

<b>Defence Instructions and Notices</b> (Not to be communicated to anyone outside HM Service without authority)	
<b>Title:</b>	Army Alpine and Nordic Exercises 2019
<b>Audience:</b>	Alpine and Nordic Skiing Units across Defence
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<b>Sponsor:</b>	Army Winter Sports Association
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<b>Related Info:</b>	<a href="http://www.awsa.org.uk">www.awsa.org.uk</a> , <a href="http://www.britishbiathlon.com">www.britishbiathlon.com</a> , see Refs <a href="#">below</a>
<b>Classification:</b>	OFFICIAL

**ARMY ALPINE AND NORDIC EXERCISES 2019:  
EX PIPEDOWN (PDN), EX SPARTAN HIKE (SH), EX LION'S CHALLENGE (LC), EX RUCKSACK (RS) AND EX SNOW LION (SL).**

Refs (note some will be re-issued in 2018):

- A. Army European Winter Activity Instruction (AEWAI) 2018/19.
- B. [AGAI Vol 1, Ch 5, Pt 4: Sport – Participation.](#)
- C. [AWSA Nordic and Alpine Race Rules 2018.](#)
- D. [2016DIN07-132: Biathlon Rifle Security, Administration and Training.](#) To be re-issued.
- E. [JSP 660: Sport in the UK Armed Forces](#)
- F. [2011DIN06-004: Winter Tyre Requirements in Germany](#)
- G. [LFSO 2007: Physical and Environmental Security: Part 7 para 2.7.076 - 2.7.082.](#)
- H. [ACSO 3216: The Organisation and Arrangements for the Management of Safety and Environmental Protection in the Army.](#)
- I. [2016DIN07-145: Ex RUCKSACK – Medical Instruction.](#) To be re-issued.

## Introduction

1. Exercise PIPEDOWN (Ex PDN) and Exercise SPARTAN HIKE (Ex SH) are the Divisional Alpine and Nordic Championship Semi-Finals to be held over the period 12 to 23 Jan 19. Exercise LION'S CHALLENGE (Ex LC) over the period 24 Jan to 1 Feb 19 and Exercise RUCKSACK (Ex RS) over the period 23 Jan to 8 Feb 19 are the respective Army Alpine and Nordic Championship Finals. Ex SNOW LION (Ex SL) is the foundation Alpine Championships held in Scotland in March for the introduction and development of skiers new to racing. The details for Ex SL are within Annex E.

2. The main body of this DIN covers the generic features of all 5 championship events, in accordance with [Refs A - I](#), while the details specific to each Championship event are contained in [Annexes A to E](#). All activity is cleared, funded and conducted in accordance with [Ref A](#). All Championships are open to Regular and Reserve Units; entries from the RN, RAF and Army Unit B teams may be accepted subject to capacity.

## Participation and Entry

3. **Participation.** The eligibility of Army Units and competitors to participate in Ex PDN Ex SH and Ex SL is in accordance with [Ref B](#).<sup>1</sup>

a. **Entries.** All Units, regardless of eligibility, wishing to enter Ex PDN or SH are to open and complete the electronic entry form on the Army Winter Sports Association (AWSA) MOSS site [here](#)<sup>2</sup>. Entries are expected to exceed availability; therefore, *it is essential that entries are submitted by 24 Aug 18 to secure a place*. The capacity at Ex PDN is 150 Alpine and 250 Nordic; the capacity at Ex SH is 150 Alpine and 300 Nordic. The *maximum* number of competitors of each gender, per Unit Team, that may enter Ex PDN or SH is detailed below. It is vital that an accurate number of competitors is entered for each unit team to enable as many teams as possible to participate:

(1) Alpine team – 5 competitors.

(2) Nordic team – 6 competitors.

b. **Entry Procedure.** As follows:

(1) Entry is completed by Person Unique Identifier (PUID) and only the PUID that created it can amend or provide any updates. It is essential that this PUID is used through the year to provide updates (click on the update entry button on the AWSA Moss Site [here](#))<sup>3</sup>, in particular changes of email address and other contact details. A separate entry is to be completed for each Alpine or Nordic team.

(2) Entries open on **9 Jul 18** and all Units (or individuals) wishing to enter a team(s) regardless of eligibility should do so from this date. The priority for all selection is given to Regular and Reserve Units and is based upon the DTG that the entry has been made.

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<sup>1</sup> Single Service rules apply to RAF and RN units.

<sup>2</sup> If not on MODNet you will have to reach forward through Google Chrome – copy and paste this URL [https://modgovuk.sharepoint.com/teams/3745/AWSA\\_18-19/SitePages/Entry%20and%20Registration.aspx](https://modgovuk.sharepoint.com/teams/3745/AWSA_18-19/SitePages/Entry%20and%20Registration.aspx) into Google Chrome.

<sup>3</sup> If not on MODNet you will have to reach forward through Google Chrome – copy and paste the URL [https://modgovuk.sharepoint.com/teams/3745/AWSA\\_18-19/SitePages/Entry%20and%20Registration.aspx](https://modgovuk.sharepoint.com/teams/3745/AWSA_18-19/SitePages/Entry%20and%20Registration.aspx) into Google Chrome

(3) Entries close on **24 Aug 18** and a Selection Committee<sup>4</sup> will sit on **Tue 4 Sep 18** in order to assign teams and individuals to either Ex PDN or SH. Where entries exceed capacity a Reserve List will be created. Same Unit Alpine and Nordic teams will be allocated to the same competition. A Unit's previous form, known seeding and additional criteria will be used to ensure a fair competition and balance of Corps/Units between the 2 events:

- (a) Regular Units will not automatically be associated with either Ex.
- (b) Reserve Units will be treated as Regular Units, but allocated primarily to Ex SH, as this Ex will retain the Reserve Championship prizes.
- (c) Hybrid Units will be allocated to either Ex.
- (d) UOTCs can enter subject to capacity; see para 3 b (5) (f).

(4) Once the selection process and weapon allocation (Anschutz biathlon rifle and HK .22 conversion kit) has been completed, the results will be populated on the [AWSA MOSS Site](#).

(5) **The priority of allocation from the Reserve List (after 24 Aug 18) is strictly in the order that Teams enter online, all Units wishing to race should enter from 9 Jul 18:**

(a) **Nordic Men.** Based upon the 2018 Divisional Championships Qualification list [here](#), the first 62<sup>5</sup> Unit Teams should be allocated a place, subject to entering online by 24 Aug 18. The remaining Unit Teams, if entered, will automatically be placed on the reserve list, based upon the DTG they entered. **Any** Male Unit Teams entering after 24 Aug 18 will be automatically added to the reserve list based upon the DTG they entered. **This policy allows sufficient opportunity for any Team that did not race in the 2017/18 Season to race in the 2018/19 Season.**

(b) **Nordic Women.** Unit Female Teams will be allocated a place based upon the DTG they enter. Chairman Nordic will make a final judgement on the percentage of female and male teams entered to ensure fair and appropriate representation.

(c) **Alpine Teams.** There is no distinction between Male and Female Alpine teams as they can be mixed. All Unit 'A' Teams will be allocated a place based upon the DTG they enter. Unit 'B' teams will be placed on the reserve list until the list has closed. When allocating places from the reserve list, Unit 'A' teams will be allocated prior to Unit 'B/C' teams to ensure the widest spread of competing units. All Unit Teams will be allocated a place based upon the DTG they enter. Last Season all teams were eventually allocated a place.

(d) **Alpine Women.** Provision will be made for Female Teams from across Corps, particularly those Corps with singleton posts. Female teams

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<sup>4</sup> Selection Committee will be Chairman Nordic (Chair), Secretary AWSA, Ex Controllers for Ex PDN & SH, Secretary Army Alpine and Secretary Army Nordic.

<sup>5</sup> From 16 Regt RA as 1<sup>st</sup> seed to 29 Regt RLC as 62<sup>nd</sup> seed.

must be entered on MOSS using (F) after the unit to avoid them being identified as a 'B' team.

(e) **Individuals and B Teams.** Individuals and B Teams will be allocated after entries close on 24 Aug 18 in strict priority of DTG of entry. Unit 'B' teams will only be offered a place in the same competition as their 'A' team.

(f) Regular and Reserve A teams will take priority over UOTC teams irrespective of DTG entered up until the Reserve list closes on 16 Nov 18. After this date, UOTC teams will take priority over A and B teams entered at a later DTG and will be offered places subject to exercise capacity on Ex SH.

(6) For technical support with the entry process on MOSS and for general assistance please contact the respective Discipline Secretary via the AWSA Contacts list [here](#).

(7) The Reserve list closes on 30 Nov 18, after which teams may not be moved from the Reserve List to a Competition. Any Unit withdrawing after 16 Nov 18, unless in exceptional circumstances (for example Operational reasons), is unlikely to be allowed to enter in Season 19/20 and the Commanding Officer will need to seek written authority from the 1\* responsible for the exercise.

c. **Military Patrol Race.** Teams are to have the correct rank structure for the military patrol race in accordance with [Ref C](#). Nordic Teams unable to meet the rank structure may only compete at Ex PDN or SH subject to capacity and at the discretion of the selection committee. Teams will not be allowed to qualify for Ex RS as detailed in [Ref C](#).

d. **Qualification for the Army Championships.** Teams and competitors aspiring to compete at Ex LC or RS must qualify through Ex PDN or SH (exceptions are contained in [Ref C](#)). Mixed gender teams are permitted in Alpine skiing but not in Nordic, except in the military patrol race (as detailed in [Ref C](#)). The qualification criterion for entry to the Army Championships is at [Ref C](#).

e. **Team Captain.** Each Unit is to appoint a Team Captain who will be responsible for the conduct and management of the team throughout the Divisional and Army Championships.

