



## KRAJNA ADVENTURE RACE 2022

### RULES – ADVENTURE RACE

#### 1. Aim of the event:

- popularization of sport and sports activities,
- popularization of adventure racing and orienteering disciplines as a form of sports activity,
- selecting the best participants of the race,
- promotion of Złotów, Złotów Commune and the Krajna tourist region,
- promoting environmental awareness.

#### 2. Organizer:

Fundacja Strefa Przygód  
Staw II 12/17  
62-420 Strzałkowo  
NIP: 667 176 65 77

#### 3. Date and place

The competition will be held on August 19-21, 2022, with the base in Sławianowo, commune Złotów.

**Location of the base and competition office:** Primary School in Sławianowo.

#### 4. Participation

- Any adult competitor who applies for the competition using the application form available on the competition website, pays the entry fee and signs the declaration of participation in the competition at his own risk, can take part in the competition.
- The competition is also open to Participants aged 16-17, who are required to have permission to participate from their parents or legal guardians, with their signature and PESEL number. The condition for allowing them to start is the presence of a parent or guardian together with an ID card at the time of verification of the participant in the competition office.

#### 5. Course

- a) Distance: app. 80 km.
- b) Disciplines: running, cycling, kayaking, swimming, special tasks.
- c) Teams of two people.
- d) Classification:
  - MEN (two men)

- MIX (female + man or two women)
- e) Time limit: 12 hours.

## 6. Rules of competition

- Time flows from the moment of the start to the moment of crossing the finish line - time does not stop during special tasks, rests, etc. The only possibility of stopping time is when the team has to wait, for example, for the equipment to be delivered, the kayaking to be released, etc., and it is the organizer's fault.
- All teams start simultaneously and go to the finish line non-stop. Participants determine the pace of movement as well as the time and places of rest at their own discretion. The route of the race will be marked out in the form of checkpoints. The same points will be marked on the map provided by the organizer.
- The route between the points is free, but some parts of the route may be special sections, which must be covered (as marked on the map or in the field). At several checkpoints, teams will have special tasks to complete.
- All teams must arrive at all checkpoints together.
- At all checkpoints and at all stages, the teams must show up with mandatory equipment (e.g. bicycle, kayak, etc.).
- It is forbidden to travel on private premises, except for places indicated by the Organizer.
- Throughout the race, it is forbidden to use other means of transport than those specified or made available by the Organizer.

## 7. Stages

**1. Running stages** - these stages are completed by the teams on foot, jogging or walking at their own discretion.

### 2. Cycling stages:

- a) The competitors cover these stages on their own bikes.
- b) The route runs on a varied surface, also off-road, where cycling may prove difficult or even impossible.
- c) While riding, you must wear a helmet and obey traffic regulations.
- d) When riding at night, it is obligatory to ride with the front and rear lights on.

### 3. Kayaking stages:

- a) The competitors cover these stages on kayaks provided by the Organizer.
- b) Competitors will also receive life jackets and oars from the Organizer.
- c) During their stay in the water, competitors are required to wear life jackets.
- d) It is possible to use your own oars and life jackets, which must be delivered to the Organizer before the competition.

### 4. Swimming stages:

- a) During the swimming stage, participants must have at least one item of safety equipment with them: buoy, life jacket, mattress.
- b) During the stage, you can use any aids, such as swimsuits, fins and others.
- c) The swimming section will be secured by lifeguards.

## **8. Special task and sections**

### **1. General information.**

- a) The time of completing tasks and special stages is included in the total time of completing the entire route. The possible waiting time for a vacant stand will not be counted, unless the stand was taken by competitors from a different course.
- b) Competitors perform all tasks and special stages at their own risk.
- c) Competitors perform all tasks and special stages with compulsory equipment, unless the Organizer stipulates otherwise.

### **2. Special tasks.**

- a) Special tasks are additional events on the route that the team has to complete and require additional skills from the competitors.
- b) Team members can help each other in carrying out a task.
- c) The order in which the teams are allowed to perform the task shall be determined by the moment when the last competitor from the team reports to the point.
- d) Each competitor, while performing the task, uses the obligatory equipment or equipment provided by the Organizer. It is forbidden to exchange equipment between teams. Lack of mandatory equipment or its replacement will result in the imposition of a time penalty.
- e) Special assignments may be supervised by the Judges. The judge may not allow the task to be performed or discontinue its performance in the event of improper preparation or a threat to health or life.
- f) A withdrawn competitor may retry the task, but in the event of a turn, that person moves to the end of the task.
- g) Failure to perform a special task by even one competitor results in the imposition of a time penalty.
- h) Competitors must strictly follow the recommendations given by the Organizers.

