

Defence Instructions and Notices (Not to be communicated to anyone outside HM Service without authority)	
Title:	Exercise Telemark Titan 2019 – The British and Single Services Telemark Championships
Audience	All Service Personnel
Applies:	Immediately
Expires:	February 2019
Replaces:	2017DIN10-048
Reference:	2018DIN10-031 Amended
Status:	Current
Released:	September 2018
Channel:	10 Sports and Social Events
Content:	General Instruction for the 2019 Army Telemark Open Championship
Sponsor:	Army Winter Sports Association / Army Sports Control Board
Contact:	Maj R J Wright telemark@awsa.org.uk
Keywords:	Winter Sports, Telemark, Skiing
Local Keywords:	
Supplements:	Annex B - Application Instructions Annex F - Athlete's Declaration
Related Info:	http://awsa.org.uk/telemark/
Classification:	OFFICIAL

EXERCISE TELEMAR TITAN 2019 – THE BRITISH AND SINGLE SERVICES TELEMAR CHAMPIONSHIPS

GENERAL INSTRUCTION

References

- A. [2018DIN07-077 Army European Winter Activity Instruction 2018/19.](#)
- B. [JSP 660: Sport in the UK Armed Forces.](#)
- C. [JSP 800: Vol 5 Road Transport.](#)
- D. [FIS: Telemark – Joint Rules and Regulations for all FIS Competitions](#)
- E. [JSP 660.](#)

INTRODUCTION

1. Exercise TELEMAR TITAN 2019 (Ex TT19), the British, Royal Navy (RN), Army and Royal Air Force (RAF) Telemark Ski Championships run by Army Telemark will take place in Pralognan-la-Vanoise (PLV), in the French Alps, over the period 12 - 24 Jan 19. This event has been authorised by the UK Armed Forces Sport Board and

Telemark Skiing has Type 2 sport status.

2. The main body of this DIN covers the features of the championships, in accordance with Refs A – E. The details specific to the event are contained in Annexes A – H. All activity is cleared, funded and conducted in accordance with [Ref A](#).

3. The Championships are not suitable for participants who have never skied before. Beginners with some alpine experience are welcome. The Championships will include telemark coaching and culminate with a series of races over the period 19 - 23 Jan 19. Racers compete in either the Championship or Development races according to ability. See Annex A for full details of races, and Enclosure 1 for a guide to telemark racing rules.

4. Applications for the championships will be submitted via email to telemark@awsa.org.uk. Instruction and further details are at Annex B. Closing date for championship entries is NLT 22 Nov 18.

AIM

5. The aim of this General Instruction is to promulgate the necessary information to Divisional/Army Ski Secretaries, Captains of Unit Telemark Teams and individuals wishing to participate in the Championships.

ARMY TELEMAR RACE RULES

6. The Championships will be conducted in line with FIS Telemark International Competition Rules (TICR), British Telemark Rules (BTR)¹ and Army Telemark Rules². Mixed-gender and Hors Concours teams are allowed to compete at the Championships.

QUALIFICATION

7. **General.** Ex TT19 has an all-up capacity of 150 competitors. Standards will be assessed during training and the qualification event, and skiers of the appropriate standard will start in the Championship races, with the remainder competing in the Development races.

8. **Eligibility.** The Championship is open to all British nationals as well as Regular, Reserve and UOTC forces.

9. **AWSA Membership.** In order to race, all Army competitors must be subscribed members of AWSA for the 2018/19 season. RN and RAF competitors must be members of their equivalent Service Winter Sports Association. Non-UK Military racers must be members of their own respective Winter Sports Association. Civilian competitors should be a licence holder with British Ski and Snowboard (BSS) or a Home Nation Governing Body³. Non-competing supporters need not be members. Applications for AWSA membership are available to download from the Member Services page of the AWSA website (www.awsa.org.uk/membership/). Please remember to also complete the Gift Aid Form.

¹ [FIS: Telemark – Joint Rules and Regulations for all FIS Competitions, dated 2016](#)

² RN and RAF Telemark Rules will apply as appropriate for RN, RAF results; these will not supersede BTR or TICR/ICR in any safety aspect.