## Events and Prizes

4. Subject to weather conditions, the following events will take place at Ex PDN and SH:

a. **Nordic:**

(1) Cross Country Classic Relay.

(2) Cross Country Classic Individual.

(3) Biathlon Individual.

- (4) Biathlon Relay.
- (5) Military Patrol Race.

b. **Alpine:**

- (1) Seeding Giant Slalom (GS).
- (2) GS – Individual and Team.
- (3) Super G.
- (4) Downhill.
- (5) Slalom – Individual and Team.

5. Ex LC and RS will host additional events that are described within the relevant Ex [Annex](#).

6. Trophies and prizes will be presented to the winners in accordance with the various prize categories published in Ex Programmes. Units entering both Alpine and Nordic teams will also be eligible for prizes in the overall Combination Ski Championship category.

### **Event Requirements**

7. Competitors are to race in all events in their discipline and are to ensure they have the equipment and ability to do so. The following specific requirements are to be adhered to:

a. **Alpine.** It is the Team Captain's responsibility to ensure their competitors are at a standard capable of racing. As a guide, competitors should have had at least 2 weeks' skiing on snow prior to the start of any competition, including training in ski racing techniques. Any competitor deemed unsafe by the competition committee, will not be allowed to race.

b. **Nordic.** All competitors are to conduct ski race training prior to the start of any competition and are to note the following specific requirements ([Refs C & D](#)):

(1) **Biathlon Training.** All training in preparation for the military patrol race and biathlon events is to be conducted in accordance with [Ref D](#). COs / DDHs are to ensure all competitors are trained and competent on both weapons.

(2) **HK .22 Conversion Kits.** SA80A2 rifles fitted with the HK .22 HK conversion kit and iron sights (no bi-pods) are to be used for the military patrol race. **5.56mm working parts are to be left in Unit armouries and a Unit armourer should fit HK .22 conversion kits to ensure compatibility, the original cocking handle must be used.** A 5.56mm blank firing magazine (yellow) is to be used with each rifle for conduct away from the firing point, when rifles are to be secured outside of the rucksack with the blank firing magazine clearly visible.

(3) **Ammunition.** Teams and competitors are to bring their own .22mm ammunition to all Nordic competitions and are to declare this at each registration.

(4) **Armourer/Armoury.** A DSG armourer should be available during all Nordic competitions to maintain Anschütz biathlon rifles and SA80A2 rifles fitted with HK .22 conversion kits. Centralised, guarded facilities will be provided for the storage of SA80A2 rifles and .22 HK conversion kits in accordance with [Ref D](#) from arrival at, to departure from, Ex PDN, SH and RS. Under no circumstances are units to fit/remove their own 0.22 conversion kits without support of an armourer.

(5) **Hearing Protection.** Following an update to Ref C before the 17/18 season, there is a requirement for a form of Service issue hearing protection (excluding disposable) to be used on Military Patrol Race static ranges only.

## Administration

8. **Status.** In accordance with Ref E, Nordic activity at all levels is classed as Individual Military Training (IMT). Alpine is classed as IMT up to Divisional level (ie at EX SH & PDN), however it is classed as a Cat 2 Sport at Army and Inter Service level. LSA is therefore **not** to be claimed for competitors on EX LC<sup>6</sup>. All Exs are to be conducted in accordance with [Ref A](#), which provides direction for obtaining authority, diplomatic clearances, and entitlement to CILOR, transport, non-public funding and allowances. Competitors are considered to be “On Duty” under guidance given in [Ref A](#). A maximum of 12 days IMT is authorised for competitors on Ex SH and Ex PDN to cover 2 days travel and 10 days of competition.

9. **AWSA Membership.** All competitors are to be members of the AWSA in addition to the Ex PDN or Ex SH entry fee; membership costs £15 and will be added to entry fees for unit teams, (payable by 26 Sep 18). Names will be confirmed on arrival at the Divisional Championships. For competitors who are already AWSA members, proof of membership is to be provided at registration. Membership can be obtained from [www.awsa.org.uk/membership](http://www.awsa.org.uk/membership).

10. **Entry Fees.** Entry fees (to cover prizes and payments that cannot be provided from public funds) are:

a. **Ex PDN and SH.** £40 per person (inclusive of AWSA membership; £25 where proof of membership is shown). This is payable by bank transfer (see specific [Ex Annex for bank details](#)) or by cheque on attendance at the Team Captains’ Meeting. All payments must be made by 26 Sep 18 to guarantee a place and any Unit not paid at this time will move to the Reserve List. Movement from the Reserve List is only authorised once Entry Fees are paid. Entry fees are non-refundable.

b. **Ex LC.** €10 per person per race (~~max~~ €60 per person).

c. **Ex RS.** €250 per squad<sup>7</sup> (max 6 athletes) or €10 per person per race, for individual competitors and those over the squad of 6.

<sup>6</sup> Entitlement for all other Ex’s is in accordance with JSP 752.

<sup>7</sup> Includes BBU membership at €15 per person.

11. **Insurance.** No competitor will be permitted to compete without providing a certificate of *third party* and *medical repatriation insurance* to cover the inclusive dates of the races entered, which must specifically mention participation in competitive races.
- a. **Third Party Cover.** Duty status does not cover recreational skiing or other “Off Duty” activity, nor does it necessarily cover 3<sup>rd</sup> party incidents.
12. **Lift and Trail Passes.** Alpine lift passes will be provided for competitors and officials for the duration of EXs SH & PDN. Competitors will be required to part-pay for their ski passes at Ex LC. Nordic teams do not require trail passes during competitions.
13. **Accommodation.** All qualified competitors will be accommodated in self-catering accn, which will be allocated and paid for centrally at each Ex location (specific instructions for Ex LC are at [Annex C](#)); this will be based on the information provided on entry. Non-qualified competitors will not be accommodated at Ex RS.
14. **Vehicles.** In addition to [Ref A](#), the following should be noted:
- a. **Germany.** Vehicles travelling in wintry conditions are required to be fitted with winter tyres in accordance with [Ref F](#).
- b. **France.** Each vehicle is to carry a minimum of 2 x NF approved alcohol breathalysers, high visibility vests (one per passenger) and breakdown / first aid kit. Winter tyres are also required.
- c. **Snow Chains and Winter Tyres.** Snow chains are compulsory on many mountain roads. Units booking transport through the contractor are to specify Winter tyres (not ‘all-weather’ tyres) and snow chains on the booking form, and these must be checked prior to departure.
15. **Officials’ Instruction.** An officials’ instruction will be issued separately for each Ex.
16. **Team Captains’ Meetings.** A Team Captains’ (TC) Meeting covering Ex PDN, SH, LC and RS will be held in the Tidworth Garrison Theatre at 1000 hrs on Tue 25 Sep 18 (Defence Estate Building 84, Lowa Road, TIDWORTH, SP9 7BT). Attendance by TCs or an empowered Team representative is mandatory. Teams who are unable to send a representative must clear their non-attendance with the respective Ex Controller (Ex PDN or SH). All trophies from Ex LC (team and individual) are to be brought to this meeting, clean, engraved and boxed for audit purposes. Those requiring replacement or repair will be signed back to the Alpine Committee. During the Exs, daily TCs’ Meetings will take place; attendance is mandatory. A team technical advisor may attend meetings *with* the TC, but the TC will be the *only* spokesperson for the team.
17. **Medical.** Each exercise will be covered by its own Medical Plan which will be uploaded to the AWSA MOSS site for COs/TCs to view. The following requirements also apply:
- a. All competitors are to carry F Med 965 on which interactions will be recorded. This is to be updated by Unit medical staff prior to deployment. All competitors are to have a JMES grading MFD, or with an appropriate Appx 9 and Appx 26 Medical Risk Assessment (MRA). If a competitor is not MFD then it is the TCs’ responsibility to ensure that the competitor is competing within the parameters of their Appx 9 and Appx 26 MRA.

- b. All competitors who have suffered from previous NFCIs are to make medical teams aware at registration.
- c. Competitors on long term prescription medication are to ensure they have sufficient supplies for the duration of their time away from barracks.
- d. **EHIC.** Any British / EC citizen attending the Exs in any capacity should hold the European Health Insurance Card (EHIC) (*validity 5 years*) from [www.ehic.org.uk](http://www.ehic.org.uk).

18. **Personal Security.** The security threat at all competitions will be briefed at the first Team Captains' Meeting and any updates briefed as necessary.

19. **Weapon Security.** TCs are responsible for the security of all weapons on issue to their team. Specific instructions on the security of weapons are contained in [Ref D](#) and [Ref G](#).

20. **Duty of Care and Delivery Duty Holder (DDH).** In accordance with [Ref H](#):

- a. The Ex Director<sup>8</sup> holds Duty of Care responsibility for ensuring that all inherent risks are tolerable and ALARP. Risk Assessments for each exercise will be uploaded to the AWSA MOSS site and accessible to COs/TCs.
- b. The Ex Director will provide clear direction on the safe conduct and governance of Exs in compliance with [Ref H](#) and will also provide evidence that the event is conducted in accordance with appropriate regulations. On completion of the specific Ex set up and in conjunction with Ex Technical Directors/Chiefs of Race, the Ex Director will review the risk assessments, which will be available throughout each of the Exs.
- c. The CO of participants remains the DDH. Having conducted due diligence, the DDH is to ensure all participants are authorised on Unit Orders to conduct their specific Ex. Any concerns the DDH may have regarding the risk management for the specific Ex, can be sought from the Ex Director in the first instance.