### **3. Special sections.**

- a) Special stages are compulsory sections of the route that must be covered by the team as marked on the map or in the field.
- b) There may be checkpoints unmarked on the map on special stages.
- c) There will be a time penalty for failing to complete or failing the stages improperly.

## **9. Maps**

### **1. Main map.**

- a) Each team will receive 2 sets of maps prepared by the Organizer.
- b) It is forbidden to use other maps and GPS.
- c) Maps will be distributed shortly before the start.
- d) Each team will receive 1 : 50 000 color maps with marked checkpoints and a description of their locations.
- e) On the map, the start will be marked with a triangle, the finish line with a double circle, and control points with a single circle. The exact location of the point is the center of the circle.
- f) Special sections marked on the map should be covered only in the prescribed manner.

- g) Places will be marked on the map where it will be possible and obligatory to cross main public roads and expressways.

## **2. Additional maps.**

- a) At some stages, sections or tasks, teams may receive an additional set of maps necessary to cover a given section of the route.
- b) Each team will receive at least one set of additional maps.
- c) Additional maps will have separate symbols and colors.

## **10. Control point**

**1. The checkpoint (CP)** is equipped with a white and orange lantern marked with an appropriate number and a device for confirming presence at the point (checker). Some lanterns will have fragments of reflective tape to make them easier to locate or there will be reflectors at the points.

## **2. Confirmation of presence at the CP.**

- a) There will be judges at some checkpoints. Confirmation of the team's presence at the checkpoint takes place when the checker is stamped on the starting card and the judge confirms the presence of the entire team.
- b) If the team determines that there is no CP, please contact the Chief Judge to confirm your presence at the point.
- c) Losing or destroying the starting card to the extent that it is impossible to read it may result in the team not being classified.

## **11. Transition Areas**

### **1. General information:**

- a) The exchange of personal equipment will only be possible in designated zones.
- b) The team has the right to use the Transition Area after the completed stage. The time spent in the transition zone is not limited.
- c) Teams pack the necessary equipment into their own containers (chests, bags, backpacks, sacks).
- d) There is no guarantee that each Transition Area will be covered.
- e) Each deposit should be marked with the team number provided by the organizers.
- f) In the Transition Areas you should keep order and leave the deposit fully packed, in a condition enabling its transport. Leaving the deposit unpacked may be associated with a time penalty.
- g) The permissible capacity and number of packages for the shift zones will be specified in the technical report.

## **12. Equipments**

- 1. On the entire route, participants may only use their own equipment (held at the start or in the transition zones). It is forbidden to accept and use equipment provided by third parties.
- 2. All teams must have the basic equipment listed below. The organizers reserve the right to check the obligatory equipment during the competition or at the finish line.

3. If any equipment required by the organizers is lost by the team or left behind during the competition, the entire team will receive a time penalty.

### **13. Forbidden equipment**

- a weapon (other than a pocket knife)
- any type of transport other than provided or recommended by the Organizers
- maps other than those provided by the Organizers
- GPS navigation

### **14. Mandatory equipment**

#### **Personal equipment of each participant during whole race:**

- 1 x headlamp/lamp
- 1 x survival blanket (min. 200 x 150 cm)
- 1 x ID or passport

#### **Personal equipment of each participant during cycling stages:**

- bike
- 1 x helmet
- 1 x front light giving white light seen at least from 150 m (headlamp is allowed)
- 1 x rear red light

#### **Team equipment during kayaking stages:**

- 1 x kayak (delivered by the organizer)
- 2 x paddle (delivered by the organizer)
- 2 x life jacket (delivered by the organizer)

#### **Mandatory personal equipment for each competitor for the swimming stage:**

- safety element: buoy, life jacket or mattress

#### **Team equipment during whole race:**

- 1 x compass
- 1 x mobile phone
- 1 x first-aid kit: (1 x bandage, 1 x elastic bandage, 2 x gauze, 1 x painkillers (min. 5 pieces), 1 x patches with dressing (min. 5 pieces))

### **15. Recommended equipment**

- Clothing appropriate to weather conditions
- Bike map holder
- Repair bike kit

## 16. Classification

### 1. Completion of the competition:

- a) The condition for classifying the team is to pass at least 50% of the checkpoints of the entire route, pass at least one point from each stage (other than the transition zone) and comply with the regulations.
- b) Teams will be ranked in order according to the following criteria:
  - Number of checkpoints passed
  - Time to complete the route
- c) At the finish line, the time of the last competitor from the team is counted. If it is equal for two teams, and no time penalties will change the result, the next criterion determining the order in the classification is the sum of the time of completing all stages of pedestrians.

