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| **Defence Instructions and Notices**  (Not to be communicated beyond Crown Servants, and Government Contractors, without Authority) | |
| **Title** | Army Alpine and Nordic Exercises 2020 |
| **Audience** | Alpine and Nordic Skiing Units across Defence |
| **Applies** | Immediately |
| **Expires** | 1 Mar 20 |
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| **Reference** | **2019DIN07-089** |
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| **Channel** | 07 Training and Education |
| **Content** | Exercise PIPEDOWN, SPARTAN HIKE, LION’S CHALLENGE, SNOW LION and RUCKSACK |
| **Sponsor/ Business owner** | Army Winter Sports Association |
| **Contact** | Exercise PIPEDOWN (PDN) – [1UKXX-FuPlans-PIPEDOWN-SO2@mod.uk](mailto:1UKXX-FuPlans-PIPEDOWN-SO2@mod.uk)  Exercise SPARTAN HIKE (SH) – [ftc-spartanhike-so2@mod.gov.uk](mailto:ftc-spartanhike-so2@mod.gov.uk) or [spartanhike@gmail.com](mailto:spartanhike@gmail.com)  Exercise LION’S CHALLENGE (LC) – [lionschallenge0@gmail.com](mailto:lionschallenge0@gmail.com) Exercise SNOW LION – [51X-G7-PD-SO3@mod.gov.uk](mailto:51X-G7-PD-SO3@mod.gov.uk) Exercise RUCKSACK (RS) – [nordic@awsa.org.uk](mailto:nordic@awsa.org.uk)  AWSA [s.davis@ascb.uk.com](mailto:s.davis@ascb.uk.com) |
| **Keywords** | Skiing, Sports (types of), Competitors, Army Sport Control Board,  British Army, Army Winter Sports Association, Alpine, Nordic  (sports); Biathlon; Cross-country skiing |
| **Local Keywords** | BANSC, RUCKSACK, PIPEDOWN, SPARTAN HIKE, LION’S  CHALLENGE, SNOW LION |
| **Annexes** | Annex A – Exercise PIPEDOWN Instructions  Annex B – Exercise SPARTAN HIKE Instructions  Annex C – Exercise LIONS CHALLENGE Instructions  Annex D – Exercise RUCKSACK Instructions  Annex E – Exercise SNOWLION Instructions |
| **Related Info** | [www.awsa.org.uk,](http://www.awsa.org.uk/) [www.britishbiathlon.com,](http://www.britishbiathlon.com/) see References below |
| **Classification** | OFFICIAL |

**ARMY ALPINE AND NORDIC EXERCISES 2020: EXERCISE PIPEDOWN (PDN), EXERCISE SPARTAN HIKE (SH), EXERCISE LION’S CHALLENGE (LC), EXERCISE RUCKSACK (RS) AND EXERCISE SNOW LION (SL).**

References[[1]](#footnote-1):

A. [Army European Winter Activity Instruction (AEWAI) 2018/19](https://modgovuk.sharepoint.com/sites/defnet/Pages/Defence_Instructions_and_Notices.aspx)

B. [AGAI Vol 1 Chap 5 - Part 4 Sport Participation](https://modgovuk.sharepoint.com/sites/defnet/Corp/Army/Publications/AGAI_005.pdf)

C. [AWSA Nordic and Alpine Rules 2019](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.awsa.org.uk%2Fwp-content%2Fuploads%2F2018%2F11%2FAWSA-Nordic-Rules-2019-%40-FINAL-Amdt-25-Nov-18.pdf&data=02%7C01%7CSteve.Davis260%40mod.gov.uk%7Cd5d46d84693947bf0f8308d710398630%7Cbe7760ed5953484bae95d0a16dfa09e5%7C0%7C1%7C636995711561844787&sdata=RmKRChUBxy8WymlYCz5cvYZB18KtIjH94aLN6Y87boM%3D&reserved=0)

D. [2018DIN07-128 Biathlon Rifle Security, Administration and Training.](https://modgovuk.sharepoint.com/sites/defnet/Corp/DINStraining/2018/2018DIN07-128.pdf#search=2018%20biathlon)

E. [JSP 660 - Sport in the UK Armed Forces](https://modgovuk.sharepoint.com/sites/defnet/HOCS/Pages/JSP-Index.aspx)

F. [2011DIN06-004: Winter Tyre Requirements in Germany](https://modgovuk.sharepoint.com/sites/defnet/Pages/Defence_Instructions_and_Notices.aspx)

G. [ACSO 2007 - Physical and Environmental Security](https://modgovuk.sharepoint.com/sites/defnet/Corp/Army/Publications/ACSO_2007.pdf?csf=1&cid=e466a653-d2fc-4a1b-8d66-aa3fc441a20f)

H. [ACSO 3216 - The Army's Safety and Environmental Management System](https://modgovuk.sharepoint.com/sites/defnet/Corp/Army/Publications/ACSO_3216.pdf)

I. [2016DIN07-145: Exercise RUCKSACK – Medical Instruction.](https://modgovuk.sharepoint.com/sites/defnet/Pages/Defence_Instructions_and_Notices.aspx)

**Introduction**

1. Exercise PIPEDOWN (Exercise PDN) and Exercise SPARTAN HIKE (Exercise SH) are the Qualifying Alpine and Nordic Championship Semi-Finals to be held over the period 11 to 22 Jan 20. Exercise LION’S CHALLENGE (Exercise LC) over the period 23 to 31 Jan 20 and Exercise RUCKSACK (Exercise RS) over the period 22 Jan to 7 Feb 20 are the respective Army Alpine and Nordic Championship Finals. Exercise SNOW LION (Exercise SL) is the foundation Alpine Novice Championships held in Scotland over the period 29 Feb – 7 Mar 20 for the introduction and development of skiers new to racing. The details for Exercise SL are within Annex E.
2. This Defence Instruction and Notice (DIN) provide the overarching authority for the Army’s Nordic and Alpine exercises to be conducted in accordance with Reference A and JSP 800. The main body of this DIN covers the generic features of all 5 championship events, in accordance with References A - I, while the details specific to each Championship event are contained within Annexes A to E. All activity is cleared, funded and conducted in accordance with Reference A. All Championships are open to Regular and Reserve Units; entries from the RN, RAF[[2]](#footnote-2) and Army Unit B teams may be accepted subject to capacity.

**Participation and Entry**

1. **Participation.** The eligibility of Army Units and competitors to participate in Exercise PDN Exercise SH and Exercise SL is in accordance with [Reference B1](https://modgovuk.sharepoint.com/sites/defnet/Corp/Army/Publications/AGAI_005.pdf)**.**
   1. **Entry for Exercise PDN and Exercise SH.** All Units, regardless of eligibility, wishing to enter Exercise PDN or SH are to open and complete the electronic entry form on the Army Winter Sports Association (AWSA) SharePoint site [here](https://modgovuk.sharepoint.com/teams/1391/SitePages/Army-Winter-Sports-Association.aspx) [[3]](#footnote-3). Entries are expected to exceed availability; the Reference or, it is essential that entries are submitted by **4 Sep 19** to secure a place. The capacity at Exercise PDN is 150 Alpine and 250 Nordic; the capacity at Exercise SH is 150 Alpine and 300 Nordic. The maximum number of competitors of each gender, per Unit Team, that may enter Exercise 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.

* 1. **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 SharePoint Site [here](https://modgovuk.sharepoint.com/teams/1391/SitePages/Army-Winter-Sports-Association.aspx)), 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 for the Qualifying Championships open on ***15 Jul 19*** and all Units (or individuals) wishing to enter a team(s) regardless of eligibility should do so from this date. The priority is unit teams and is based upon the DTG that the entry has been made.