21. **Dress.** Military uniform is *not* to be worn at any time during the Exs by competitors, officials, visitors or drivers with the exception of those taking part in the military patrol race, as defined in [Ref C](#). A high standard of dress is expected at all times in accordance with the Army Leadership Code – Self Discipline. This is particularly pertinent for the evening prize givings and official functions at which many VIPs and guests will be in attendance. Regimental polo shirts and / or skiing jumpers are to be worn. TCs are responsible for ensuring that their Teams are smartly turned out for the official prize giving ceremonies.

22. **Contact.** All questions concerning these Exs should be made in the first instance to the Ex Controller; details are contained within the [header](#) and the relevant Ex [Annex](#).

Annexes:

- A. [Ex PIPEDOWN.](#)
- B. [Ex SPARTAN HIKE.](#)
- C. [Ex LION'S CHALLENGE.](#)
- D. [Ex RUCKSACK.](#)

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<sup>8</sup> The Ex Director may delegate tasks to the Ex Controller.

## **EX PIPEDOWN (Ex PDN)**

1. **Introduction.** Exercise PIPEDOWN (Ex PDN) is the 54<sup>th</sup> Divisional level Skiing Championships. It will take place in Les Contamines, France from 12 - 23 Jan 19 in accordance with the programme at [www.awsa.org.uk](http://www.awsa.org.uk). The resort is situated at 1200m in the Montjoie region of the French Alps approximately 32km SW of Chamonix by road. French National Biathlon Cup and World Ski Cross Championship races are held there annually.
2. **Ex Aim.** The aim of Ex PDN is to provide competitors with an arduous and challenging racing programme, using superior standard facilities, physically demanding and technical courses in order to identify the RHINO SKI CLUB Champion Unit and qualifiers for the Army Alpine and Nordic Championships, whilst enhancing the moral and physical components of fighting power. The aim of this Annex is to provide competitors with sufficient information to prepare themselves administratively to participate in the Ex. This Annex should be read in conjunction with Refs A to I.
3. **Ex Objectives.** The objectives of Ex PDN are to:
  - a. Run physically and mentally demanding and varied Alpine and Nordic race programmes for teams and competitors to test their physical fitness, stamina, determination, endeavour, courage and leadership in a safe competitive environment.
  - b. Operate competition ranges to allow Nordic teams and competitors to practise, improve and test their marksmanship.
  - c. Develop organisational, administrative and management skills amongst officials, team captains and their deputies.
  - d. Develop a base level of knowledge and skills to enable competitors to organise meetings at Divisional level.
  - e. Encourage novice participation to develop their skill base in an unfamiliar environment that empowers them to feel more comfortable with stress, pressure and fatigue.
4. **Categories.** Those taking part in Ex PDN fall into 3 categories:
  - a. Regular and Army Reserve teams and individual competitors.
  - b. Officials (separate instruction to follow).
  - c. Visitors.
5. **Dates.** The Ex will take place as follows:
  - a. **Tue 08 - Fri 11 Jan 19.** Officials deploy (see separate Officials' Admin Instruction).

- b. **Sat 12 Jan 19.** Team registration.
  - c. **Sun 13 - Mon 21 Jan 19.** Competitions.
  - d. **Tue 22 Jan 19.** Alpine and Nordic teams, less Nordic competitors qualifying for Ex RS, and selected officials de-register and disperse.
  - e. **Wed 23 Jan 19.** Remaining officials and Nordic competitors qualifying for Ex RS de-register and disperse.
6. **Programme.** The Ex PDN outline programme is as follows and is subject to change:
7. **Eligibility and Qualification.** Eligibility and qualification rules are:
- a. **Team Composition.** Team Composition is to be in accordance with Ref C.
  - b. **RN and RAF Teams.** RN and RAF teams *may* be considered for participation subject to capacity 8. **Entry Fees.** Entry fees for 2019 are £40 per person (£25 where proof of AWSA membership is shown). Payment can be made by either:
    - c. **Bank Transfer.** Payment details are as follows: Royal Bank of Scotland, Central Bank ATR (Grantham), Account Number 14585079, Sort Code 16-19-26. State who payment is from.
    - d. **Cheque.** Made payable to 'Central Bank ATR (Grantham)'. Units must state who cheque is from.
8. All payments must be made by the Team Captains Meeting on 26 Sep 18 to guarantee a place. Any Unit not paid at this time will move to the Reserve List. Movement from the Reserve List is only authorised once Entry Fees are paid. Entry fees are non-refundable under all circumstances.
9. **Movements and Clearances.** Teams are responsible for applying for Diplomatic Clearance, Transit and Staff clearance from all relevant authorities in accordance with Ref A.
10. **Arrival.** Competitors and teams are to report to the Race Office from 1000 – 1600 hrs on Sat 12 Jan 19. On arrival, all TCs are to:
- a. Check Team Registration details.
  - b. Provide proof of insurance cover.
  - c. Complete initial race entry forms; to be handed in prior to departing for their accn in accordance with Ref C.
  - d. Collect a Team Information Pack containing a Race Programme, course profiles, security and weapons brief, local administrative and public facilities.
  - e. Receive accn details.

- f. Sign a weapon security certificate.
- g. Hand in SA80A2 Weapons to the armoury.
- h. Hand in remaining trophies from previous year (engraved).

11. **Accommodation.** Accn arrangements are:

- a. **Competitors.** Self-catering accn is allocated at no charge to teams and competitors. TCs must inform the admin SNCO of any damages to accn, including furniture and utensils, by NLT 1800 hrs Sun 13 Jan 19.
- b. **Officials.** All Ex officials will be accommodated in a single facility containing self-catering flats with central feeding. The GOC and Ex Director will be accommodated in a local hotel.
- c. **Visitors.** Commanding Officers, Arms and Service Colonels and other Senior Officers<sup>9</sup>, spectators and families who wish to visit the Ex on their own budget are most welcome. **Visitors are to arrange and pay for their own accn and travel.**

12. **Weapons.** TCs will be required to show all weapons (complete with bolts) at both registration and de-registration. SA80A2 rifles will be signed over to the Ex Admin Staff and stored in a central facility for the duration of the Ex and will be issued for official training periods and the Military Patrol Race. Weapon availability timings will be given at the initial TCs' Meeting on Sat 12 Jan 19. Random inspections will be carried out by the Ex Admin Staff.

13. **Storage and Waxing of Skis.** Waxing cabins will be provided at convenient locations around the village and ski storage is available in all accn. Under no circumstances are skis to be prepared in accn or on balconies.

14. **Facilities.** The following are available:

- a. The resort is a small village with a range of facilities, shops and restaurants. There are a number of small supermarkets; however, most shops are closed on Saturday afternoon and all day Sunday. There are a number of larger supermarkets and sports shops in Sallanches (approximately 25 minutes' drive in the direction of Genève/Chamonix) which traditionally offer better value for money.
- b. There are limited sporting facilities (other than Alpine and Nordic skiing), but swimming pools/gymnasiums can be found in the valley.

15. **Departure.** All competitors, less nominated officials and Nordic competitors qualifying for Ex RS, are to depart on Tue 22 Jan 19. A formal handover of accn will be conducted by the admin team. Teams Captains will be notified of handover times on Mon 21 Jan 19. Team Captains must make note of any existing damage on takeover and must inform the admin team of any damage caused at the earliest opportunity. Any charges to teams or competitors, resulting from damage to or losses from accn, are to be settled prior to departure. Nordic competitors qualifying for Ex RS will be allocated accn for 22 Jan 19.

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<sup>9</sup> Ref A contains details regarding when public monies may be authorised for military personnel subject to Unit affordability

16. **Race and Admin Office.** An Ex Race and Admin Office will be located in L'Espace Animation, signposted within the village from the direction of arrival. The Ex RAWO will be responsible for all financial aspects of the Ex and in particular will monitor lift passes for entitled competitors and officials. There is no facility for cashing personal cheques or currency exchange.
17. **Medical.**
- a. Medical support will be based at the Race Office.
  - b. The ESF will provide emergency medical cover for every race.
  - c. Physiotherapy support during Ex PDN will be available to minimise the development of chronic injury in athletes.
18. **Risk Management.** GOC 1UKXX is the ODH for Ex PDN 19. A Risk Assessment will be produced by the Ex Director and uploaded to the AWSA MOSS site for COs/TCs to view prior to the Ex. A daily site and activity assessment will be carried out by the Ex Director and relevant officials.
19. **Biathlon Range.** Practice times are listed on the programme as Biathlon Training and will be confirmed daily. Anyone who uses the range outside the official times may be subject to disqualification from further races. Team Captains are to ensure that team members are qualified in all respects to conduct range practices. Before the initial range practice session, a mandatory range safety briefing (RSB) will be delivered to all Nordic competitors; Team Captains are to sign a form declaring all of their team members have attended the RSB before the issue of ammunition. Before and after each range practice Team Captains are to complete normal safety procedures (NSPs). Range Standing Orders will be issued on arrival. All range practices and shoots will be conducted in accordance with Ref C.
20. **Command and Control.** The following C2 will apply:
- a. **Ex Director.** Brig H Bizeul – DCOMD 1(UK) Div.
  - b. **Ex Controller/Race Secretary.** Lt Col RRT Eve RA. 1UKXX-FuPlans-PIPEDOWN- SO2@mod.uk
  - c. **Ex ADMIN WO.** WO1 W Charley RLC. 102LOGX-1XXCSS-G3OPS-SA@mod.uk
21. **Administration Points.** The following are key administration points to note:
- a. **POL Facilities.** There are no Ex POL facilities; fuel cards are to be used throughout. The closest garage accepting issued fuel cards is the Shell Filling Station, Allée de la Ferme, 74130 Bonneville, France; this can only be accessed when travelling from Genève on the A40.
  - b. **Post.** Team/Individuals mail should be sent to: Rank & Name, Unit, RHINO SKI CLUB, L'Espace Animation, 74 Chemin des Écoles, 74170 Contamines Montjoie (Les), France.

c. **Team Captains' Meetings.** Team Captains (TCs') are to attend the TCs' Meeting at 1800hrs Sat 12 Jan 19 in the L'Espace Animation (Race Office). TCs' Meetings are held at 1800hrs daily throughout the Ex, with a few exceptions that will be briefed.