### 2. Resignation:

- a) If the team resigns from further competition, it is obliged to inform the Organizer about this fact.
- b) The organizers are not responsible for the team that will withdraw from the competition, although the Organizer may transport the team to the competition base, if possible.
- c) A team whose member has withdrawn from further competition may continue the competition, but will not be classified.
- d) If the team resigns from further competition without informing the Organizer about it, and the Organizer decides to carry out a search action, the team will be charged with its costs.

### 3. Disqualification:

The organizer reserves the right to withdraw a competitor / team from participation in the competition in the event of:

- a) It is found that I am unable to continue the exercise due to medical reasons
- b) Breaking the provisions of these Regulations

### 4. Other provisions:

- a) The team that leaves the route provides itself a means of transport to the base (unless medical assistance is needed).
- b) In special cases, the Organizer may provide transport to the base from a specific checkpoint or transition zone, but the waiting time for such transport may be very long.

## 17. Time penalties and bonuses

1. Time penalties for the team will be charged for:

- a) failure to perform or incorrect performance of a special task - 30 minutes for each competitor;
- b) failing to complete or incorrectly completing a special stage - 1 hour;
- c) lack of mandatory equipment - 15 minutes for each missing item of equipment;
- d) separation of team members - from 30 minutes to disqualification;
- e) leaving the deposit unpacked in the change zone - 15 minutes;
- f) destruction or loss of the starting card (assuming that the points can be read from another place, e.g. a GPS locator provided by the organizer or the points will be reflected on the map or elsewhere) - 30 minutes

2. If the team cannot perform a special task due to the lack of equipment, I receive only one time penalty - for not completing the task.
3. In special cases, the Organizer may decide to grant a time bonus.
4. Penalties and time bonuses will be added until the entire route is completed after the team arrives at the finish line.

#### **18. Bib numbers and checkpoint cards**

1. During registration at the competition office, competitors will receive starting numbers for bicycles and starting cards.

#### **19. Feeding on the course**

1. Teams use their food and drink during the competition.
2. Teams can replenish food and drinks in the shops or restaurants they meet.
3. Water will be available in the transition zones, 5 liters per unit.

#### **20. Safety**

- It is forbidden to leave valuables (telephones, documents) in deposits.
- The Organizer is insured against civil liability towards the Participants.
- The Organizer draws the Participants' attention to the multitude of dangers and threats resulting from participation in a sports event, related to high physical effort, which may include, among others at risk of loss of life and health. The organizer recommends that before starting preparations for the start and during the preparations, appropriate medical examinations or medical consultations, depending on the age and physical condition of the Participant, should be carried out.
- The organizer does not provide any life, health or civil liability insurance for illness, accident, injury, death or any loss or damage that may occur in connection with the presence or participation in the competition.
- The condition for participation in the race is the authorization of the medical and paramedical personnel employed on behalf of the Organizer to provide first aid or perform other medical procedures, including transporting the injured Participant to a safe place.
- Medical services or the Organizer of the competition may prohibit the Participant from continuing the race if there is a suspicion of a poor health condition that threatens the life or health of the Participant.
- By accepting these Regulations, Participants confirm that participation in the race involves physical effort and entails a natural risk and risk of accidents, the possibility of bodily injuries and physical injuries (including death). Providing the Organizer with a correctly completed registration form and paying the registration fee means that the Participant has considered and assessed the nature, scope and degree of risk related to participation in the race and has voluntarily decided to take this risk, competing in the race solely at his own risk.
- The condition for participation in the race is to have an appropriate and up-to-date medical examination allowing to start on the selected route or signing a statement in the competition office regarding the health of the participant and no contraindications to participate in the race.

## 21. Entrance fee

### Registration:

- from May 25 to August 8, 2022.