³ An SSE licence brings with it race insurance. Contact SSE for details, but register as a joint Alpine / Telemark racer.

10. **Great Britain Telemark Team.** The selectors for the British Telemark Team will be present in PLV and will be identifying potential team members for the 2019/20 season and development beyond. Telemarkers showing potential may be given the opportunity to attend GB Team selection in Spring 2020.

ARRIVAL PROCEDURE

11. **Movement.** Unit teams and individuals are responsible for their own transport to and from PLV.

12. **Staying for shorter periods.** Because of the contract we have with the hotel and resort, it is not possible to pay for a reduced package for a shorter period. If personnel wish to stay for a shorter period, individuals are responsible for sourcing their own accommodation.

13. **Getting There.** Travel to PLV is straightforward. There is plentiful car parking available directly outside the competitor hotel. If heavy snow fall is experienced, shovels will be required to dig out the vehicles at the end of the Championships. PLV does not clear the roads of snow in order to preserve the beauty of the village and maintain water quality. Salt / gravel is used only in extremely icy sections; thus, winter tyres and snow chains are a legal requirement in France.

a. **By Road.** Address is Avenue de Chasseforet, 73710 Pralognan-la-Vanoise, France.

b. **By Train.** The Moutiers-Salins SNCF train station is the closest rail head. From the station there is a 1hr 15min bus shuttle to PLV. On a Saturday, the shuttle runs regularly from Moutiers – PLV from 0645hrs. The final shuttle departs Moutiers train station at 1900hrs. On a Thursday, the shuttle departs PLV to Moutiers at 1230hrs and 1500hrs only. More detail can be found at www.voyages-sncf.fr

c. **By Air.** Regular scheduled bus transfers run between PLV and Lyon, Geneva and Chambéry airports. For more information visit www.altibus.com.

14. **Accommodation and Check-In.** Competitors will all be accommodated in the Hotel club Vacancier. Army Telemark will allocate all accommodation for participants who are staying for the full period.

15. **Lift Passes.** Lift passes will be issued at registration by Army Telemark and are valid for the championship skiing days.

16. **Welcome Brief.** There will be a welcome brief for all participants at 2030hrs in the Hotel club Vacancier on Sat 12 Jan 19. All participants must attend.

PROGRAMME

17. **Outline.** The intended programme of events is at Annex C, however this plan remains highly flexible and competitors should follow the programme posted outside the Race Office in PLV and information provided at Team Captains' meetings. The outline programme is as follows:

- a. **Coaching.** Coaching will begin on Sun 13 Jan 19. The selection of training groups will commence at 0845 hours on Sun 13 Jan 19, thereafter coaching will begin at 0850hrs each morning. Anyone collecting hire equipment must do this on Sat 12 Jan as there will not be time prior to training starting on Sun 13 Jan.
- b. **Gate/Jump Training.** Areas designated for gate training will be available from 15 Jan 19, a jump will be available for training at a time TBC. All competitors **must** attend a mandatory brief and practice session on the jump before they are allowed to compete; this training will be supervised by the Chief of Race in conjunction with the instructors. In order to avoid overcrowding of the training areas and to reduce the possibility of injury, all teams and individuals will be given training slots that they will be required to adhere to. Full details will be promulgated by the Army Telemark committee in PLV. Helmets and goggles **must** be worn for all training whether centrally organised or not.
- c. **Races.** The first race, a qualification race, will be held on 19 Jan 19. This will allow sufficient time for racers to have conducted jump training and for novices to have received instruction. Thereafter competitors will conduct races according to their ability.