22. **Internet Results Service.** Race Results will be published on [www.awsa.org.uk](http://www.awsa.org.uk)

Appendix:

1. 2019 EX PDN Draft Programme.

**Appendix 1 to  
Annex A to  
2018DIN07-081  
Dated Jul 18**

**2019 EX PDN DRAFT PROGRAMME**

Ser	Date	Alpine	Nordic
(a)	(b)	(c)	(d)
1	Wed 09 Jan 19	Advance Party arrive	
2	Fri 11 Jan 19	Main Body arrive	
3	Sat 12 Jan 19	Team Registration	
4	Sun 13 Jan 19	GS – Seeding	10 & 15km Classic course inspection (after
		Village Opening Ceremony (tbc)	
5	Mon 14 Jan 19	GS – Individual	15km Classic (M) 10km Classic (F) 4 x 5km Relay course inspection and
6	Tue 15 Jan 19	GS – Team	4 x 5km Relay (M & F)
7	Wed 16 Jan 19	Slalom – Individual	7.5km & 10km Biathlon course inspection and
		Floodlit Challenge	
		Interim Prize Giving Ceremony	
8	Thu 17 Jan 19	Slalom – Team	10km Biathlon Sprint (M) 7.5km Biathlon Sprint (F) 4 x 7.5km & 4 x 6km Biathlon Relay course inspection
9		Band to Arrive	
10	Fri 18 Jan 19	Training Day	4 x 7.5km Biathlon Relay (M) 4 x 6km Biathlon Relay (F)
11	Sat 19 Jan 19	Training Day	Preparation for Military Patrol Race
		Championship Dinner Night	
12	Sun 20 Jan 19	DH - Team & Individual	Military Patrol Race
13	Mon 21 Jan 19	Super G – Team & Individual	Training Day
		Main Prize Giving Ceremony	
14	Tue 22 Jan 19	Teams and selected officials de-register and disperse	
15	Wed 23 Jan 19	Selected officials and Nordic competitors qualifying for Ex RS disperse.	

## **EX SPARTAN HIKE**

1. **Introduction.** Exercise SPARTAN HIKE (Ex SH) takes place in Serre Chevalier, France during the period 12 to 23 Jan 19.
2. **Aim.** The aim of Ex SH is to provide competitors with an arduous and challenging racing programme, using superior standard facilities, physically demanding and technical courses in order to identify the champion Unit and qualifiers for the Army Alpine and Nordic Championships, whilst enhancing the moral and physical components of fighting power. The aim of this Annex is to provide competitors with sufficient information to start their administrative preparation ahead of the Team Captains' (TCs') Meeting and should be read in conjunction with Refs A to I.
3. **Objectives.** The objectives of Ex SH are to:
  - a. Run physically and mentally demanding and varied Alpine and Nordic race programmes for teams and competitors to test their physical fitness, stamina, determination, endeavour, courage and leadership in a safe competitive environment.
  - b. Operate competition ranges to allow Nordic teams and competitors to practise, improve and test their marksmanship.
  - c. Develop organisational, administrative and management skills amongst officials, TCs' and their deputies.
  - d. Develop a base of knowledge and skills to enable competitors to organise meetings at Divisional level.
  - e. Encourage novice participation to develop their skill base in an unfamiliar environment that empowers them to feel more comfortable with stress, pressure and fatigue.
4. **Categories.** Those taking part in Ex SH fall into 3 categories:
  - a. Regular and Army Reserve teams and individual competitors.
  - b. Officials (separate instruction to follow).
  - c. Visitors.
5. **Dates.** The Ex will take place as follows:
  - a. **Tue 8 – Fri 11 Jan 19.** Officials deploy (see separate Officials Admin Instruction).
  - b. **Sat 12 Jan 19.** Team Registration.
  - c. **Sun 13 – Mon 21 Jan 19.** Competitions.

- d. **Tue 22 Jan 19.** Alpine and Nordic teams, less Nordic competitors qualifying for Ex RS, and selected officials de-register and disperse.
  - e. **Wed 23 Jan 19.** Remaining officials, less Rear Party, and Nordic competitors qualifying for Ex RS de-register and disperse.
  - f. **Thu 24 Jan 19.** Rear Party disperse.
6. **Programme.** The Ex SH outline programme is as follows and is subject to change:
7. **Entry Fees.** Entry fees, for prizes and payments that cannot be provided from public funds, are:
- a. **Ex SH.** £40 per person (£25 per person where proof of AWSA membership is shown). This is payable by either bank transfer (**Account Number 10085470, Sort Code 16 19 26, quoting SH18 and unit name**) or by cheque (payable to **Central Bank GSU**) on attendance at the TCs' Meeting. All payments must be made by 26 Sep 18 to guarantee a place and any Unit not paid at this time will move to the Reserve List. Movement from the Reserve List is only authorised once Entry Fees are paid. This is non-refundable under all circumstances.
8. **Movements and Clearances.** Teams attending Ex SH are responsible for applying for Diplomatic Clearance, Transit and Staff clearance from all relevant authorities in accordance with [Ref A](#).
9. **Race and Admin Office.** An Ex Race and Admin Office (Race Office) is located in the old Swimming Pool complex in Villeneuve and will be signposted from the road on registration day. The Office Manager will be responsible for all financial aspects of the Ex and in particular will monitor lift passes for entitled competitors and officials and collect Race fees. There is no facility for cashing cheques or currency exchange.
10. **Arrival.** Competitors and teams are to report to the Race Office from 1000 to 1600hrs on Sat 12 Jan 19. On arrival, all TCs are to:
- a. Pay AWSA Membership Fees (if not done so already by DD, proof must be shown).
  - b. Check Team Registration details.
  - c. Provide proof of insurance cover.
  - d. Pick up Alpine Ski Passes (no payment required).
  - e. Complete initial race entry forms; to be handed in prior to departing for their accn in accordance with [Ref C](#).
  - f. Collect a Team Information Pack containing a Race Programme, course profiles, security and weapons brief, local administrative and public facilities.
  - g. Receive accn details.
  - h. Sign a weapon security certificate.
  - i. Hand in SA80A2 Weapons to the armoury.

j. Hand in remaining trophies from previous year (engraved).

11. **Accommodation, Allocation and POC.** Accn for SH19 is provided and paid for centrally by the Ex Controller. Competitor's accn is allocated based on the information provided on the entry form; once received the Exercise Controller provides a list of registered teams to the resort POC who makes the reservations. Competitors' accn for SH19 is provided from 1600hrs Sat 12 Jan 19. The POC in resort is Daniela Jouglard, E-mail: [discoverserreche@orange.fr](mailto:discoverserreche@orange.fr), tel: 0033 (0)6 72 36 75 97 (**Text/SMS only**).

12. **Arrival Instructions.** Units are to confirm their arrival plans with Daniela by Thu 3 Jan 19. Units arriving on registration day on Sat 12 Jan 19 are to check in with Daniela at the race office in Villeneuve from 1000hrs to 1600hrs. Accn for SH19 has been organised to cater for standard team sizes, includes free parking, and waxing facilities. Larger teams may need to be split, but every effort will be made to ensure that apartments are close together. Teams will be accommodated in the most cost-efficient manner possible, but individuals will NOT be expected to share double beds. Due to the limitation of accn space, teams are urged to carefully consider the amount of equipment and material they bring, and pack as efficiently as possible.

13. **Accommodation arrangements are:**

a. **Competitors.** Self-catering accn is allocated with teams and competitors required to pay final cleaning fees: 15 to 25 euros per person. TCs must inform the Race Office of any damages to accn, including furniture and utensils, by NLT 1800hrs Mon 14 Jan 19 (TCs' Meeting).

b. **Visitor Accommodation.** Commanding Officers, Arms and Service Colonels and other Senior Officers<sup>10</sup>, spectators and families who wish to visit the Ex on their own budget are most welcome. Visitors are to arrange and pay for their accn and travel. The Ex Controller is to be informed of all visitors attending SH19.

14. **Storage and Waxing of Skis.** Ski storage is available in all accn. Waxing facilities will be denoted on allocation of accn. Under no circumstances are skis to be prepared anywhere other than the designated location for each particular accn. Anyone found to be flaunting these rules could be removed from their accn.