(3) Entries close on 4 Sep 19 and a Selection Committee[[4]](#footnote-4) will sit on 10

Sep 19 to assign teams and individuals to either Exercise 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 Exercise.

(b) Reserve Units will not automatically be associated with either Exercise.

(c) Hybrid Units will be allocated to either Exercise.

(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 SharePoint Site.

(5) The priority of allocation from the Reserve List (after 4 Sep 19) is strictly in the order that Teams enter online, all Units wishing to race should enter from 15 Jul 19:

(a) **Nordic Men.** Based upon the 2019 Divisional Championships Qualification list [here,](http://cui1-uk.diif.r.mil.uk/r/709/Fileplan/03Competitions/20170613-EX_RUCKSACK17_Qualifiers_Men_SecNor.pdf) the first 62 Unit Teams should be allocated a place, subject to entering online by 4 Sep 19. 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 4 Sep 19 will be automatically added to the reserve list based upon the DTG they entered. **This policy allows enough opportunity for any Team that did not race in the 2018/19 Season to race in the 2019/20 Season.**

(b) **Nordic Women.** Unit Female Teams will be allocated a place based upon the DTG they enter.

(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 many singleton posts. Female teams 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 4 Sep 19 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 1 Oct 19. After this date, UOTC teams will be offered places subject to exercise capacity on Exercise SH.

(6) For technical support with the entry process on SharePoint please email Capt Jess Baxter R SIGNALS (Jessica.Baxter222@mod.gov.uk). For more general assistance use the AWSA Contacts list [here.](http://www.awsa.org.uk/contact)

(7) Any Unit withdrawing after 15 Nov 19, unless in exceptional circumstances (eg Operational reasons), is unlikely to be allowed to enter in Season 20/21 and the Commanding Officer will need to seek written authority from the 1\* responsible for the exercise. In order to maintain full capacity on each competition, reserve teams may get pulled forward onto the competition right up until 13 Dec 19 in the case where a unit withdraws from the competition. In order for this to be possible, teams on the reserve list must continue to plan to attend until 13 Dec 19. Should a team on the reserve list no longer wish to be considered for a place on the competition the unit or TC is to contact Sec Army Alpine or Sec Army Nordic in the first instance.

* 1. **Military Patrol Race.** Teams are to have the correct rank structure for the military patrol race in accordance with [Reference C.](http://www.awsa.org.uk/regulations) Nordic Teams unable to meet the rank structure may only compete at Exercise PDN or SH subject to capacity and at the discretion of the selection committee. Teams will not be allowed to qualify for Exercise RS as detailed in [Reference C.](http://www.awsa.org.uk/regulations)
  2. **Qualification for the Army Championships.** Teams and competitors aspiring to compete at Exercise LC or RS must qualify through Exercise PDN or SH (exceptions are contained in [Reference C)](http://www.awsa.org.uk/regulations). Mixed gender teams are permitted in Alpine skiing but not in Nordic, except in the military patrol race (as detailed in [Reference C)](http://www.awsa.org.uk/regulations). The qualification criterion for entry to the Army Championships is at [Reference C.](http://www.awsa.org.uk/regulations)
  3. **Team Captain.** Each Unit is to appoint a team captain who will be responsible for the conduct and management of the team throughout the Qualifying and Army Championships.

**Events and Prizes**

1. Subject to weather conditions, the following events will take place at Exercise PDN and SH:
   1. **Nordic:**

(1) Cross Country Classic Relay.

(2) Cross Country Classic Individual.

(3) Biathlon Individual.

(4) Biathlon Relay.

(5) Military Patrol Race.

* 1. **Alpine:**

(1) Seeding Giant Slalom

(2) GS – Individual and Team

(3) Super G.

(4) Downhill.

(5) Slalom – Individual/ Team

1. Exercise LC and RS will host additional events that are described within the relevant Exercise annex.
2. Trophies and prizes will be presented to the winners in accordance with the various prize categories published in Exercise Programmes. Units entering both Alpine and Nordic teams will also be eligible for prizes in the overall Combination Ski Championship category.

**Event Requirements**

1. 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:
   1. **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.
   2. **Nordic.** All competitors are to conduct ski race training prior to the start of any competition and are to note the following specific requirements at References C & D:

(1) **Biathlon Training.** All training in preparation for the military patrol race and biathlon events is to be conducted in accordance with [Reference D.](http://defenceintranet.diif.r.mil.uk/libraries/corporate/DINStraining/2015/2015DIN07-124.pdf) 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 Anschutz 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 [Reference](http://defenceintranet.diif.r.mil.uk/libraries/corporate/DINStraining/2015/2015DIN07-124.pdf) [D f](http://defenceintranet.diif.r.mil.uk/libraries/corporate/DINStraining/2015/2015DIN07-124.pdf)rom arrival at, to departure from, Exercise 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 Reference 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**