### Entry fee:

- 280 PLN for a team from May 25 to June 30, 2022.
- 320 PLN for a team from July 1 to July 31, 2022.
- 340 PLN for the team from August 1 to August 8, 2022

## 22. Bank account

The entry fee for participation in the competition should be paid by bank transfer to the following account:

### *PLN*

95 1140 2004 0000 3202 7721 0296

(mBank)

Fundacja Strefa Przygód

Staw II 12/17

62-420 Strzałkowo

### *EURO*

IBAN: PL 71 1140 2004 0000 3212 0612 0267

BIC: BREXPLWMBK

Nazwa i adres banku: mBank S.A., PO Box 2108, 90-959 Łódź 2

SORT CODE: 11402004

Title of payment: KAR2022 + [team name]

## 23. Refund of an entrance fee

Cancellations should be reported by e-mail: [kuba@strefaprzygod.pl](mailto:kuba@strefaprzygod.pl) Refunds of the entry fee upon resignation from the start and effective notification of the organizers are possible under the following conditions:

- in the event of resignation from the start by July 20, 2022, 100% of the fee paid will be refunded minus PLN 5;
- in the event of resignation from the start from July 21, 2022 to August 8, 2022, 50% of the paid registration fee will be refunded;
- resignation after August 8, 2022, during the race or failure to appear at the start of the competition does not entitle to a refund of the entry fee;
- transferring the entry fee to another participant is possible by e-mail by 18 August, by e-mail or when registering at the competition office.

## 24. Benefits:

As part of the entry fee, we provide:

- participation in competitions,
- a complete set of maps for each player,

- starting numbers for bicycles,
- kayaks, oars and life jackets for the kayaking sections,
- a warm meal and drink after the competition,
- transport of equipment to and from shift zones,
- material prizes for the best teams,
- commemorative medals for people who complete the race,
- medical coverage,
- accommodation in tourist conditions (mat + sleeping bag),
- preparation and handling of special tasks,
- transport from the competition base to the start,
- tracking gps.

## **25. Image protection and personal data**

- The condition for participation in the race is to sign an appropriate statement at the race office regarding consent to the free use of the participant's image and a statement regarding the processing of the participant's personal data.
- The condition for participation in the race is also the consent to the processing of the participant's personal data provided in the application form by the personal data administrator within the meaning of the Personal Data Protection Act of May 10, 2018 and the General Data Protection Regulation No. 2016/679 of 27 April 2016 (GDPR), which is the Foundation Strefa Przygód with its registered office at Staw II 12/17, 62-420 Strzałkowo, for the purpose and to the extent necessary for the implementation of a sports event, including the publication of participant's data on starting lists and lists from results and sending the result of the participant to the telephone number provided during registration.
- The participant has the right to request access to data, rectification, deletion or limitation of processing and to object to processing, as well as the right to transfer data. Providing personal data is voluntary, but necessary and necessary to participate in a sports event.
- Participant's data may be transferred to entities cooperating in the implementation of the event and related actions, on the basis of appropriate entrustment agreements.
- Personal data will be kept for the period necessary to implement the event, the details of storage of specific data are specified in the Privacy Policy.
- The participant has the right to lodge a complaint to the President of the Personal Data Protection Office when he considers that the processing of personal data concerning the participant violates the provisions of the General Data Protection Regulation No. 2016/679 of April 27, 2016 or the provisions of the Personal Data Protection Act of 10 May 2018
- The administrator may process personal data in connection with the organization of the Krajna Adventure Race event also in cooperation with other people, e.g. volunteers, who carry out activities related to the organization and course of the event.
- Details regarding the protection of the participant's personal data are set out in the Privacy Policy.

## **26. Invoices:**

- Competitors who want to receive an invoice for the paid entry fee should send the required data needed to issue the document by e-mail to the following address:  
[kuba@strefaprzygod.pl](mailto:kuba@strefaprzygod.pl).

- In accordance with applicable regulations, the invoice for the paid entry fee may be issued by the 15th day of the month following the month in which the payment was made.
- In accordance with tax regulations, due to the payment made before the service is provided, an advance invoice will be issued for the full amount of the fee paid. Thus, the advance invoice is also the final invoice.
- By accepting the Regulations, the participant agrees to send / share invoices without the recipient's signature, in electronic form. This consent does not exclude the Organizer's right to issue and send paper invoices.

#### **27. Final word:**

- The Participants will be informed about any changes to the schedule of the competition or the course of the routes before the start of the competition.
- Violation of the provisions of the Regulations may result in the imposition of a time penalty or disqualification of the Participant.

#### **28. Contact with the Organizer:**

website: [www.krajnaar.pl](http://www.krajnaar.pl)

e-mail: [kuba@strefaprzygod.pl](mailto:kuba@strefaprzygod.pl)

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