15. **Departure.** All competitors, less nominated officials and Nordic teams travelling to Ruhpolding, are to leave on Tue 22 Jan 19. TCs must make note of any existing damage on takeover and are encouraged to inform the admin team of any damage caused at the earliest opportunity. Any teams or competitors who leave their accn with damage, losses or uncleanliness, will be billed accordingly from the credit card information left on registration. It is imperative that teams leave their accn in an immaculate condition; the reputation of the Army is not to be brought into disrepute; the Army has an excellent reputation in Serre Chevalier please ensure this remains intact.

16. **Risk Management.** GOC FTC is the ODH for Ex SH19. A generic Risk Assessment (RA) will be produced by the Ex Controller and placed on the AWSA Web Site for COs/TCs to view prior to the Ex. A daily site/activity assessment will be carried out by the Ex Director and relevant officials.

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<sup>10</sup> [Ref A](#) contains details regarding when public monies may be authorised for military personnel subject to Unit affordability.

17. **Medical.** A Medical Plan will be in place for SH19 this will be placed on the AWSA Web Site for all COs/TCs to view. No Service medical cover is available on Ex SH. Local services provide routine and emergency cover. In the event of an injury, all officials, visitors and competitors are to complete MOD Form 510 – Report on Accident and Injury. The race office must also be informed.

18. **Biathlon Range.** Practice times are listed on the programme as Biathlon Training and will be confirmed daily. Anyone who uses the range outside the official times may be subject to disqualification from further races. TCs' are to ensure that team members are qualified in all respects to conduct range practices. Before the initial range practice session, a mandatory range safety briefing (RSB) will be delivered to all Nordic competitors; TCs' are to sign a form declaring all of their team members have attended the RSB before the issue of ammunition. Before and after each range practice TCs are to complete normal safety procedures (NSPs). Range Standing Orders will be issued on arrival.

19. **Command and Control**

a. **Ex Director.** GOC FTC will appoint a one star representative and an SO1 to act as Ex Director on an annual basis.

b. **Ex Controller.** Major R M Anderson SCOTS DG (Ross). FTC-SPARTANHIKE- SO2@mod.uk.

c. **Team Captains' Meetings.** TCs are to attend the TCs' Meeting at 1800 hrs, Sat 12 Jan 19 in the Race Office. TCs' Meetings will be held at 1800hrs daily throughout the Ex, further detail will be briefed during registration.

20. **Internet Results Service.** Race Results will be published on [www.awsa.org.uk](http://www.awsa.org.uk).

21. **POC.** All queries concerning Ex SH should be made to the Ex Controller.

Appendix:

1. 2019 EX SH Draft Programme.

**Appendix 1 to  
Annex B to  
2018DIN07-081  
Dated Jul 18**

**2019 EX SH DRAFT PROGRAMME**

<b>Ser</b>	<b>Date</b>	<b>Alpine</b>	<b>Nordic</b>
<b>(a)</b>	<b>(b)</b>	<b>(c)</b>	<b>(d)</b>
1.	Wed 09 Jan 19	Advance Party arrive	
2.	Fri 11 Jan 19	Main Body arrive	
3.	Sat 12 Jan 19	Team Registration	
4.	Sun 13 Jan 19	GS – Seeding	Inspect XC Courses
5.	Mon 14 Jan 19	GS – Individual	Cross Country Relays (4 x 5km) Classic
6.	Tue 15 Jan 19	GS – Team	Cross Country Individual Classic (15/10km)
7.	Wed 16 Jan 19	Slalom – Individual	Inspect Biathlon Courses
8.	Thu 17 Jan 19	Slalom – Team	Biathlon Individual (10 / 7.5km)
9.	Fri 18 Jan 19	Training Day	Biathlon Relays (4 x 7.5 / 4 x 6km)
10.	Sat 19 Jan 19	Training Day	Patrol Race Preparation
11.	Sun 20 Jan 19	DH - Team & Individual	Military Patrol Race
12.	Mon 21 Jan 19	Super G – Team & Individual	Slip Day (Patrol Race)
		Main Prize Giving Ceremony	
13.	Tue 22 Jan 19	Teams and selected officials de-register and disperse	
14.	Wed 23 Jan 19	Selected officials and Nordic competitors qualifying for Ex RS disperse.	
15.	Thu 24 Jan 19	Rear Party Disperse (TBC).	

## **EX LION'S CHALLENGE 19**

### **Introduction**

1. Exercise LION'S CHALLENGE 19 (Ex LC 19), the British Army Alpine Ski Championships will be held at Serre Chevalier, in the Haute Alps region of France, from 24 Jan to 1 Feb 19.
2. The aim of this Annex is to promulgate the necessary information to Divisional and Corps Ski Secretaries as well as Team Captains (TCs) of Regimental Alpine Teams who anticipate qualification to the Army Alpine Championships.
3. These championships will be run under the auspices of the AWSA in accordance with [Ref C](#). Rule Books will be avail from the Chief of Race/TD at the Army Alpine Management and Training Meeting in Oct/Nov 18 and on the AWSA Webpage and MOSS Site as soon as published. Until rule books are issued, teams are to continue to use the 2018 Edition. Note that mixed teams are permitted in Army Alpine racing.
4. Ex LC 19 has a capacity of 115 competitors only. Teams and individuals may only normally compete at the Meeting once they have qualified to do so at their respective Divisional Championships in Jan 19 (Ex PDN or SH). Those Teams/Individuals selected will be notified at their Divisional Championship.

### **Serre Chevalier**

5. **General.** For those travelling from Ex PDN, the resort of Serre Chevalier consists of 3 small towns in the northern base of the mountain of the same name. The complex lies on the Route National 91, some 110km East of Grenoble and 10km West of Briancon. The Championships are based in the most easterly village, Chantemerle. Despite considerable development in recent years, the resort retains much of its traditional charm.
6. **Getting There.** Access to Chantemerle from the West is via the Col du Lautaret. This Pass is frequently closed in winter and snow chains are essential (an up-to-date report as to the state of the Pass may be obtained by telephoning 0033 (0)942 24 44 44). The village may also be approached from Italy in the east, via the Frejus Tunnel, Col de Montgenevre and Briancon (this road is fairly sheltered and often a better bet than the Col du Lautaret). Regardless of the direction of travel, those approaching by road must be in possession of snow-chains (notwithstanding, winter tyres are also strongly recommended). Those wishing to travel by train should note the nearest station is in Briancon. Flights are now readily available to Grenoble (Monarch), Lyon and Turin (BA/Easy Jet); Turin is closest to the resort.
7. **Race Facilities.** The heart of the village is clustered around the main lift station, with the Tourist Office and Race Office in the Serre D'Aigle complex. Racing will be conducted on the North facing main slopes of Serre Chevalier, at an altitude of some 2200m. All racing will be on Federation Internationale de Ski (FIS) Homologated courses.

8. **Outline.** The intended programme of events is below. Flexibility is important and the schedule of events will be amended at short notice if the weather conditions are not favourable. Teams should note that:

- a. **First Race.** The first race is on Thu 24 Jan 19. This will allow those teams from Ex PDN one day to travel from Les Contamines to Serre Chevalier and an additional day for all competitors to inspect the racing slopes before the competition.
- b. **Downhill Training.** Downhill training will begin after the Team Slalom and will take place on the Luc Alphand piste, weather permitting. Unfortunately, the inability to stage speed events in Chantmerle at weekends precludes the ability to run a Super-G prior to the Downhill.

## Command and Control

9. **General.** C2 will be exercised through the following mechanisms:

- a. **Race Committee.** The Race Committee, under command of the Army Alpine Chairman, has overall responsibility for the running of the Championships. Duties and responsibilities of the Race Committee are listed at Annex B to [Ref C](#).
- b. **Race Office.** The Race Office will be situated in the Serre D'Aigle complex near the bottom-most lift station. The Race Secretary will be in charge of the Race Office, which will be open from 0800 – 0900 hrs and 1600 – 1800 hrs daily, apart from registration day.
- c. **Team Captains.** TCs are to ensure they register as outlined below:
  - (1) Complete the electronic registration proforma that will be e-mailed to all qualifying teams and individuals during Ex SH and Ex PDN. This form requires a hyperlink to your insurance details which must be extended to cover the period of Ex LC to 1 Feb 19. The electronic registration form must be returned to [lionchallenge0@gmail.com](mailto:lionchallenge0@gmail.com) by COP 21 Jan 19.
  - (2) Report to the Race Office in order to register their teams in accordance with Para 15. Teams and individuals from Ex SH are to register between 1400 and 1600, and teams and individuals from Ex PDN are to register between 1600 and 1800. All teams are to have registered not later than **1800 hrs Tue 22 Jan 19**. Those TCs who feel they may arrive late due to weather conditions should contact the Race Office or Secretary (number below) in order that suitable reception and accn arrangements can be made. Registration involves:
    - (a) Pay race entry fees and declare team racers (if known).
    - (b) Pay lift pass contribution and receive lift passes.
    - (c) Confirm appropriate race insurance policies.
    - (d) Confirm and sign registration sheets.
    - (e) Return outstanding trophies, cleaned and engraved.
    - (f) Organise accn, see para.15.

(3) All competitors to attend an initial meeting, hosted by Chairman Alpine, at **1730 hrs Wed 23 Jan 19** in the Serre D'Aigle complex (Loc TBC). At this meeting each competitor will receive a briefing on the layout of race courses and the general conduct of the meeting.

(4) Attend subsequent TCs' Meetings at 1800hrs each day commencing on **Wed 23 Jan 19**. The venue for these meetings will be announced at Chairman Alpine's initial briefing, but is likely to be in the medical room on the top floor of the Serre D'Aigle (same as last year).

