbligatorio e formazione sul corretto utilizzo di tracce gpx e dispositivi GPS**

The Race Rules specify that each athlete participating in the 3 long races (ULTRA 440K, WEST 220K and EAST 220K) must compulsorily have the gpx tracks of each race downloaded to their GPS device or smartphone.

The Alvi Trail Organization will provide all the necessary information on how to properly asked.

#### **7. Trails monitoring, cleaning and securing.**

Since the first edition, the Alvi Trail organization has relied on the great contribution from CAI (Club Alpino Italiano) and FIE (Federazione Italiana Escursionisti) which, coordinating their teams in the months leading up to the race, ensure the monitoring, cleaning and securing of the trails and, in the case of non-trailable sections, provide all the necessary information and support to define deviations from the pre-established tracks.

#### **8. Daily weather info sent to all athletes**

The Raffaelli Meteorological Observatory each afternoon prior to the race will send weather forecasts to each athlete in both official languages, Italian and English.

In the weeks prior to the sporting event, the Raffaelli Meteorological Observatory will provide general indications on a statistical and forecast basis about the weather conditions for the week of the race.

## **9 Marking the trails**

The Alta Via dei Monti Liguri and the Alta Via delle 5 Terre are very well marked by AV and AV5T markers, respectively, and most of the Alvi Trail Liguria route runs along these two high routes, which therefore do not require additional banding with colored webbing.

Other official trail markers are often present in the sections of trail when leaving the AV and AV5T: circles, triangles, rhombuses etc ... which will be well highlighted in the elevation profiles printed on laminated paper and provided to all athletes at the briefings held every evening before the stage.

Also for these parts of trail there will be no marking and will always apply the gpx tracks issued by the Organization and published on the race website.

Instead, marking with webbing and/or removable signs and arrows will affect the not marked parts of trail and the sections of trail in/out to/from the stage villages and at the crossroads considered most critical. considered most critical.

Finally, the most critical crossroads will be manned by teams of volunteers.

## **10. Pre-race briefings**

A pre-race briefing will be held each evening at dinner: the next day's stage will be explained with all critical issues elevation drop, status of the trails, feed stations foreseen, critical crossroads and trail sections off the Alta Via, expected weather conditions and possible B-Plan in case of bad weather.

A second briefing will be held each morning before the start.

## **11. Route marking with elimination of dangerous and exposed sections of trail**

The Alvi Trail Liguria is an ultra trail of 440 km and should therefore be run in complete serenity by the athletes. The goal is to offer a race that is certainly hard, technical, long and to be managed at its best but at the same time an opportunity to get to know the territory, its historical-artistic-cultural-food&wine features, a journey to discover the Ligurian hinterland that is also fun and an opportunity to make new friends.

For this reason, since the first edition, with the collaboration and suggestions of the mountain associations and expert volunteers all dangerous and exposed sections of trail have been eliminated, including those areas subject to sudden heavy fog and without landmarks.

## **12. Elevation profiles provided to all athletes**

Each athlete registered for one of the 4 races will be provided with elevation profiles, on laminated cardboard, on which will be given all the indications regarding the elevation drops of the sections of trail, the type of terrain, the medical and rescue assistance points, the location and types of the feed stations, the markers of the various sections of trail, both on the Alta Via (AV and AV5T) and off the Alta Via (circles, rhombuses, triangles etc ...).

### **13. Stage race**

Alvi Trail Liguria is a stage race that is run during the day and never at night.

The spirit of this race often helps the formation of homogeneous groups of trail runners who spontaneously decide to run entire sections of trail together.

This certainly favors making the athlete in the race and the race itself safer

### **14. Feed stations**

The feed stations, 4 or 5 for each stage, water and/or solid, are all indicated in the gpx tracks and elevation profiles provided to the athletes before each stage.

The feed stations are mainly set up at the mountain huts located along the route and thanks to the great cooperation of the owners who, in addition to food and drinks, offer the athlete a comfortable environment where to take a rest and recover before to start off again at their best for the remaining part of the race.

In the feed stations, athletes socialize with each other, often restarting the race together, and this relieves tension and increase the perception of safety in everyone.

### **15. Emergency Number**

An Emergency Number will be available to call in case of need of help while running the trail.

Through the Emergency Number, the organization will be able to respond and give the athletes all the relevant information in both official languages, Italian and English.

The Emergency Number must be saved, as per the Race Rules, in the athlete's mobile phone.

The Emergency Number will also be printed on the race bib, clearly and readily readable by the athlete.

### **16. Medical certificate**

Italian athletes: in order to register and participate in the Alvi Trail Liguria races, it is absolutely mandatory to send a medical certificate of agonistic fitness for athletics and/or mountain running valid for the entire period of the race.

Foreign athletes: it is absolutely mandatory to send the Health Form, filled in, signed and stamped by the athlete's doctor.

### **17. Race insurance for participants, organization and volunteers**

The race, as well as all participants and volunteers who are not already through their own associations (CAI, FIE, ANPAS etc ...), will be insured through UISP-Marsch Affinity.

However, it is suggested in the Race Rules to also take out a personal multisport insurance policy.

### **18. B-Plan in case of race cancellation or route modification due to bad weather**

On the race site, as well as in the pre-race briefings, all information regarding race cancellation or any route changes due to bad weather will be provided by the Organization.

## **19. Sweeper and Forerunner Service**

For each stage there will be a Forerunner Service, formed by experienced trail runners who will leave about an hour before the start of the race and, covering the entire stage, check the state of the trails and the marking in the most critical sections of trails off the Alta Via.

For each stage, there will also be a Sweeper Service, also formed by experienced trail runners who follow the last groups of trail runners and give order to dismount the post to the various garrisons and rescue teams distributed along the entire race route.

In order to make their action more efficient and effective, the Forerunner and the Sweep Services will be respectively organized into two teams that will take turns in the middle of the race route

## **20. Mountain Rescue Teams CSNAS**

The Alvi Trail Liguria Organization reserves the right to evaluate the use of Mountain Rescue Teams CNSAS (Corpo Nazionale Soccorso Alpino e Speleologico) to be placed at some of the most critical points, although never dangerous or exposed.