1. **Status.** In accordance with Reference E, Nordic activity at all levels is classed as Individual Military Training (IMT). Alpine is classed as IMT up to Qualifying Championships (EXERCISE SH & PDN), however it is classed as a Cat 2 Sport at Army and Inter Service level. LSA is **not admissible** and is notto be claimed for competitors on Exercise LC[[5]](#footnote-5). All are to be conducted in accordance with [Reference A](http://defenceintranet.diif.r.mil.uk/libraries/corporate/DINStraining/2018/2018DIN07-077.pdf), 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 [Reference A](http://defenceintranet.diif.r.mil.uk/libraries/corporate/DINStraining/2018/2018DIN07-077.pdf). A maximum of 12 days IMT is admissible for competitors on Exercise SH and Exercise PDN which will cover 2 days travel and 10 days of competition.
2. **AWSA Membership.** All competitors **must** be members of the AWSA to participate in Exercise PDN or Exercise SH. Membership costs £15 per person, this must be completed online prior to arriving at Qualifying Championships and proof of membership is to be provided at Registration. AWSA Membership application: [www.awsa.org.uk/membership.](http://www.awsa.org.uk/membership)
3. **Entry Fees.** Entry fees (to cover prizes and payments that cannot be provided from public funds) are:
   1. **Exercise PDN and SH.** £25 per person. This is payable by bank transfer (see specific Exercise Annex for bank details) or by cheque on attendance at the Team Captains’ Meeting. All payments must be made by 23 Sep 19 to guarantee a place and any Unit not paying on time will move to the Reserve List. Movement from the Reserve List will only be authorised once entry fees are paid. Entry fees are non-Refundable without exception.
   2. **Exercise LC.** €10 per person per race (€60 per person).
   3. **Exercise RS.** €250 per squad (max 6 athletes) or €50 for all races / €10 per person per race, for individual competitors and those over the squad of 6.
4. **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.
   1. **EHIC.** Any British / EC citizen attending the Exercises in any capacity should always have in the possession a European Health Insurance Card (EHIC) (*validity 5 years*) from [www.ehic.org.uk.](http://www.ehic.org.uk/)
   2. **Third Party Cover*.*** Duty status does not cover recreational skiing or other “Off Duty” activity, nor does it necessarily cover third party accidents.
5. **Lift and Trail Passes.** Alpine lift passes will be provided for competitors and officials for the duration of each Exercise, although competitors will be required to part-pay for their ski passes at Exercise LC. Nordic teams do not require trail passes during competitions.
6. **Accommodation.** All qualified competitors will be accommodated in self-catering accommodation, which will be allocated and paid for centrally at each Exercise location (specific instructions for Exercise LC are at [Annex C](#AnnexC)); this will be based on the information provided on entry. Non-qualified competitors will not be accommodated at Exercise RS.
7. **Vehicles.** In addition to [Reference A](http://defenceintranet.diif.r.mil.uk/libraries/corporate/DINStraining/2018/2018DIN07-077.pdf), the following should be noted:
   1. **Germany.** Vehicles travelling in wintry conditions are required to be fitted with winter tyres in accordance with [Reference F.](http://defenceintranet.diif.r.mil.uk/libraries/corporate/DINS%20Archive/2011/2011DIN06-004.pdf)
   2. **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.
   3. **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.
8. **Officials’ Instruction.** An officials’ instruction will be issued separately for each Exercise.
9. **Team Captains’ Meetings.** A Team Captains’ (TC) Meeting covering Exercise PDN, SH, LC and RS will be held in the Tidworth Garrison Theatre at 1000 hrs on Mon 23 Sep 19. Registration will open from 0900hrs to allow teams to complete their entry fee payment with the administration parties from the relevant Qualifying Championship exercise. 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 Exercise Controller (Exercise PDN or SH).
   1. During the Exercises, 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.
10. **Medical.** Each exercise will be covered by its own Medical Plan which will be uploaded to the AWSA SharePoint site for COs/TCs to view. The following requirements also apply:
    1. 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.
    2. All competitors who have suffered from previous NFCIs are to make medical teams aware at registration.
    3. Competitors on long term prescription medication are to ensure they have enough supplies for the duration of their time away from barracks.
11. **Personal Security.** The security threat at all competitions will be briefed at the first Team Captains’ Meeting and any updates briefed as necessary.
12. **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 [Reference D a](http://defenceintranet.diif.r.mil.uk/libraries/corporate/DINStraining/2015/2015DIN07-124.pdf)nd [Reference G.](http://defenceintranet.diif.r.mil.uk/libraries/1/Docs1/20140802.7/LFSO_2007.pdf)
13. **Duty of Care and Delivery Duty Holder (DDH).** In accordance with [Reference H:](https://modgovuk.sharepoint.com/sites/defnet/Corp/Army/Publications/ACSO_3216.pdf)
    1. The Exercise Director[[6]](#footnote-6) 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 SharePoint site and accessible to COs/TCs.
    2. The Exercise Director will provide clear direction on the safe conduct and governance of exercise in compliance with [Reference H an](https://modgovuk.sharepoint.com/sites/defnet/Corp/Army/Publications/ACSO_3216.pdf)d will also provide evidence that the event is conducted in accordance with appropriate regulations. On completion of the specific Exercise set up and in conjunction with Exercise Technical Directors/Chiefs of Race, the Exercise Director will review the risk assessments, which will be available throughout each of the exercise.
    3. 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 Exercise. Any concerns the DDH may have regarding the risk management for the specific Exercise, can be sought from the Exercise Director in the first instance.
14. **Dress.** Military uniform is *not* to be worn at any time during the exercises by competitors, officials, visitors or drivers with the exception of those taking part in the military patrol race, as defined in [Reference C.](https://www.awsa.org.uk/wp-content/uploads/2018/11/AWSA-Nordic-Rules-2019-@-FINAL-Amdt-25-Nov-18.pdf) 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 giving 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.
15. **Contact.** All questions concerning these exercises should be made in the first instance to the Exercise Controller; details are contained within the [header](#Nordic) and the relevant Exercise Annex.

Annexes:

A. [Exercise PIPEDOWN](#PIPEDOWN).

B. Exercise [SPARTAN](#ExSPARTANHIKE) HIKE.

C[. Exercise LION’S CHALLENGE](#ExLIONSCHALLENGE).

D. [Exercise RUCKSACK](#ExRUCKSACK).

E. [Exercise SNOWLION](#ExSNOWLION).

**Annex A to**

**2019DIN07-089**

**Dated Aug 19**

**EXERCISE** **PIPEDOWN**

1. **Introduction.** Exercise PIPEDOWN (Exercise PDN) is the 55th Qualifying Alpine and Nordic Championship Semi-Final. It will take place in Les Contamines, France from 11 - 22 Jan 20 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. **Exercise Aim.** The aim of Exercise 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 Exercise. This Annex should be read in conjunction with References A to I.
3. **Exercise Objectives.** The objectives of Exercise PDN are to:
   1. Run physically and mentally demanding and varied Alpine and Nordic race programmes for teams and competitors to test their physical fitness, stamina, determination, endeavor, courage and leadership in a safe competitive environment.
   2. Operate competition ranges to allow Nordic teams and competitors to practice, improve and test their marksmanship.
   3. Develop organisational, administrative and management skills amongst officials, team captains and their deputies.
   4. Develop a base level of knowledge and skills to enable competitors to organise meetings at Divisional level.
   5. 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 Exercise PDN fall into 3 categories:
   1. Regular and Army Reserve teams and individual competitors.
   2. Officials (separate instruction to follow).
   3. Visitors.
5. **Dates.** The Exercise will take place as follows:
   1. **Tue 07 - Fri 10 Jan 20.** Officials deploy (see separate Officials’ Admin

Instruction

* 1. **Sat 11 Jan 20.** Team registration.
  2. **Sun 12 - Mon 20 Jan 20.** Competitions.

d. **Tue 21 Jan 20.** Alpine and Nordic teams, less Nordic competitors qualifying for Exercise RS, and selected officials de-register and disperse.

e. **Wed 22 Jan 20.** Remaining officials and Nordic competitors qualifying for Exercise RS de-register and disperse.

1. **Programme.** The Exercise PDN programme is as follows although it may be subject to change:

|  |  |  |  |
| --- | --- | --- | --- |
| **Ser** | **Date** | **Alpine** | **Nordic** |
| (a) | (b) | (c) | (d) |
| 1. | Wed 08 Jan 20 | Advance Party arrive | |
| 2. | Fri 10 Jan 20 | Main Body arrive | |
| 3. | Sat 11 Jan 20 | Team Registration | |
| 4. | Sun 12 Jan 20 | GS – Seeding | 10 & 15km Classic course inspection (after  1430) |
| Village Opening Ceremony (tbc) | |
| 5. | Mon 13 Jan 20 | GS – Individual | 15km Classic (M)  10km Classic (F)  4 x 5km Relay course inspection and training |
| 6. | Tue 14 Jan 20 | GS – Team | 4 x 5km Relay (M & F) |
| 7. | Wed 15 Jan 20 | Slalom – Individual | 7.5km & 10km Biathlon course inspection and  training |
| Floodlit Challenge | |
| Interim Prize Giving Ceremony | |
| 8. | Thu 16 Jan 20 | Slalom – Team | 10km Biathlon Sprint (M)  7.5km Biathlon Sprint (F)  4 x 7.5km & 4 x 6km Biathlon Relay course inspection |
| 9. | Fri 17 Jan 20 | Training Day | 4 x 7.5km Biathlon Relay (M)  4 x 6km Biathlon Relay (F) |
| 10. | Sat 18 Jan 20 | Training Day | Preparation for Military Patrol Race |
| Championship Dinner Night | |
| 11. | Sun 19 Jan 20 | DH - Team & Individual | Military Patrol Race |
| 12. | Mon 20 Jan 20 | Super G – Team &  Individual | Training Day |
| Main Prize Giving Ceremony | |
| 13. | Tue 21 Jan 20 | Teams and selected officials de-register and disperse | |
| 14.. | Wed 22 Jan 20 | Selected officials and Nordic competitors qualifying for Exercise RS  disperse. | |