PRIZES AND DEFINITIONS

18. **Individual.** Individual prizes will be presented for each Championship Race. There are combination prizes for the best Open and Army Individuals (male and female)⁴ over the three Championship Races (The Pery Ski). Individual prizes will also be awarded to the best Novice and Junior racers.
19. **Team.** Teams are to consist of at least three, but no more than four personnel, with the best three times to count for each race. Team prizes will be presented in all three Championship Races in addition to the Combination Army Champion Unit Team Trophy (The Limerick Cup). In order to stimulate competition Hors Concours (HC) teams are encouraged; HC teams may win the team prize for each race but are excluded from the Champion Unit Trophy which is limited to formed Army Unit Teams⁵. Both Unit and HC Teams may be of mixed gender.
- a. **Unit Teams.** Unit Team members must all be on the held strength of the Unit at the time of the Championships.
- b. **Hors Concours Teams.** HC Teams are encouraged and may be entered while in PLV. An HC team may not contain more than one National Team member or one Service Team Member (current or former).
- c. **Army Inter-Corps Team.** If sufficient entries are received an Inter-Corps Telemark Team Competition will be run in line with Army Telemark Rules. Corps are to nominate a Corps team lead and notify Telemark Sec that a Corps team wishes to compete by NLT 22 Nov 19.
20. **Prize Giving.** All prizes will be awarded at the prize-giving on Wed 23 Jan 19.

⁴ RAF and RN prizes may also be awarded.

⁵ RN Champion Unit Team medals may also be awarded.

21. **Qualifying Standards.** There are no pre-qualifying standards for entry. Standards will be assessed during training and the qualification race and the cut between Championship and Development Races made accordingly.
22. **Rules Briefing.** On the evening of 17 Jan 19, a briefing will be provided on Telemark Race rules and techniques. This is mandatory for individuals that have never raced before and all other participants are welcome to attend.
23. **Novice.** A skier is defined as a Novice if this is their first season on Telemark Skis and they have not competed in a Club, Regt/Corps, Service, National or International Alpine or Nordic Race before the start of the 2018/19 season. The Novice Champion will be the highest placed Army Novice in the seed list at the end of the Championship. If no Novice qualifies for the Championship Races, then the Novice Champion will be the Novice skier with the best combined time of both Development Races.
24. **Junior (U21).** A skier is defined as a Junior (U21) if they were born in 1998 or later.
25. **Inter Service Championships.** The Inter Service Telemark Ski Races will take place in Meribel, France over the period 3 – 10 Feb 19. The Army Team for 2019 will be selected by the Army Telemark committee in accordance with Army Telemark section policy published in Army Telemark rules⁶. The team will be announced at the prize-giving on 24 Jan 19.

COMMAND AND CONTROL

26. **General.** The Championships will be run by the Army Telemark Committee, under command of the Chief of Championships, Colonel Matthew Birch.
27. **Race Committee.** The Committee are responsible for the running and conduct of the Championships (duties and responsibilities of the Race Committee are listed at Annex D).
28. **Race Office.** The Race Office will be situated in Hotel club Vacancier and will be open from 1630 – 1730hrs daily.
29. **Registration.** Registration will take place from 1400 to 1900hrs in the Hotel club Vacancier Reception on Sat 12 Jan 19. All teams and individuals must register on 12 Jan 19 immediately upon arrival. They will be required to confirm that all details sent via email applications are extant, and sign to confirm details.
30. **Team Captains.** Units are to appoint a Team Captain (TC) who is responsible for the conduct of the team and the management of their affairs whilst on Ex TELEMAR TITAN. TCs will be required to attend the daily TCs' meeting.
31. **Individual Representation.** In order to ensure smooth passage of information to all competitors, those who are not a member of a team **must** ensure they are represented at the TCs' meeting. It is acceptable for formed groups of individuals or HC teams to send one representative, provided the Race Office is informed of who they are representing.

⁶ The RN team will also be selected at the Army Telemark Championships.

32. **Team Captain / Representative Duties.** TCs/Representatives/Individuals are to:

a. Report to the Hotel club Vacanciel on arrival (during opening hours) to register.

b. Attend all TCs meetings at 1800hrs each evening; commencing 13 Jan 19 in the Hotel club Vacanciel briefing room. The meetings will provide important race details and administrative instructions.

c. Submit Race Entries on time and in the correct format. Race entry forms will be provided in the Race Office on arrival.

