

2018 World Ski Mountaineering Masters

Mt.Gangshika, Qinghai Province

1.Racing Name, Time and Venue:

(1)**Title:** 2018 World Ski Mountaineering Masters

(2)**Period:** 11.5.2018— 16.5.2018

(3)**Venue:** Mt.Gangshika, Menyuan Autonomous County, Qinghai Province, China

2.Race organizers

Organizer: International Ski Mountaineering Federation(ISMF)

Asian Ski Mountaineering Federation (ASMF)

Chinese Mountaineering Association (CMA)

Sport Bureau of Qinghai Province

People's Government of Haibei Autonomous Prefecture

Co-organizer: Mountaineering Administrative Center of Qinghai

Culture and Sport Bureau of Haibei Autonomous Prefecture

People's Government of Menyuan Autonomous County

❖ Awards

| Vertical Race (Men、Women) | | Sprint Race (Men、 Women) | |
|---------------------------|-------|--------------------------|-------|
| No. 1 | ¥5000 | No. 1 | ¥5000 |
| No. 2 | ¥4000 | No. 2 | ¥4000 |
| No. 3 | ¥3000 | No. 3 | ¥3000 |
| No. 4 | ¥2000 | No. 4 | ¥2000 |
| No. 5 | ¥1500 | No. 5 | ¥1500 |

❖ **Registration:**

(1) Condition

1. Age:18 years old (Born before January 1st, 2000—50 years old (Born after January 1st, 1968. Physical health should be suitable for ski mountaineering. No cardiovascular or other diseases that is not suitable for activities in high altitude area.

2.Member of International Ski Mountaineering Federation (ISMF). The managers or athletes who belong to Mountaineering Association and outdoor club all over the country.

3. Have two or above experiences in high altitude mountaineering activities.

4. Has the capability of skiing at or above the intermediate level.

5. The organizing committee will give application unit confirmation after the registration deadline.

6. The organizing committee will be in charge of personal accident insurance for every participant during the period of the Festival

7. Sign the Responsibility Paper. (Participant Statement)

8. Participants from foreign countries should bring their own ski mountaineering equipment.

(2) Method

Please send the registration form and passport scan to 13933785609@163.com before April 23th.

(3) Expense

Local accommodation and transportation covered by the organizing committee, participants need to pay for international flights on themselves.

❖ **Check-in:**

1. Time: 11.5.2018

2. Venue: Menyuan County

3. Linkman: Lijie Zhang

Tel: 0086-15210516207

4. Others: Attendees need to hold passport when registered.

❖ **Others**

1. Bring AT equipment is preferred.

Personal technology equipment: One set of ski mountaineering equipment. (Ski: skis, skins, ski boots; Snowboard: snowboard, skins, ski boots.), helmet, ski pole, avalanche detector, probe snow shovel, etc. (Not allowed to take part in the activity without wearing a helmet.)

2. Please bring your own compulsory equipment.(See Attachment 2)

Registration Form

Unit(Seal):

Contact Name of Unit: Telephone:

| | | | | | | | |
|---------------------------|---|-----|--|-----------------|--|--|--|
| Name | | Age | | Gender | | Occupation | |
| Nationality | | | | Passport Number | | | |
| Skiing Level | Intermediate <input type="checkbox"/> Advanced <input type="checkbox"/> | | Times to Participate the Festival: 0 <input type="checkbox"/> 1 <input type="checkbox"/> | | | Snowboard <input type="checkbox"/> Skis <input type="checkbox"/> | |
| Mountaineering Experience | Mountain Name Ever Climbed | | | | | Bring Own Tent : Yes <input type="checkbox"/> No <input type="checkbox"/> | |
| | Altitude Ever Reached | | | | | Tent Provided by Organizer: 2-4persons/tent Number of ck age Transported by Horse: 1 <input type="checkbox"/> 2 <input type="checkbox"/> | |
| Other Requirements | 1. The participants must be Chinese law-abiding person; 2. Participants must be unconditionally abide to the discipline and obedience of the organizers and the management of the leader and coaches; 3. Participants must comply with the outdoor environment protection provisions required by the organizers during the Festival, or they would be blacklisted; 4. Love outdoor sports, often take part in mountaineering activities; 5. Participants must have a medical examination certificate within one year at the county level or above medical institutions. | | | | | | |