1. **Eligibility and Qualification.** Eligibility and qualification rules are:
   1. **Team Composition.** Team Composition is to be in accordance with [Reference C.](http://www.awsa.org.uk/nordic)
   2. **RN and RAF Teams.** RN and RAF teams *may* be considered for participation subject to capacity.
2. **Entry PDN Entry Fees and ASWA Membership.** Entry fees for 2020 are £40 per person (£25 where proof of AWSA membership is shown). Payment can be made by either:
   1. **Bank Transfer.** Payment details are as follows: Royal Bank of Scotland, Central Bank ATR (Grantham), Account Number 14585079, Sort Code 16-19-26, quoting PDN20 and unit name.
   2. **Cheque.** Made payable to ‘Central Bank ATR (Grantham)’. Units must quote PDN20 and unit name on the back.
   3. AWSA membership (£15) must be completed online prior to arriving at Registration, when proof of membership must be provided to the Exercise Controller.  Link to the AWSA Website: [https://www.awsa.org.uk/membership/](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.awsa.org.uk%2Fmembership%2F&data=02%7C01%7CRichard.Eve185%40mod.gov.uk%7Cec9e1741d90c4235c9b708d70070a83f%7Cbe7760ed5953484bae95d0a16dfa09e5%7C0%7C0%7C636978356164495967&sdata=YpWBAWgehP3bCo46UUnfKTkDmL1ov2hv4VT2KmdU63s%3D&reserved=0) . All payments must be made by the Team Captains Meeting on 23 Sep 19 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.
3. **Movements and Clearances.** Teams are responsible for applying for Diplomatic Clearance, Transit and Staff clearance from all relevant authorities in accordance with Reference A.
4. **Arrival.** Competitors and teams are to report to the Race Office from 1000 – 1600 hrs on Sat 11 Jan 20. On arrival, all TCs are to:
   1. Check Team Registration details.
   2. Provide proof of insurance cover.
   3. Complete initial race entry forms; to be handed in prior to departing for their accommodation in accordance with [Reference C.](http://www.awsa.org.uk/nordic)
   4. Collect a Team Information Pack containing a Race Programme, course profiles, security and weapons brief, local administrative and public facilities.
   5. Receive accommodation details.
   6. Sign a weapon security certificate.
   7. Hand in SA80A2 Weapons to the armoury.
   8. Hand in remaining trophies from previous year (engraved).
5. **Accommodation.** Accommodation arrangements are:
   1. **Competitors.** Self-catering accommodation is allocated at no charge to teams and competitors. TCs must inform the admin SNCO of any damages to accommodation, including furniture and utensils, by NLT 1800 hrs Sun 12 Jan 20.
   2. **Officials.** All Exercise officials will be accommodated in hotel facilities with central feeding. The GOC and Exercise Director will be accommodated in a local hotel
   3. **Visitors.** Commanding Officers, Arms and Service Colonels and other Senior Officers[[7]](#footnote-7), spectators and families who wish to visit the Exercise on their own budget are most welcome. **Visitors are to arrange and pay for their own accommodation and travel.**
6. **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 Exercise Admin Staff and stored in a central facility for the duration of the Exercise 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 11 Jan 20. Random inspections will be carried out by the Exercise Admin Staff.
7. **Storage and Waxing of Skis.** Waxing cabins will be provided at convenient locations around the village and ski storage is available in all accommodation. Under no circumstances are skis to be prepared in accommodation or on balconies.
8. **Facilities.** The following are available:
   1. 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.
   2. There are limited sporting facilities (other than Alpine and Nordic skiing), but swimming pools/gymnasiums can be found in the valley.
9. **Departure.** All competitors, less nominated officials and Nordic competitors qualifying for Exercise RS, are to depart on Tue 21 Jan 20. A formal handover of accommodation will be conducted by the admin team. Teams Captains will be notified of handover times on Mon 20 Jan 20. 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 accommodation, are to be settled prior to departure. Nordic competitors qualifying for Exercise RS will be allocated accommodation for 21 Jan 20.
10. **Race and Admin Office.** An Exercise Race and Admin Office will be located in L’Espace Animation, signposted within the village from the direction of arrival. The Exercise RAWO will be responsible for all financial aspects of the Exercise and in particular he/she will monitor lift passes for entitled competitors and officials. There is no facility for cashing personal cheques or currency exchange.
11. **Medical.**
    1. Medical support will be based at the Race Office.
    2. The ESF will provide emergency medical cover for every race.
    3. Physiotherapy support during Exercise PDN will be available to minimise any further development of chronic injuries to the athletes.
12. **Risk Management.** GOC 1UKXX is the ODH for Exercise PDN 20. A Risk Assessment will be produced by the Exercise Director and uploaded to the AWSA MOSS site for COs/TCs to view prior to the Exercise. A daily site and activity assessment will be carried out by the Exercise Director and relevant officials.
13. **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 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 [Reference C.](http://www.awsa.org.uk/nordic)
14. **Command and Control.** The following C2 will apply:
    1. **Exercise Director.** Brig TBC – DCOMD 1(UK) Div.
    2. **Exercise Controller/Race Secretary.** Lt Col RRT Eve RA. [1UKXX-FuPlans-PIPEDOWN-](mailto:1UKXX-FuPlans-PIPEDOWN-)[SO2@mod.uk](mailto:1UKXX-G7-PIPEDOWN-SO2@mod.uk)
    3. **Exercise ADMIN WO.** Capt W Charley RLC. [102LOGX-1XXCSS-G3OPS-](mailto:102LOGX-1XXCSS-G3OPS-SA@mod.uk) [SA@mod.uk](mailto:SA@mod.uk)
15. **Administration Points.** The following are key administration points to note:
    1. **POL Facilities.** There are no Exercise 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.
    2. **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.
    3. **Team Captains’ Meetings.** Team Captains (TCs’) are to attend the TCs' Meeting at 1800hrs Sat 11 Jan 20 in the L’Espace Animation (Race Office). TCs’ Meetings are held at 1800hrs daily throughout the Exercise, with a few exceptions that will be briefed.
16. **Internet Results Service.** Race Results will be published on [www.awsa.org.uk.](http://www.awsa.co.uk/)

**Annex B to**

**2019DIN07-089**

**Dated Aug 19**

**EXERCISE SPARTAN HIKE**

1. **Introduction.** Exercise SPARTAN HIKE (Exercise SH) takes place in Serre Chevalier, France during the period 11 to 22 Jan 20.
2. **Aim.** The aim of Exercise SH is to provide competitors with an arduous and challenging racing programme, using 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 References A to I.
3. **Objectives.** The objectives of Exercise SH are to:
   1. Run physically and mentally demanding and varied Alpine and Nordic race programmes for teams and competitors to test their physical fitness, stamina, determination, endeavor, courage and leadership in a safe competitive environment.
   2. Operate competition ranges to allow Nordic teams and competitors to practice, improve and test their marksmanship.
   3. Develop organisational, administrative and management skills amongst officials, TCs’ and their deputies.
   4. Develop a base of knowledge and skills to enable competitors to organise future meetings at the Qualification Championship level.
   5. 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 Exercise SH fall into 3 categories:
   1. Regular and Army Reserve teams and individual competitors.
   2. Officials (separate instruction to follow).
   3. Visitors.
5. **Dates.** The Exercise will take place as follows:
   1. **Wed 8 – Fri 10 Jan 20.** Officials deploy (see separate Officials Admin

Instruction).

* 1. **Sat 11 Jan 20.** Team Registration.
  2. **Sun 12 – Mon 20 Jan 20.** Competitions.
  3. **Tue 21 Jan 20.** Alpine and Nordic teams, less Nordic competitors qualifying for Exercise RS and selected officials, de-register and disperse.
  4. **Wed 22 Jan 20.** Remaining officials, less Rear Party, and Nordic competitors qualifying for Exercise RS de-register and disperse.
  5. **Thu 23 Jan 20.** Rear Party disperses.

1. **Programme.** The Exercise SH outline programme is as follows and is subject to change:

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

7. **Exercise SH Entry Fees and AWSA Membership.**

1. **Entry Fees.** £25 per person (for prizes and payments that cannot be provided from Public Funds).

(1) **Bank Transfer (Preferred).** Payment details are: Account Number 11251773, Sort Code 16-19-26, quoting **SH20 and unit name**.