(5) Submit race entries by the times stated at para 8 of [Ref C](#).

10. **Discipline.** Experience built up over a significant number of years of competition in France has shown that it is of the utmost importance to establish friendly relations with the local authorities. As such, no sympathy will be extended to teams or individuals that misbehave, leave accn in a poor state or fail to settle their bills; indeed, serious breaches of discipline will result in the disqualification of individuals and, potentially, Unit teams being returned immediately.

11. **Sponsorship.** Those teams fortunate enough to secure sponsorship must ensure that they follow AWSA rulings on advertising at Annex F to [Ref C](#). Any team advertising sponsorship must not show any link with tobacco or spirits. Army personnel may not wear commercial logos on their clothing (including crash helmets) that are connected to Army or Regimental Cap badges (front and back is acceptable, both on front or back is not – See [Ref C](#) 5.174-5).

### Arrival Procedure

12. **Team Accommodation.** Those teams expecting to qualify for the Army Championships need to make arrangements for accn through our local agent, Daniela Jouglard. Daniela competitively sources and organises advance reservations to accommodate and suit every team (and individual's) budget. Accn is allocated as teams confirm qualification with payment due on arrival at registration giving us flexibility that we wouldn't get elsewhere. A number of apartments will be kept in reserve for teams or individuals who qualify unexpectedly or are not part of a team. In order to make this cost effective, teams must book accn through Daniela; any failing to do so, will forfeit their grant (see para 17) as it will be needed to cover cancellations. Once a reservation is made, it should be confirmed to the Race Secretary. Daniela's details are: [discovererreche@orange.fr](mailto:discovererreche@orange.fr) Tel 0033 (0)6 72367597. Teams can expect acceptable accn to start from €280 per person for the duration. Teams and individuals can save money by bringing their own bed linen and towels. Teams will require accn from 22 Jan – 1 Feb 19. It is important that you contact Daniela as soon as you know you have qualified – do not leave it until arrival at the Race Office. Any accn booked through Daniela outside of the Ex LC 19 contract or dates must be paid for in full up front. This measure has had to be enforced due to several teams booking more places than required or not turning up for pre-season training and leaving debts.

13. **Facilities.** Shops, a cinema, laundry and entertainment facilities are all available nearby, as is ample car parking adjacent to the main Lift Station.

14. **Grants.** Ex LC 19 is the Army Alpine Championships and as Alpine is classed as a Cat 2 Sport, does not attract as much funding as the Divisional Championships. AWSA Alpine is fortunate to have some non-public funding to permit the offsetting of competitors'

ski passes. It is not possible to cover the whole of the ski pass and so Teams should expect to contribute approximately €100 per person towards the 9 day ski pass. This is more than previous years due to a reduction in the Non-Public Fund grant allocated to Alpine. Team captains are to book passes for their trainers or managers through the Race Office in order to receive a 30% discount on 9 day and above passes. Shorter duration passes attract a 10% discount if booked through the Race Secretary. For teams requiring passes for visitors, 48 hours' notice is required along with cash payment in advance. The 2019 ski pass price for a 9 day pass (with discount<sup>11</sup>) is €273

15. **Officials' and Visitors' Accommodation.** VIPs (defined as 1\* and above) accn will be arranged through the AWSA Sponsorship Secretary (Lt Col C Sargent MBE WG) ([sarge\\_wg@hotmail.com](mailto:sarge_wg@hotmail.com)). Team visitors, including COs, are to make their own arrangements, but Lynne (details below), who manages a local hotel, or Daniela will be happy to assist with bookings. All visitors are responsible for their own costs and travel arrangements; Officials cannot provide airport transfers.

## Ski Lifts

16. **Access to Slopes.** Access to the racing slope is by gondola and chair lifts. Teams should note that it takes at least 15 mins (plus queuing time) to get to the Start from the Race Office.

## Administration

17. **Risk Management.** A Risk Assessment will be produced by the Ex Director and uploaded to the AWSA MOSS site for COs/TCs to view prior to the Ex. A daily site and activity assessment will be carried out by the Ex Director and relevant officials.

18. **Movement.** Unit teams, individuals and visitors are responsible for making their own movement arrangements to and from Ex LC 19. Those using agency cards should note that the nearest station is an Esso Garage in Briancon (approximately 15 mins away).

19. **Medical.** No Service medical cover is available at the Championships. The local First Aid Post at Serre D'Aigle provides both routine and emergency cover. A physiotherapist and a dentist are also available in Serre D'Aigle. In the event of an injury, all officials, visitors and competitors are to complete MOD Form 510 (held by the Race Office) – Report on Accident/Injury. The Race Office is to be informed of any injury.

20. **Post.** No mail should be forwarded to Ex LC 19. In extremis, please speak to the Alpine Secretary, but be aware, it can be fairly unreliable.

21. **Points of Contact.** The Race Secretary will arrive in Serre Chevalier on Sat 19 Jan 19. A variety of other useful telephone and fax numbers are listed at Annex D. Key contact details (from 19 Jan 19) are below, and any changes will be promulgated through Div Race Secretaries:

- a. Race Secretary: 0044 7887 931893
- b. Technical Delegate: TBC (on allocation of a TD)
- c. Email: [alpine@awsa.org.uk](mailto:alpine@awsa.org.uk) or [lionschallenge0@gmail.com](mailto:lionschallenge0@gmail.com)

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<sup>11</sup> Teams choosing not to book their accn through the AWSA local agent may not receive this grant

22. **Visitors.** Visitors, especially COs, are most welcome and encouraged to come and support their team. Unfortunately insufficient funds exist to provide visitors with accn and lift passes<sup>12</sup>. All administrative arrangements for visitors are to be made by their own Unit teams. However, in order to maintain visibility of all military personnel in resort, the Race Secretary must be informed of names and arrival/departure dates of all visitors. Finally, it is anticipated that the Championships will attract a number of VIP visits, the details of which will be briefed daily at TCs' Meetings. All Unit representatives are invited to the Prize Giving on Thu 31 Jan 19 at 1830 hrs.

23. **Trophies.** All Trophies from the 2018 Championships must be brought to the Team Captains' Meeting in Tidworth in Sep 18 for audit purposes. Those requiring replacement or repair will be signed back to the Alpine Committee. All others will be returned with the team Captain and must be brought to the race office during registration, or posted (with prior warning) to the AWSA Secretary Golf & Winter Sports, Fox Lines, Aldershot, Hants, GU11 2LB by 7Jan 19. All trophies must be cleaned, professionally repaired and engraved before returning them.

24. **Prize Giving.** Prize giving will take place in the Serre d'Aigle complex at 1830 on Thu 31 Jan 19. This is a parade for all participants of Ex LC. Team Army, military VIPs and sponsors will be in attendance. There will be a seating plan that will place VIPs and sponsors with teams to be hosted throughout the evening. Dress for the event is smart casual; teams and individuals are strongly encouraged to wear sports colours, unit or team branded polo shirts or skiing jumpers. Smart jeans are acceptable. Headgear and outerwear is not to be worn.

25. **Media Ops.** Media is generally poorly supported by the teams. Ex LC 19 simply would not happen without sponsorship, however in return many may expect local media coverage. This is a prime opportunity for teams to promote their Battalion, Regiment or Corps and so the articles should include other achievements for your Unit or team individuals during the year. In addition, the exercise photographer has in the past taken excellent photos for Unit use free of charge. Full details of the Media Plan will be briefed at the first TCs' Meeting. Do not leave your articles until the last minute; start drafting them now and have them cleared through your CO before you arrive.

26. **Photographs.** All photographs from this year's Championships will be available on the LION'S CHALLENGE Facebook page and on the AWSA Dropbox account. Log on details for the Dropbox account will be promulgated at the first TCs meeting.

27. **Useful Websites/Contacts.** Useful websites are as follows:

a. [www.awsa.co.uk](http://www.awsa.co.uk) – is the main AWSA website with a link to the Alpine (Ex LC 18) website. You can also find information on Ex PDN and Ex SH.

b. [www.serre-chevalier.com](http://www.serre-chevalier.com) - local Office du Tourisme

c. [discoverserreche@orange.fr](mailto:discoverserreche@orange.fr) - Daniela Jouglard/Discover Serre Chevalier or Tel: 0033 (0)6 72367597

d. [Lynne@hotelpleinsud.com](mailto:Lynne@hotelpleinsud.com) - Lynne Laurant (manages local hotel) or Tel: 0033 (0)4 92 24 17 01

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<sup>12</sup> There is a 10% discount on passes of 8 days or less, if purchased through the Race Office.

- e. [sarge\\_wg@hotmail.com](mailto:sarge_wg@hotmail.com) – Lt Col Chris Sargent – AWSA Sponsorship Secretary
- f. The Race Secretary's contact details prior to the Championships are:
  - (1) E-mail: [alpine@awsa.org.uk](mailto:alpine@awsa.org.uk) or [lionschallenge0@gmail.com](mailto:lionschallenge0@gmail.com)
  - (2) Tel: Mil: 94393 6812
  - (3) Tel Civ: 44 (0)1264 886812
  - (4) Tel Mob: 44 (0)7887 931893

28. **Summary.** There is a fair amount of administrative work required from TCs prior to the Championships; do not leave your administrative tasks until the last minute. Of particular note, ensure trophies are returned; you have prepared your media article, arranged your teams insurance and booked the teams' accn. The officials are here to help, so please get in touch early regarding any concerns you may have.