33. **Discipline.** PLV is a very small village and the locals have worked hard to ensure the smooth running of the Championships. It is of utmost importance to maintain friendly relations with the locals so that the Championships can continue to prosper. As such, any disciplinary occurrences will be viewed very seriously and with little sympathy. All breaches of military discipline will be dealt with immediately and are most likely to result in the individual or team being disqualified and returned to unit at individual or unit expense. Any participant, military or civilian, who brings the championships and/or the Armed Forces into disrepute either on or off the hill may be expelled from racing at the discretion of the Chief of Championships.

34. **Standards.** Ex TT19 will place Service personnel in the public eye, both with fellow competitors and others in the resort. All Service personnel are to ensure they maintain the expected high standards of the Services; bad language and behaviour will negatively impact on the reputation of the Services in this small family resort. Neither will be tolerated. Military personnel are to wear moderate clothing, which is appropriate for the occasion.

35. **Security.** Currently, there is no specific security threat to UK Service personnel in France. However, all personnel are to remain vigilant and adhere to the normal security precautions. No overt military presence is to be advertised and any suspected security incidents should be reported to the Ex CofC. To ensure currency, the secretary will update all competitors on the Threat Awareness in Dec 18.

ADMINISTRATION

36. **Finance.**

a. **Cost.** The cost for the Championships can be found in the table below in GBP (£). This price includes accommodation and food, coaching, lift pass, championship t-shirt, race entry fee and event co-ord costs. The price does not include travel to and from PLV, or equipment, which are an individual or team responsibility. The difference between the Services is due to Army funds which have offset the Army participants. Other Service costs may be reduced depending on Service subsidy and participants are to seek own funding lines.

Ser	Entrant/Option	Total
(a)	(b)	(f)
1	Army – Full Board	£700

Ser	Entrant/Option	Total
(a)	(b)	(f)
2	Navy/RM/RAF- Full Board	£800
3	Civilian – Full Board	£900

b. **Payment.**

(1) Payments can be made in stages or in full. Final payments must be made to the Army Telemark account no later than 22 Nov 18⁷. Cheques and cash will not be accepted in PLV, if you cannot pay in time please contact the secretary. Money transfers should be made directly to AWSA. All transfers **must** be notified to the Secretary on telemark@awsa.org.uk and be accompanied by the reference provided by the payee's bank (if available):

(2) Account Name: AWSA; Sort Code: 16-19-26; Account No: 11251773; Reference:Tele-“racer-surname”

c. **Cancellation and Refunds.** Cancellation prior to 22 Nov 18 will attract a refund of any balance paid. Cancellation after 22 Nov 18 will receive no refund. Competitors are to ensure they hold adequate insurance.

d. **Race Entry Fees.** Race entry fees (£50) have been included in the overall price.

e. **Travel and CILOR.** CILOR claims are the responsibility of teams and should only be claimed in accordance with JSP 456 Defence Catering Manual – Vol 2, Ch 7.⁸

(1) Confirmation has been received from D Pers Admin Pol, ratified by Andover Support Unit, that CILOR Can be used to purchase cooked food, and therefore can be used to pay for eh food element of full board. Receipts illustrating the food costs will be issued by Army Telemark Treasurer.

(2) As a Recognised Winter Sport⁹ and an authorised competition, military competitors may claim CILOR. Applications for CILOR should be made through Fmn HQs to HQ UKSC (Log Sp (Food Svcs)).

(3) The process for making travel claims against the Representational Sport Travel Budget should be conducted in accordance with the [2018DIN10-021](#)¹⁰.

f. **IE, LOA, LSA and Subsistence.** IE, LOA, LSA and subsistence claims

⁷ Difficulties in meeting this deadline should be communicated to the Championship Secretary immediately.

⁸ JSP 456 Defence Catering Manual - Volume 2 (Catering Accounting Regulations) - Chapter 7 CILOR
The regulations for T&S are contained in JSP 752 Annex A to Section 1 to Chapter 3.