(2) **Cheque.** Payable to **AWSA** and sent to AWSA (SPARTAN HIKE), Fox Lines, Queens Avenue, Aldershot, Hants GU11 2LB.

(3) All Entry Fee payments must be made prior to or at the Team Captains Meeting on Mon 23 Sep 19 to guarantee a place. Any Unit not paying on time will move to the Reserve List. **Only cheques** will be accepted as payment at the Team Captains Meeting. Movement from the Reserve List is only authorised once Entry Fees are paid. **Entry fees are non-refundable without exception.**

1. **AWSA Membership.** £15 per person, this must be completed online prior to arriving at Registration, when proof of membership must be provided to the Exercise Controller. Link to the AWSA Website: <https://www.awsa.org.uk/membership/>
2. **Movements and Clearances.** Teams attending Exercise SH are responsible for applying for Diplomatic Clearance, Transit and Staff clearance from all relevant authorities in accordance with [Reference A](https://modgovuk.sharepoint.com/sites/defnet/Corp/DINStraining/2018/2018DIN07-077.pdf).
3. **Race and Admin Office.** An Exercise Race and Admin Office (Race Office) will be 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 Exercise 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.
4. **Arrival.** Competitors and teams are to report to the Race Office from 1000 to

1600hrs on Sat 11 Jan 20. On arrival, all TCs are to:

* 1. Show Proof of AWSA Membership Fees.
  2. Check Team Registration details.
  3. Provide proof of insurance cover.
  4. Pick up Alpine Ski Passes (no payment required).
  5. Complete initial race entry forms; to be handed in prior to departing for their accommodation in accordance with [Reference C.](http://www.awsa.org.uk/nordic)
  6. Collect a Team Information Pack containing a Race Programme, course profiles, security and weapons brief, local administrative and public facilities.
  7. Receive accommodation details.
  8. Sign weapon security and weapon handling test certificates.
  9. Hand in SA80A2 Weapons to the armoury.
  10. Hand in remaining trophies from previous year (engraved).

1. **Accommodation,** **Allocation and POC.** Accommodation for SH20 is provided and paid for centrally by the Exercise Controller. Competitor’s accommodation 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’ accommodation for SH20 is provided from 1600hrs Sat 11 Jan 20. 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).**
2. **Arrival Instructions.** Units are to confirm their arrival plans with Daniela by Thu 2Jan 20. Units arriving on registration day on Sat 11 Jan 20 are to check in with Daniela at the race office in Villeneuve from 1000hrs to 1600hrs. Accommodation for SH20 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 accommodation space, teams are urged to carefully consider the amount of equipment and material they bring, and pack as efficiently as possible.
3. **Accommodation arrangements are:**
   1. **Competitors.** Self-catering accommodation 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 accommodation, including furniture and utensils, by NLT 1800hrs Mon 13 Jan 20 (TCs’ Meeting). All competitors, less nominated officials and Nordic teams travelling to Ruhpolding, are to leave on Tue 21 Jan 20.
   2. **Visitor Accommodation.** Commanding Officers, Arms and Service Colonels and other Senior Officers7[[8]](#footnote-8), spectators and families who wish to visit the Exercise on their own budget are most welcome. Visitors are to arrange and pay for their accommodation and travel. The Exercise Controller is to be informed of all visitors attending SH20.
4. **Storage and Waxing of Skis.** Ski storage is available in all accommodation. Waxing facilities will be denoted on allocation of accommodation. Under no circumstances are skis to be prepared anywhere other than the designated location within competitors’ accommodation. Anyone found to be flaunting these rules could be removed from their accommodation.
5. **Damage to Accommodation.** 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 accommodation with damage, losses or uncleanliness, will be billed accordingly from the credit card information left on registration. It is imperative that teams leave their accommodation 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. **All team accommodation will be checked** by Exercise Staff prior to the team’s departure.
6. **Risk Management.** GOC 6(UK) Div is the ODH for Exercise SH20. A generic Risk Assessment (RA) will be produced by the Exercise Controller and placed on the AWSA Web Site [under online forms](https://www.awsa.org.uk/ex-spartan-hike/) for COs/TCs to view by 28 Nov 19. A daily site/activity assessment will be carried out by the Exercise Director and relevant officials.
7. **Medical.** A Medical Plan will be in place for SH20 this will be placed on the AWSA Web Site [under online forms](https://www.awsa.org.uk/ex-spartan-hike/) for all COs/TCs to view. No Service medical cover is available on Exercise 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.
8. **Biathlon Range.** Practice times will be 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.
9. **Command and Control**
   1. **Exercise Director.** GOC 6(UK) Div will appoint a one-star representative and an SO1 to act as Exercise Director on an annual basis.
   2. **Exercise Controller.** Major R M Anderson SCOTS DG (Ross). [FTC-SPARTANHIKE-SO2@mod.gov.uk](mailto:FTC-SPARTANHIKE-SO2@mod.gov.uk.) or [spartanhike@gmail.com](mailto:spartanhike@gmail.com)
   3. **Team Captains’ Meetings.** TCs are to attend the TCs’ Meeting at 1800 hrs, Sat 11 Jan 20 in the Race Office. TCs’ Meetings will be held at 1800hrs daily throughout the Exercise, further detail will be briefed during registration.
10. **Internet Results Service.** Race Results will be published on [www.awsa.org.uk.](http://www.awsa.co.uk/)
11. **POC.** All queries concerning Exercise SH should be made to the Exercise Controller: [spartanhike@gmail.com](mailto:spartanhike@gmail.com).

**Annex C to**

**2019DIN07-089**

**Dated Aug 19**

**EXERCISE LION’S CHALLENGE**

**Introduction**

1. Exercise LION’S CHALLENGE 20 (Exercise LC 20), the British Army Alpine Ski Championships will be held at Serre Chevalier, in the Haute Alps region of France, from 23 – 31 Jan 20.

2. The aim of this Annex is to promulgate the necessary information to 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 [Reference C.](https://www.awsa.org.uk/alpine/) Rule Books will be available from the Chief of Race/TD at the Army Alpine Management and Training Meeting on 22/23 Oct 19 and on the AWSA Webpage and SharePoint site as soon as published. Until rule books are issued, teams are to continue to use the current edition. Note that mixed teams are permitted in Army Alpine racing.

4. Exercise LC 20 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 Qualifying Championships (QC) in Jan 20 (Exercise PDN or SH). Those Teams/Individuals selected will be notified at their Qualifying Championship.

**Serre Chevalier**

5. **General.** 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. The resort is a traditional French ski resort used extensively by locals from both France and Italy. It does not accommodate large package type holidays and as a result 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 compulsory). Those wishing to travel by train should note the nearest station is in Briancon. Flights are now readily available to Grenoble, Geneva, 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 programme of events is shown below. Flexibility is important as the schedule may be amended at short notice if the weather conditions change. Teams should note that:

* 1. **First Race.** The first race is on Thu 23 Jan 20, with registration on Tue 21 Jan 20. Both QCs are due to complete on Mon 20 Jan 20, allowing travel to Exercise LC on the morning of Tue 21 Jan 20. Wed 22 Jan will provide a day for all competitors to inspect the racing slopes before the competition.
  2. **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.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Ser | Date | Time | Event | Remarks |
| (a) | (b) | (c) | (d) | (e) |
| 1. | Saturday  18 Jan 20 | Pm | Race Secretary and Adv Party arrive |  |
| 2. | Sunday/ Monday  19/20 Jan  20 |  | Remainder of Officials Arrive | Race Office set up, liaison with French Hill Team |
| 3. | Tuesday  21 Jan 20 | 1400 -  1800 | Registration for teams | Race Office in the Serre  D’Aigle |
| 4. | Wednesday  22 Jan 20 | All Day | Team Training/Admin |  |
| 5. | 1730 | Competitors Briefing | All to attend. Location  TBC |
| 6. | 1800 | 1st Team Captains’ Meeting | TCs Briefing Room, Serre D’Aigle |
| 7. | Thursday  23 Jan 20 | TBC | Individual Giant Slalom |  |
| 8. | Friday  24 Jan 20 | TBC | Team Giant Slalom |  |
| 9. | Saturday  25 Jan 20 | TBC | Individual Slalom |  |
| 10. | Sunday  26 Jan 20 | TBC | Team Slalom | President’s Challenge - TBC |
| 11. | Monday  27 Jan 20 | TBC | Downhill Training 1  Piste ‘Luc Alphand’  (2 runs per competitor, no timing) |  |
| 12. | Tuesday  28 Jan 20 | TBC | Downhill Training 2  Piste ‘Luc Alphand’  (1 timed run per competitor) |  |
| 13. | Wednesday  29 Jan 20 | TBC | Downhill  Piste ‘Luc Alphand’ |  |
| 14. | Thursday  30 Jan 20 | AM | Super G - Piste ‘Luc Alphand’ |  |
| 15. | 1830 | Prizegiving | Serre d’Aigle |
| 16. | Friday  31 Feb 20 | 1000  1600 | Teams Depart  Officials Depart |  |
| 17. | Saturday 1 Feb 20 | 0800  1000 | Race Secretary Departs  Army Team depart for Meribel |  |

**Command and Control**

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

1. **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 [Reference C.](https://www.awsa.org.uk/alpine/)
2. **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 1500 – 1900 hrs daily, apart from registration day.
3. **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 Exercise SH and Exercise PDN. This form requires a hyperlink to your insurance details which must be extended to cover the period of Exercise LC to 31 Jan 20. The electronic registration form must be returned to lionschallenge0@gmail.com by COP 20 Jan 20.

(2) Report to the Race Office in order to register their teams in accordance with Para 15. Teams and individuals from Exercise SH are to register between 1400 and 1600, and teams and individuals from Exercise PDN are to register between 1600 and 1800. All teams are to have registered not later than **1800 hrs Tue 21 Jan 20.** 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 accommodation 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 accommodation, see para.15.

(3) All competitors to attend an initial meeting, hosted by Chairman Alpine, at **1730 hrs Wed 22 Jan 20** 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 22 Jan 20.** 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 2019 location).

(5) Submit race entries by the times stated at para 8 of [Reference C.](http://www.awsa.org.uk/alpine/)

1. **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 accommodation 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.
2. **Sponsorship.** Those teams fortunate enough to secure sponsorship must ensure that they follow AWSA rulings on advertising at Annex F to [Reference C.](http://www.awsa.org.uk/alpine/) 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 [Reference C 5](http://www.awsa.org.uk/alpine/).174-5).

**Arrival Procedure**

1. **Team Accommodation.** Those teams Expecting to qualify for the Army Championships need to make arrangements for accommodation through our local agent, Daniela Jouglard. Daniela competitively sources and organises advance reservations to accommodate and suit every team. Accommodation 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 accommodation 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: [discoverserreche@orange.fr T](mailto:discoverserreche@orange.fr)el 0033 (0)6 72367597 (Text only). Teams can expect acceptable accommodation 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 accommodation from 21 Jan –30 Jan 20. 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 accommodation booked through Daniela outside of the Exercise LC 20 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.
2. **Facilities.** Shops, a cinema, laundry and entertainment facilities are all available nearby, as is ample car parking adjacent to the main Lift Station.
3. **Grants.** Exercise LC 20 is the Army Alpine Championships and as Alpine is classed as a Cat 2 Sport, does not attract as much funding as the Qualifying 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. 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 2020 ski pass price for a 9-day pass (with discount[[9]](#footnote-9)) is €278.30.

15. Officials’ and Visitors’ Accommodation. VIPs (defined as 1\* and above) accommodation will be arranged through the AWSA Sponsorship Secretary (Maj James Coleby COLDM GDS) [James.Coleby789@mod.gov.uk](mailto:James.Coleby789@mod.gov.uk).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**

1. **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**

1. **Risk Management.** A Risk Assessment will be produced by the Exercise Director and uploaded to the AWSA SharePoint site for COs/TCs to view prior to the Exercise. A daily site and activity assessment will be carried out by the Exercise Director and relevant officials.
2. **Movement.** Unit teams, individuals and visitors are responsible for making their own movement arrangements to and from Exercise LC 20. Those using agency cards should note that the nearest station is an Esso Garage in Briancon (approximately 15 mins away).
3. **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.
4. **Post.** No mail or parcels should be forwarded to Exercise LC 20. In Extremis, please speak to the Alpine Secretary, but be aware, it can be fairly unreliable.
5. **Points of Contact.** The Race Secretary will arrive in Serre Chevalier on Sat 18 Jan 20. A variety of other useful telephone and fax numbers are listed at Annex D. Key contact details (from 18 Jan 20) are below, and any changes will be promulgated through QC Exercise Controllers:
6. Race Secretary: 0044 7887 931893
7. Technical Delegate: TBC (on allocation of a TD)
8. Email: [alpine@awsa.org.uk o](mailto:alpine@awsa.org.uk)r [lionschallenge0@gmail.com](mailto:lionschallenge0@gmail.com)

22. Visitors. Visitors, especially COs, are most welcome and encouraged to come and support their team. Unfortunately, insufficient funds exist to provide visitors with accommodation and lift passes. 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 30 Jan 20 at 1830 hrs.

23. Trophies. All Trophies from the 2019 Championships must 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 10 Jan 20. All trophies must be cleaned, professionally repaired and engraved before returning them. All trophies were signed to recipients in 2019 in a good state of repair. Any returned broken, damaged or dirty will be billed.

1. **Prize Giving.** Prize giving will take place in the Serre d’Aigle complex at 1830 on Thu 30 Jan 20. This is a parade for all participants of Exercise 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.
2. **Media Ops.** Media is generally poorly supported by the teams. Exercise LC 20 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
3. **Photographs.** All photographs from this year’s Championships will be available on the LION’S CHALLENGE Facebook page and on the AWSA SharePoint Alpine page. Log on details for the Dropbox account will be promulgated at the first TCs meeting. It is the intent that the photographer will take imagery of races using a drone during Exercise LC 20 (subject to local permissions). Teams or individuals wishing to view or use this footage will be charged a small fee to cover the running costs and equipment of the photographer.
4. **Useful Websites/Contacts.** Useful websites are as follows:
5. [www.awsa.org.uk](http://www.awsa.org.uk) is the main AWSA website with a link to the Alpine website. You can also find information on Exercise PDN and Exercise SH.
6. [www.serre-chevalier.com -](http://www.serre-chevalier.com/) local Office du Tourisme
7. [discoverserreche@orange.fr -](mailto:Lynne@hotelpleinsud.com) Daniela Jouglard/Discover Serre Chevalier or Tel: 0033 (0)6 72367597.
8. [Lynne@hotelpleinsud.com -](mailto:Lynne@hotelpleinsud.com) Lynne Laurant (manages local hotel) or

Tel: 0033 (0)4 92 24 17 01

1. [James.Coleby789@mod.gov.uk](mailto:James.Coleby789@mod.gov.uk) – Maj Chris Coleby COLDM GDS – AWSA Sponsorship Secretary
2. 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: 94371 2871

(3) Tel Civ: 44 (0)1258 482871

(4) Tel Mob: 44 (0)7887 931893

1. **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 team’s insurance and booked the teams’ accommodation. The officials are here to help, so please get in touch early regarding any concerns you may have.