Appendix:

1. 2019 EX LC Draft Programme.

**2019 EX LC DRAFT PROGRAMME**

<b>Ser</b>	<b>Date</b>	<b>Time</b>	<b>Event</b>	<b>Remarks</b>
<b>(a)</b>	<b>(b)</b>	<b>(c)</b>	<b>(d)</b>	<b>(e)</b>
1.	Saturday 19 Jan 19	Pm	Race Secretary and Referee Arrives	
2.	Sunday/ Monday 20/21 Jan 19		Remainder of Officials Arrive	
3.	Tuesday 22 Jan 19	1400 - 1800	Registration for teams	Race Office in the Serre D'Aigle
4.	Wednesday 23 Jan 19	All Day	Team Training/Admin	
5.		1730	Competitors Briefing	All to attend. Location TBC
6.		1800	1 <sup>st</sup> Team Captains' Meeting	TCs Briefing Room, Serre D'Aigle
7.	Thursday 24 Jan 19	TBC	Individual Giant Slalom	
8.	Friday 25 Jan 19	TBC	Team Giant Slalom	
9.	Saturday 26 Jan 19	TBC	Individual Slalom	
10.	Sunday 27 Jan 19	TBC	Team Slalom	President's Challenge in the afternoon - TBC
11.	Monday 28 Jan 19	TBC	Downhill Training 1 Piste 'Luc Alphand' (2 runs per competitor, no timing)	
12.	Tuesday 29 Jan 19	TBC	Downhill Training 2 Piste 'Luc Alphand' (2 timed runs per competitor)	
13.	Wednesday 30 Jan 19	TBC	Downhill Piste 'Luc Alphand'	
14.	Thursday 31 Jan 19	AM	Super G - Piste 'Luc Alphand'	
15.		1830	Prizegiving	Serre d'Aigle
16.	Friday 1 Feb 19	1000 1600	Teams Depart Officials Depart	
17.	Saturday 2 Feb 19	0800 1000	Race Secretary Departs Army Team depart for Meribel	

## EX RUCKSACK

1. **Introduction.** Exercise RUCKSACK 19 (Ex RS) is the 72<sup>nd</sup> Inter-Service and Army Nordic Skiing Championships. It will take place in Ruhpolding, Germany from 23 Jan to 8 Feb 19. Ruhpolding is situated at 700m in the Chiemgau region of Bavaria where Biathlon World Cup races are held annually.
2. **Ex Aim.** The aim of Ex RS is to provide competitors with an arduous and challenging racing programme, using world class facilities and physically demanding, technical courses in order to identify the Inter-Services and Army Champion Nordic Skiers and Nordic Skiing Units of the British Army whilst enhancing the moral and physical components of fighting power. The aim of this Annex is to provide competitors with sufficient information to prepare themselves administratively to participate in Ex RS. It should be read in conjunction with [Refs A to I](#).
3. **Ex Objectives.** The objectives of Ex RS are to:
  - a. Run a physically demanding and varied race programme for teams and competitors to test their physical fitness, stamina, determination, courage and leadership.
  - b. Operate world leading competition ranges to allow teams and competitors to practice, improve and test their marksmanship.
  - c. Develop organisational, administrative and management skills amongst officials, TCs and their deputies.
  - d. Develop a base of knowledge and skills to enable competitors to organise meetings at Corps, Divisional and Army level.
4. **Categories.** Those taking part in Ex RS fall into 5 categories:
  - a. Regular and Army Reserve teams and individual competitors.
  - b. Other British Service teams and individual competitors.
  - c. Officials (separate instruction to follow).
  - d. Civilian competitors who are responsible for their own costs.
  - e. Visitors.
5. **Programme.** The Ex RS programme will be available at [www.britishbiathlon.com](http://www.britishbiathlon.com) and [www.awsa.org.uk](http://www.awsa.org.uk) and is subject to change.
6. **Eligibility and Qualification.** Eligibility and qualification rules are:
  - a. **Army Unit Teams and Army Competitors.** All Army personnel are to qualify for Ex RS from Ex PDN or SH; Annex C to [Ref C](#) refers.

- b. **Team Composition.** Team Composition is to be in accordance with [Ref C](#).
  - c. **Other Service Teams.** Teams from other Services and International Service Teams are exempt from qualifying. However, for the Military Combination and Inter- Service Races, they are to nominate a squad of 6 in accordance with [Ref C](#).
7. **Movements and Clearances.** The Secretary will apply centrally for Diplomatic Clearance for those teams attending Ex RS. However, in accordance with [Ref A](#) all teams, with the potential to qualify for Ex RS, must apply for Transit and Staff clearance to Ruhpolding. There are no Ex POL facilities; Unit fuel cards should be used and the nearest Shell Garage is in Traunstein.
8. **Military Training Risk Assessment.** A Military Training Risk Assessment is at [Appx 1](#) to this Annex.
9. **Arrival.** Competitors and teams are to report to the Race Office from 1000 to 2000 hrs on Wed 23 Jan 19. On arrival, all Teams are to:
- a. Check Registration details and pay entry fees.
  - b. Provide proof of insurance cover.
  - c. Collect initial race entry forms; to be handed in at the Team Captains' Meeting at 1000 hrs Thu 24 Jan 19 in accordance with [Ref C](#).
  - d. Collect an Information Pack.
  - e. Receive accn details.
  - f. Sign a weapon security certificate.
  - g. Hand in trophies from previous year (engraved).
10. **Accn.** Accn arrangements are:
- a. **Army Qualified Competitors.** Self-catering accn is allocated at no charge to Army qualified competitors.
  - b. **Army Non-Qualified Participants, all RN and RAF Competitors.** Self-catering accn is allocated, on repayment (€25 pppn), to Army non-qualified participants, RN and RAF competitors. Army non-qualified competitors may charge this cost to Public Funds through their Unit Travel & Subsistence Budget; subject to their budget manager's approval, which is to be sought prior to departure. **Army Non-Qualified Competitors must be cleared to attend by the Ex Director before departure from Ex PDN or SH.**
  - c. **Visitors.** Commanding Officers, Arms and Service Colonels and other Senior Officers<sup>13</sup>, spectators and families who wish to visit Ex RS on their own budget are most welcome. **All visitors are to book and pay for their own accn and travel.**

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<sup>13</sup> [Ref A](#) contains details regarding when public monies may be authorised for military personnel subject to Unit affordability

d. **Visitor Accn.** The following hotel accn is situated close to the town centre:

(1) [Hotel Ruhpoldinghof](#).

(2) [Hotel Zur Post](#).

(3) [Alpenhotel Wittlesbach](#).

11. **Storage and Waxing of Skis.** Waxing cabins will be provided at the Biathlon Stadium (Chiemgau Arena).

12. **Facilities.** The following are available:

a. Ruhpolding is a traditional ski town with excellent facilities, shops and restaurants. There are several supermarkets in Ruhpolding; however, most shops are closed on Saturday afternoon and all day Sunday.

b. There is an indoor tennis club, ice rink, swimming pool, squash court and gymnasium.

c. There is limited daytime and floodlight alpine skiing in Ruhpolding, but extensive daytime alpine skiing in Winklmoos (20 km).

13. **Departure.** All personnel, less nominated officials, are to leave on Fri 8 Feb 19 (unless teams or competitors remain, under their own arrangements, for Ex SKI RLC).

14. **Pay Office.** An Ex Pay Office will be located in the Race Office. The Ex RAO will be responsible for all financial aspects of Ex RS and in particular will monitor allowances for entitled competitors and officials and collect Race Entry fees. There is no facility for cashing personal cheques or currency exchange.

15. **Risk Management.** A Risk Assessment will be produced by the Ex Director and uploaded to the AWSA MOSS site for COs/TCs to view prior to the Ex. A daily site and activity assessment will be carried out by the Ex Director and relevant officials.

16. **Medical.** In accordance with [Ref I](#):

a. Military medical and physiotherapy staff will be based at the Stadium.

b. The Bergwacht will provide emergency medical cover for every race.

17. **Biathlon Range.** Practice times are listed on the programme as Biathlon Training and will be confirmed daily. Anyone who uses the range outside the official times may be subject to disqualification from further races. All competitors are to be qualified in all respects to conduct range practices. Before and after each range practice they are to complete normal safety procedures (NSPs). Range Standing Orders will be issued on arrival in Ruhpolding. All range practices and shoots will be conducted in accordance with [Ref C](#).

18. **Command and Control.**

a. **Ex Director.** Maj A J Lloyd RLC.

b. **Race Secretary.** Capt T Furlong RLC. [nordic@awsa.org.uk](mailto:nordic@awsa.org.uk).

c. **Race Office.** In the centre of Ruhpolding near the Police Station and next to the Rathaus, address below.

19. **Postal.** Mail and unreturned trophies should be sent to: Rank & Name, Unit, Ex RUCKSACK, Am Rathaus, Rathausplatz 1, 83324 Ruhpolding, Germany.

20. **Team Captains' Meetings.** TCs are to attend the TCs' Meeting at 1000 hrs, Thu 26 Jan 19 in the Race Office and subsequently as published on the programme.

21. **Internet Results Service.** All race results and Marina / SAS / Kentish Cup results will be published on both [www.britishbiathlon.com](http://www.britishbiathlon.com) and [www.awsa.org.uk](http://www.awsa.org.uk) daily.