| | |
|--------|---|
| | <p>This Festival is an activity of high altitude mountaineering, which is a great challenge for the physical strength and the will of all participants. Leaders of all teams must ensure all athletes have a professional training or competition experience of long distance cross-country at high altitudes. Participants should also maintain relevant knowledge or have experience of engaging in sports in high altitudes, such as: hiking or mountaineering in high altitude area(above 3000 meters).</p> <p>High altitude factors may affected the Festival and may cause an adverse effect on the health, life, safety of athletes. So all participants should make best use of their physical fitness, knowledge, experience, wisdom and so on to prevent themselves from accidents and to overcome all unfavorable factors. Participants should make the result as excellent as possible under the condition of safety of life and health. All participants should maintain sufficient consciousness about the possible accidents and risks caused by the environment.</p> |
| Others | <p>Personal Statement:</p> <ol style="list-style-type: none"> 1. I voluntary register the 2018 Mt. Gangshika--Qinghai Province Asian Ski Mountaineering Festival and all related activities(hereinafter referred to as "the Festival"); 2. I fully understand and agree to abide all rules, regulations, requirements and measures formulated by the Organizing Committee and co-organizer (hereinafter referred to as "the organizers") ; 3. I have experience, knowledge, ability, good health of engaging sports in outdoor areas and high altitude areas. There is no illness or other health factors and bad habits(including the historical factors) that is not suitable for outdoor and high altitude sports. I have been totally make mental and physical preparation for the Festival; 4. I am willing to accept the drug inspection in accordance with relevant requirements; 5. I fully understand all possible risks of health or safety and have already prepared the necessary preventive measures; I am willing to assume the responsibility of personal accidental risk during the Festival; I agree that the organizers do not assume any form of compensation or indemnity for the injury, death or other form of loss caused not because of the responsibility of the organizers; 6. I agree to accept the necessary measures, such as security, medical treatment, service, that the organizers take for the Festival. I agree to the on-site medical treatment or other temporary first aid measures that the organizers provide during the Festival, and I have no objection to that. I am willing to take care of the relevant expenses incurred by the medical treatment; 7. I agree and authorize the organizers and specified media to use my portrait, name, voice and other personal information for the organization and promotion of the Festival by free; 8. The ownership of the number cloth for my registration belongs to the organizers. I agree not to dispose it in any way. I agree not to damage, change or cover the official number cloth before or during the contests; 9. I agree to provide valid identity documents and information to verify my personal and relevant information to the organizers, and agree to take full responsibility for false information; 10. I agree with the personal accident insurance the organizers provide for me. I approve all specific contents from the insurance brochure without any objection; 11. I and my legal representative have carefully read and understand the above content, and have confirmed and bear the corresponding legal responsibility of the all contents; 12. I guarantee unconditionally abide to the discipline of the Festival and obedience to management of the leader and coaches; 13. I agree with the schedule, discipline, requirements and the change of these provisions during the Festival. I have no objection to those. |

14. I love outdoor sports. I often take part in mountaineering.

Signature:

Date:

Personal Equipment List

| No. | Name | Lease | Owned | Remarked |
|-----|-------------------|-------|-------|----------|
| 1 | Skis | | | |
| 2 | Skins | | | |
| 3 | Ski Boots | | | |
| 4 | Helmet | | | |
| 5 | Ski Poles | | | |
| 6 | Gore-Tex wear | | | |
| 7 | Down Clothing | | | |
| 8 | Fleece Sweater | | | |
| 9 | Thermal Underwear | | | |
| 10 | Fleece Gloves | | | |
| 11 | Waterproof Gloves | | | |
| 12 | Alpine Socks | | | |
| 13 | Hat | | | |
| 14 | Sleeping Bag | | | |
| 15 | Tents | | | |

| | | | | |
|-----------|------------------------------|--|--|--|
| 16 | Moisture-proof Pad | | | |
| 17 | Hiking Shoes | | | |
| 18 | Headlamp | | | |
| 19 | Sunglasses | | | |
| 20 | Goggles | | | |
| 21 | Backpack | | | |
| 22 | Warm Keeping Kettle | | | |
| 23 | Battery | | | |
| 24 | Lipstick | | | |
| 25 | Sunscreen | | | |
| 26 | Swiss Knives | | | |
| 27 | Personal Medicine | | | |
| 28 | Individual Tableware | | | |
| 29 | Personal Hygiene | | | |
| 30 | Plastic Bags | | | |
| 31 | Credentials | | | |
| 32 | Wet Wipes | | | |
| 33 | Personal Food | | | |
| 34 | Compass, Life-saving Whistle | | | |
| 35 | Photographic Equipment | | | |
| 36 | Portable Diary | | | |

2018 International Ski Mountaineering Challenge

Mt. Gangshika, Qinghai Province

Schedule

| Date | Contents | Introductions | Note |
|--------|-----------------------------------|---|--|
| 05.11. | Gather in Menyuan County | <ul style="list-style-type: none"> ●Check-in Place : ●Linkman: Lijie Zhang (☎0086-15210516207) | |
| 05.12. | Menyuan County - InterimCamp (IC) | <ul style="list-style-type: none"> ●Distance : 5km ●TravelingHour : 2-3 hours ●Elevation : 4350 m ●Afternoon main activity “Avalanche Rescue Training” | Departure Ceremony With Ski Mountaineering Equipment |
| 05.13. | BC climbing to 4840 m, ski down | <ul style="list-style-type: none"> ●Small intensity habilitation. ●Distance : 4350 - 4840 meters ●Training Hour : 4 hours | |
| 05.14. | Race | Sprint Race (Men、 Women) | |
| 05.15. | Race | Vertical Race (Men、 Women) IC -Menyuan County Prize Ceremony | |
| 05.16. | Departure | ●Breakfast | |

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Athletes Guidelines

To ensure that the ski mountaineering activities can successfully completed, the following code of conduct is established, To ensure the safety of participants, every racers please read carefully and sign.

❖ Mountaineering Discipline

1. Every participants must be unquestioning obedience to the management of coaches;
2. For the safety, every participants can not leave the team or act by themselves without permission;
3. Acting according to your ability, if you feel unwell, please take a rest and immediately inform

The coach, otherwise the consequence is at your own peril;

4. Board and lodging at BC must under the unified management.
5. Smoking is forbidden inside the tent.

❖ Environmental protection

1. The garbage should be timely put into the specified location at BC;
2. In the process of climbing, the garbage produced during climbing should be taken back to BC.
3. If someone smokes, cigarette butts must be put out and put into garbage storage place.
4. Non-use of disposable items (such as: disposable paper cup, disposable chopsticks etc.)

❖ **Equipment Management**

1. Please cherish the equipment and strictly use them in accordance with the instruction of the coaches;
2. Please sign your name when receiving the equipment, take good care of them and give them back to the equipment keeper after use;
3. Compensation according the original price needed if common equipment lost or damaged;
4. Please take good care of your belongings, and it will be your own responsibility if lost.

❖ **Others**

When training course needs to be adjusted due to weather or other reasons the coach will make the final decision.

If any participants violates the code of conduct, the organizing committee will immediately terminate their participation. If there are special circumstances happens during the activity please inform head coach in time.

Please read the code of conduct carefully, and strictly comply with it.