**Annex D to**

**2019DIN07-089**

**Dated Aug 19**

**EXERCISE RUCKSACK**

1. **Introduction.** Exercise RUCKSACK 20 (Exercise RS) is the 73rd Inter-Service and Army Nordic Skiing Championships. It will take place in Ruhpolding, Germany from 22 Jan to 7 Feb 20. Ruhpolding is situated at 700m in the Chiemgau region of Bavaria where Biathlon World Cup races are held annually.
2. **Exercise Aim.** The aim of Exercise 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 Exercise RS. It should be read in conjunction with Reference A to I.
3. **Exercise Objectives.** The objectives of Exercise RS are to:
   1. Run a physically demanding and varied race programme for teams and competitors to test their physical fitness, stamina, determination, courage and leadership.
   2. Operate world leading competition ranges to allow teams and competitors to practice, improve and test their marksmanship.
   3. Develop organisational, administrative and management skills amongst officials, TCs and their deputies.
   4. 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 Exercise RS fall into 5 categories:
   1. Regular and Army Reserve teams and individual competitors.
   2. Other British Service teams and individual competitors.
   3. Officials (separate instruction to follow).
   4. Civilian competitors who are responsible for their own costs.
   5. Visitors.
5. **Programme.** The Exercise RS programme will be available via the following link [www.britishbiathlon.com](http://www.britishbiathlon.com) and www.awsa.org.uk although it may be subject to change.

6. **Eligibility and Qualification.** Eligibility and qualification rules are

* 1. **Army Unit Teams and Army Competitors.** All Army personnel are to qualify for Exercise RS from Exercise PDN or SH; Annex C to [Reference C re](https://www.awsa.org.uk/army-exercises/nordic)fers.
  2. **Team Composition.** Team Composition is to be in accordance with [Reference C.](http://www.awsa.org.uk/nordic)
  3. **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 [Reference C.](http://www.awsa.org.uk/nordic)

7. **Movements and Clearances.** The Secretary will apply centrally for Diplomatic Clearance for those teams attending Exercise RS. However, in accordance with [Reference A](https://modgovuk.sharepoint.com/sites/defnet/Corp/DINStraining/2018/2018DIN07-077.pdf) all teams, with the potential to qualify for Exercise RS, must apply for Transit and Staff clearance to Ruhpolding. There are no Exercise POL facilities; Unit fuel cards should be used, and the nearest Shell Garage is in Traunstein.

1. **Military Training Risk Assessment.** A Military Training Risk Assessment is at Appx 1 to this Annex.
2. **Arrival.** Competitors and teams are to report to the Race Office from 1000 to 2000 hrs on Wed 22 Jan 20. On arrival, all Teams are to:
   1. Check Registration details and pay entry fees.
   2. Provide proof of insurance cover.
   3. Collect initial race entry forms; to be handed in at the Team Captains’ Meeting at 1000 hrs Thu 23 Jan 20 in accordance with [Reference C.](http://www.awsa.org.uk/nordic)
   4. Collect an Information Pack.
   5. Receive accommodation details.
   6. Sign a weapon security certificate.
   7. Hand in trophies from previous year (engraved).
   8. Hand in any SA80s to the Exercise armoury.
3. **Accommodation.** Accommodation arrangements are:
   1. **Army Qualified Competitors.** Self-catering accommodation is allocated at no charge to Army qualified competitors.
   2. **Army Non-Qualified Participants, all RN and RAF Competitors.** Self- catering accommodation 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 Exercise Director before departure from Exercise PDN or SH.**
   3. **Visitors.** Commanding Officers, Arms and Service Colonels and other Senior Officers13, spectators and families who wish to visit Exercise RS on their own budget are most welcome. **All visitors are to book and pay for their own accommodation and travel.**
   4. **Visitor Accommodation.** The following hotel accommodation is situated close to the town centre:

(1) [Hotel Ruhpoldingerhof.](http://www.hotel-ruhpoldinger-hof.de/)

(2) [Hotel Zur Post.](http://www.hotel-post-ruhpolding.de/en)

(3) [Alpenhotel Wittlesbach.](http://wittelsbach.eu/)

1. **Storage and Waxing of Skis.** Waxing cabins will be provided at the Biathlon Stadium (Chiemgau Arena).
2. **Facilities.** The following are available:
   1. 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.
   2. There is an indoor tennis club, ice rink, swimming pool, squash court and gymnasium.
   3. There is limited daytime and floodlight alpine skiing in Ruhpolding, but extensive daytime alpine skiing in Winklmoos (20 km).
3. **Departure.** All personnel, less nominated officials, are to leave on Fri 7 Feb 20 (unless teams or competitors remain, under their own arrangements, for Exercise SKI RLC).
4. **Pay Office.** An Exercise Pay Office will be located in the Race Office. The Exercise RAO will be responsible for all financial aspects of Exercise 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.
5. **Risk Management.** A Risk Assessment will be produced by the Exercise Director and uploaded to the AWSA MOSS site for COs/TCs to view prior to the Exercise. A daily site and activity assessment will be carried out by the Exercise Director and relevant officials.
6. **Medical.** In accordance with Reference I, military medical and physiotherapy staff will be based at the Stadium. In addition, 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 [Reference C.](http://www.awsa.org.uk/nordic)

1. **Command and Control.**
   1. **Exercise Director.** Maj A J Lloyd RLC.
   2. **Race Secretary.** Capt T Furlong RLC. [nordic@awsa.org.uk.](mailto:nordic@awsa.org.uk.)
   3. **Race Office.** In the centre of Ruhpolding near the Police Station and next to the Rathaus, address below.
2. **Postal.** Mail and unreturned trophies should be sent to: Rank & Name, Unit, Exercise RUCKSACK, Am Rathaus, Rathausplatz 1, 83324 Ruhpolding, Germany.
3. **Team Captains’ Meetings.** TCs are to attend the TCs' Meeting at 1000 hrs, Thu 23Jan 20 in the Race Office and subsequently as published on the programme.
4. **Internet Results Service.** All race results and Marina / SAS / Kentish Cup results will be published on both [www.britishbiathlon.com an](http://www.britishbiathlon.com/)d [www.awsa.org.uk d](http://www.awsa.co.uk/)aily.

**Annex E to 2019DIN07-089**

**Dated Aug 19**

**EXERCISE SNOW LION**

1. **Introduction.** Exercise SNOW LION (Exercise SL), will take place in the Cairngorm Mountain Range, Aviemore, Scotland over the period 29 Feb – 7 March 20. Exercise 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 Exercise 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 Exercise SL are to:
   1. 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.
   2. 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.
   3. Identify and nurture new snow sports talent to progress into unit teams and on to the Divisional and Army Championships[[10]](#footnote-10).
4. **Categories.** Those taking part in Exercise SL fall into 3 categories:
   1. Regular and Army Reserve teams and individual competitors.
   2. Officials (separate instruction to follow).
   3. Visitors.
5. **Dates.** The Exercise will take place as follows:

|  |  |  |  |
| --- | --- | --- | --- |
| **Ser**  **(a)** | **Date**  **(b)** | **Event**  **(c)** | **Venue**  **(d)** |
| 1. | Fri 28 Feb 20 | Race officials and admin party deploy |  |
| 2. | Sat 29 Feb 20 | Team registration, Race officials’ recce | Race Office |
| Introduction to Army snow sports/ racing classroom session (voice of experience) | Rothiemurchas Lodge |
| 3. | Sun 1 Mar 20 | Group placement (ski off), Race training (Slalom and GS) | Natural Retreats Cairngorm Mountain Range Ski Area. Centre. |
| 4. | Mon 2 Mar 20 | Race training consolidation |
| Seeding GS |
| 5. | Tue 3 Mar 20 | Team Giant Slalom Event |
| 6. | Wed 4 Mar 20 | Individual Giant Slalom Event |
| 7. | Thu 5 Mar 20 | Team Slalom Event |
| 8. | Fri 6 Mar 20 | Individual Slalom Event |
|  | Prizegiving and Evening Function | Rothiemurchas Lodge |
| 9. | Sat 7 Mar 20 | Dual Slalom, ‘Have-a-go’ at another discipline. | Natural Retreats Cairngorm Mountain Range Ski Area. Centre. |
|  |  | 1400hrs Competitors and admin team depart |  |
| 10. | Sun 8 Mar 20 | Officials depart. |  |