## EX SNOW LION

1. **Introduction.** EXERCISE SNOW LION (Ex SL), will take place in the Cairngorm Mountain Range, Aviemore, Scotland over the period 1 – 10 Mar 19. Ex SL will be run in accordance with the Army Winter Sports Association (AWSA) Alpine Ski and Snowboarding Race Rules, which is subject to local amendment by the Race Committee.
2. **Aim.** The aim of Ex SL is to introduce competitive snow sports (Alpine, Telemark, Snowboard (SB) and para-snowsports) to service personnel and enable the introduction to racing in Scotland.
3. **Objectives.** The objectives of Ex SL are to:
  - a. Encourage participation in snow sports to develop a competitive skill base in an unfamiliar environment that empowers the individual to better cope with stress, pressure and fatigue.
  - b. Develop Unit teams of the future, B Teams, development squads and female teams from units that already have a snow sports presence and introduce those units with no history of competing at snow sports to racing in a controlled environment.
  - c. Identify and nurture new snow sports talent to progress into unit teams and on to the Divisional and Army Championships<sup>14</sup>.
4. **Categories.** Those taking part in Ex SL fall into 3 categories:
  - a. Regular and Army Reserve teams and individual competitors.
  - b. Officials (separate instruction to follow).
  - c. Visitors.
5. **Dates.** The Ex will take place as follows:
6. **Entry Fees.** Entry fees, for prizes and payments that cannot be provided from public funds, are:
  - a. Team of 4 for all races                    £160.00<sup>15</sup>.
  - b. Individuals                                    £40.00.
7. **Movements.** The resort of Aviemore is located in the Cairngorm Mountain Range, Scotland. Travel time from Rothiemurchus Lodge<sup>16</sup> (accommodation area) to the White Lady Slopes<sup>17</sup> is around a 15–20 minutes' drive time or 6 miles in distance. From Cameron Barracks, allow an hour travel time. The Exercise will be held at these Slopes for the

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<sup>14</sup> Army Alpine and Nordic Exercises are; Ex PIPEDOWN, Ex SPARTAN HIKE, Ex LION'S CHALLENGE and Ex RUCKSACK.

<sup>15</sup> The entry fee is £40.00 per competitor taking part all week.

<sup>16</sup> **Address:** Rothiemurchus Lodge, Aviemore PH22 1QU.

<sup>17</sup> **Address:** White Lady Slopes, Natural Retreats Cairngorm Ski Area, Aviemore PH22 1RB

duration. TCs are to take into consideration these travel times especially when snow conditions are a factor.

8. **Race and Admin Office.** The Race Office will be situated in the Peregrine Conference Suite, Macdonald Highland Hotel, Aviemore<sup>18</sup>. This is signposted from the main reception. Opening times, telephone and fax numbers of the Race Office will be given out on registration day (Sat 2 Mar 19).

9. **Arrival.** Competitors and teams are to report to the Race Office from 0800hrs to 1500hrs on Sat 3 Mar 19. On arrival, all TCs are to:

- a. Pay AWSA Membership Fees (if not done so already by DD, proof must be shown)
- b. Check Team Registration details.
- c. Provide proof of insurance cover.
- d. Pick up Ski Passes (payment required). Units are required to pay for their own ski passes in order to compete. TCs will be issued with their ski passes at registration. The cost of a 5 day 'Natural Retreats Cairngorm Mountain Range Ski Centre' ski pass is £160.00. A day pass is £36.00. This pass includes the use of the white lady slope, the rail system and tow lift. However, the Ex Controller has negotiated a 20% discount.<sup>19</sup>
- e. Complete initial race entry forms; to be handed in prior to departing for their accommodation.
- f. Hand in remaining trophies from previous year (engraved).

10. **Accommodation.** The following accommodation arrangements are as follows:

- a. **Competitors.** Plenty of military accommodation is available within 1 hour of the Ex area. Competitors are to book accommodation at Rothiemurchus Lodge (RL). Units wishing to book accommodation should contact the RL Manager Mr George Gaff<sup>20</sup>, alternately book online via the RL website<sup>21</sup>. There is a pppd cost for this option. Alternative free accommodation can be sourced at Cameron Barracks, Inverness.
- b. RL can provide accommodation for up to 90 personnel and therefore, accommodation will be allocated on a first come first served basis after the para-snow sports competitors have been accommodated. Alternative accommodation close to the resort can be found and booked at Cameron<sup>22</sup> and Kinloss<sup>23</sup> Bks.
- c. **Visitor Accommodation.** Commanding Officers, Arms and Service Colonels and other Senior Officers, spectators and families who wish to visit the Ex on their own budget are most welcome. Visitors are to arrange and pay for their accn and travel. The Ex Controller is to be informed of all visitors attending SL.

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<sup>18</sup> Address: Macdonald Highlands Hotel , Aviemore Highland Resort PH22 1PN.

<sup>19</sup> Costing with discount price: Ski Pass £160.00 with 20% discount = £128.00; Day Pass £36.00 with 20% discount = £28.80p.

<sup>20</sup> **Mr George Gaff Contact Details:** email: [manager@rothiemurchus.co.uk](mailto:manager@rothiemurchus.co.uk) or tel/fax: 01479 861288 or mobile: 07878 103720.

<sup>21</sup> Rothiemurchus Lodge website must be accessed via Google Chrome: <http://rothiemurchus.co.uk>

<sup>22</sup> Inverness TC, Cameron Bks, Inverness, IV2 3XE.

<sup>23</sup> Kinloss Bks, Morayshire, IV36 3UH.

11. **Registration.** Please follow the online registration Link [here](#). Entries will be taken in order of the DTG on which they were received. Hard copies of the application form must be submitted by TCs **NLT Fri 2 Feb 19**<sup>24</sup> using Annex A<sup>25</sup>. All applications must be accompanied with a **cheque**; no entry will be confirmed without the entry fees. Applications are to be submitted by post to Mrs Davina Glancy at the following address:

- a. Mrs Davina Glancy  
G7 PD Support  
Headquarters 51<sup>st</sup> Infantry Brigade and HQ Scotland  
Forthside  
STIRLING  
FK7 7RR  
Military: (9)4741 8459  
Civilian: 0131 310 8459  
MODNet [davina.glancy621@mod.gov.uk](mailto:davina.glancy621@mod.gov.uk)

12. **Departure.** All competitors, less nominated officials, are to leave on Sat 10 Mar 19. TCs must make note of any existing damage on takeover and are encouraged to inform the admin team of any damage caused at the earliest opportunity. Any teams or competitors who leave their accn with damage, losses or uncleanliness, will be billed accordingly from the credit card information left on registration. It is imperative that teams leave their accn in an immaculate condition; the reputation of the Army is not to be brought into disrepute; the Army has an excellent reputation in Scotland please ensure this remains intact.

13. **Risk Management.** DCOMD 51X is the ODH for Ex SL. A generic RA will be produced by the Ex Controller and placed on the AWSA Web Site for COs/TCs to view prior to the Ex. A daily site/activity assessment will be carried out by the Ex Director and relevant officials.

14. **Medical.** A Medical Plan will be in place for SL this will be placed on the AWSA Web Site for all COs/TCs to view. Military medical cover unlikely to be available during the Ex. All competitors are classed as on duty and local facilities are to be used for routine and emergency incidences. In the event of an injury, all officials, visitors and competitors are to complete MOD Form 510 – Report on Accident and Injury. The race office must also be informed.

#### 15. **Command and Control**

- a. **Ex Director.** DCOMD 51X will be appointed Ex Director. Other C2 arrangements TBC.
- b. **Ex Controller.** SO3 G7 PD 51X.
- c. **Team Captains' Meetings.** TCs are to attend the TCs' Meeting at 1600hrs, Sat 2 Mar 19 in the Race Office. TCs' Meetings will be held at 1800hrs daily throughout the Ex, further detail will be briefed during registration.

16. **Internet Results Service.** Race Results will be published on [www.awsa.org.uk](http://www.awsa.org.uk).

17. **POC.** All queries concerning Ex SL should be made to the Ex Controller.

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<sup>24</sup> Entries received after this date may be accepted if numbers permit.

<sup>25</sup> Annex A: Exercise Snow Lion Registration Proforma.

Appendix:

1. 2019 EX SL Draft Programme.

**2019 EX SL DRAFT PROGRAMME**

<b>Ser (a)</b>	<b>Date (b)</b>	<b>Event (c)</b>	<b>Venue (d)</b>
1.	Fri 1 Mar 19	Race officials and admin party deploy	
2.	Sat 2 Mar 19	Team registration, Race officials' recce	Race Office
		Introduction to Army snow sports/ racing classroom session Voice of experience	Rothiemurchas Lodge
3.	Sun 3 Mar 19	Group placement (ski off), Race training (Slalom and GS)	Natural Retreats Cairngorm Mountain Range Ski Area. Centre.
4.	Mon 4 Mar 19	Race training consolidation	
		Seeding GS	
5.	Tue 5 Mar 19	Team Giant Slalom Event	
6.	Wed 6 Mar 19	Individual Giant Slalom Event	
7.	Thu 7 Mar 19	Team Slalom Event	
8.	Fri 8 Mar 19	Individual Slalom Event	
		Prizegiving and Evening Function	Rothiemurchas Lodge
9.	Sat 9 Mar 19	Dual Slalom, 'Have-a-go' at another discipline.	Natural Retreats Cairngorm Mountain Range Ski Area. Centre.
		1400hrs Competitors and admin team depart	
10.	Sun 10 Mar 19	Officials depart.	