1. **Entry Fees.** Entry fees, for prizes and payments that cannot be provided from public funds, are:
   1. Team of 4 for all races £160.00[[11]](#footnote-11).
   2. Individuals £40.00.
2. **Movements.** The resort of Aviemore is located in the Cairngorm Mountain Range, Scotland. Travel time from Rothiemurchus Lodge[[12]](#footnote-12) (accommodation area) to the White Lady Slopes[[13]](#footnote-13) 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 duration. TCs are to take into consideration these travel times especially when snow conditions are a factor.
3. **Race and Admin Office.** The Race Office will be situated in the Peregrine Conference Suite, Macdonald Highland Hotel, Aviemore[[14]](#footnote-14). 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 29 Feb 20).
4. **Arrival.** Competitors and teams are to report to the Race Office from 1200hrs to 1500hrs on Sat 29 Mar 20. On arrival, all TCs are to:
   1. Pay AWSA Membership Fees (if not done so already by DD, proof must be shown)
   2. Check Team Registration details.
   3. Provide proof of insurance cover.
   4. 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 ‘Cairngorm Mountain Range Ski Centre’ ski pass is approx. £160.00. A day pass is approx. £36.00. This pass includes the use of the white lady slope, the rail system and tow lift. However, the Exercise Controller has negotiated a 20% discount.[[15]](#footnote-15)
   5. Complete initial race entry forms; to be handed in prior to departing for their accommodation.
5. **Accommodation.** The following accommodation arrangements are as follows:
   1. **Competitors.** Plenty of military accommodation is available within 1 hour of the Exercise area. Competitors are to book accommodation at Rothiemurchus Lodge (RL). Units wishing to book accommodation should contact the RL Manager Mr George Gaff[[16]](#footnote-16), alternately book online via the RL website[[17]](#footnote-17). There is a pppd cost for this option. Alternative free accommodation can be sourced at Cameron Barracks, Inverness.
   2. 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[[18]](#footnote-18) and Kinloss[[19]](#footnote-19) Bks.
   3. **Visitor Accommodation.** Commanding Officers, Arms and Service Colonels and other Senior Officers, spectators and families who wish to visit the Exercise on their own budget are most welcome. Visitors are to arrange and pay for their accommodation and travel. The Exercise Controller is to be informed of all visitors attending SL.
6. **Registration.** Please follow the online registration Link [<<HERE>>](http://cui1-uk.diif.r.mil.uk/r/828/07G7/04G7PD/ExSL18/default.aspx). 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 31 Jan 20**[[20]](#footnote-20) using Annex A[[21]](#footnote-21). 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 51st 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)

1. **Departure.** All competitors, less nominated officials, are to leave on Sat 7 Mar 20. 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 accommodation with damage, losses or uncleanliness, will be billed accordingly from the credit card information left on registration. It is imperative that teams leave their accommodation in an immaculate condition; the reputation of the Army is not to be brought into disrepute; the Army has an excellent reputation in Scotland: it is imperative this remains intact.
2. **Risk Management.** DCOMD 51X is the ODH for Exercise SL. A generic RA will be produced by the Exercise Controller and placed on the AWSA Web Site for COs/TCs to view prior to the Exercise. A daily site/activity assessment will be carried out by the Exercise Director and relevant officials.
3. **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 Exercise. 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.
4. **Command and Control**

a. **Exercise Director.** DCOMD 51X will be appointed Exercise Director. Other C2 arrangements TBC.

b. **Exercise Controller.** SO3 G7 PD 51X.

c. **Team Captains’ Meetings.** TCs are to attend the TCs’ Meeting at 1600 hrs, Sat 29 Feb 20 in the Race Office. TCs’ Meetings will be held at 1800hrs daily throughout the Exercise, further detail will be briefed during registration.

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

1. **POC.** All queries concerning Exercise SL should be made to the Exercise Controller.

1. Some of the current References will be re-issued during 2019/20. [↑](#footnote-ref-1)
2. Single Service rules apply [↑](#footnote-ref-2)
3. [https://modgovuk.sharepoint.com/teams/1391/SitePages/Army-Winter-Sports-Association.aspx](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmodgovuk.sharepoint.com%2Fteams%2F1391%2FSitePages%2FArmy-Winter-Sports-Association.aspx&data=02%7C01%7CBee.Smith543%40mod.gov.uk%7C5145da2c0260405afa4a08d6fa33618a%7Cbe7760ed5953484bae95d0a16dfa09e5%7C0%7C0%7C636971495910753923&sdata=IwQNtog8sdXrYMzCWcOrJbXrOeh%2F%2FYH%2FoKT7MpvAIn0%3D&reserved=0) [↑](#footnote-ref-3)
4. The selection committee comprises Chairman Nordic (Chair), Se AWSA, Exercise Controllers for Exercise PDN and Exercise SH, Sec Army Alpine and Sec Army Nordic. [↑](#footnote-ref-4)
5. Entitlement for all other Exercise’s is in accordance with JSP 752 [↑](#footnote-ref-5)
6. The Exercise Director may delegate tasks to the Exercise Controller. [↑](#footnote-ref-6)
7. Ref A contains details regarding when public monies may be authorised for military personnel subject to Unit affordability. [↑](#footnote-ref-7)
8. 7 [Ref A](https://modgovuk.sharepoint.com/sites/defnet/Corp/DINStraining/2018/2018DIN07-077.pdf) contains details regarding when public monies may be authorised for military personnel subject to Unit affordability. [↑](#footnote-ref-8)
9. 30% discount for Exercise LIONS CHALLENGE participants [↑](#footnote-ref-9)
10. Army Alpine and Nordic Exercises are; Exercise PIPEDOWN, Exercise SPARTAN HIKE, Exercise LION’s CHALLENGE and Exercise RUCKSACK. [↑](#footnote-ref-10)
11. The entry fee is £40.00 per competitor taking part all week. [↑](#footnote-ref-11)
12. **Address:** Rothiemurchus Lodge, Aviemore PH22 1QU. [↑](#footnote-ref-12)
13. **Address:** White Lady Slopes, Natural Retreats Cairngorm Ski Area, Aviemore PH22 1RB [↑](#footnote-ref-13)
14. Address: Macdonald Highlands Hotel , Aviemore Highland Resort PH22 1PN. [↑](#footnote-ref-14)
15. Costing with discount price: Ski Pass £160.00 with 20% discount = £128.00; Day Pass £36.00 with 20% discount = £28.80p. [↑](#footnote-ref-15)
16. **Mr George Gaff Contact Details**: email: [manager@rothiemurchus.co.uk](mailto:manager@rothiemurchus.co.uk) or tel/fax: 01479 861288 or mobile: 07878 103720. [↑](#footnote-ref-16)
17. Rothiemurchus Lodge website must be accessed via Google Chrome: <http://rothiemurchus.co.uk> [↑](#footnote-ref-17)
18. Inverness TC, Cameron Bks, Inverness, IV2 3XE. [↑](#footnote-ref-18)
19. Kinloss Bks, Morayshire, IV36 3UH. [↑](#footnote-ref-19)
20. Entries received after this date may be accepted if numbers permit. [↑](#footnote-ref-20)
21. Annex A: Exercise Snow Lion Registration Proforma.

    . [↑](#footnote-ref-21)