⁹ [Army European Winter Activity Instruction: 2018DIN07-077](#) and [Travel at Public Expense for Army Sport: 2018DIN10-023](#).

¹⁰ [Travel at Public Expense for Army Sport 2017DIN10-023](#).

are not admissible for EX TT19 competitors. LOA and LSA claims are admissible for AWSA Telemark Committee members.

g. **ASCB Discounted travel.** Units travelling by ferry from UK may wish to avail themselves of discounted ferry tickets. Details may be obtained from the Sec ASCB on Aldershot Mil (94 222) 7058.

h. **Army Sports Lottery.** Army competitors who are members of the Army Sports Lottery, may apply for up to £25 per ticket totalling up to £100 per person to assist with travel costs. Applications can be made individually or as a team by the Team Captains to the Army Sports Lottery. All competitors are strongly encouraged to join the Army Sports Lottery. [2018DIN10-016 Army Sports Lottery](#).

i. **Welfare Grant and Nuffield Trust.** The Army Welfare Grants Committee and Nuffield Trust Supports Telemark and will provide equipment grants to teams that bid in the prescribed format. Bids through unit 2iCs, Bde and Div CofC. See LFSO 3206 for further information.

37. **Clearances.** Military organisers and participants require Authority, Staff Clearance (SC), Transit Clearance (TC) and Diplomatic Clearance (DC) to run and participate in Winter Sports Activity.

a. **Authority.** Authority to run the competition has been granted by the Army Sport Control Board (ASCB). Authority to participate is granted by Army Telemark to all participants.

b. **Staff Clearance.** Service competitors should apply for SC to attend Ex TT19. Applications should be made on Annex C to the Army European Winter Activity Instruction¹¹ and sent to the individual's/unit's Formation HQ. Successful application allows for travel at public expense.

c. **Transit Clearance.** All military teams intending to travel through France require Transit Clearance; further detail is contained in the Army European Winter Activity Instruction.

d. **Diplomatic Clearance.** Individual military competitors and teams are required to apply for DIPCLEAR to attend Ex TT19 (TCs can apply on behalf of all team members). Full guidance is provided at Annexes B and C of the Army European Winter Activity Instruction.

38. **Duty Status.** Telemark skiing is a recognised Sport across all three Services¹² and therefore Military Participants are considered to be 'On Duty' whilst conducting training, racing and any Army Telemark authorised event directly connected to these activities. Reference E refers [JSP 660](#) is the overarching authority for participation in, and travel to, this event and should be read in detail by Team Captains.

39. **Insurance.** Teams and individuals are to ensure that they fully acquaint themselves with insurance requirements as described in the Army European Winter Activity Instruction DIN.

¹¹ [Army European Winter Activity Instruction: 2018DIN07-077](#).

¹² [JSP 660 - Sport in the UK Armed Forces](#).

a. **EHIC.** It is a mandatory requirement that all competitors have a European Health Insurance Card, which is free and can be obtained via the web at: <http://www.nhs.uk/NHSEngland/Healthcareabroad/EHIC/Pages/about-the-ehic.aspx>, or from your local post office.

b. **Personal Insurance.** Competitors MUST hold adequate personal insurance that includes medical cover and personal liability for ski racing and recreational skiing as a minimum. Competitors should ensure their personal insurance provides cover for cancellation of the Championships due to unpredictable events ('force majeure'). Proof of racing cover must be produced on registration at the Championships; failure to produce a valid cover note will result in not being able to race. Competitors must also ensure that their insurance covers them when they are off duty¹³ and for any non-authorized social activities. **Note that** Proof of racing insurance will be required on arrival and details, including Policy Number, Emergency Help Lines and Next of Kin, must be left with the race office. **No cover = no skiing or racing.**

c. **Duty Status and Social Activities.** In accordance with 2017DIN07-123, Telemark participants are to be aware that participation in social and recreational activities that are not directly related to the primary Exercise aims may be deemed 'off duty', even if organised and authorised by Army Telemark. This may affect potential claims against the AFCS and thus all competitors MUST hold appropriate insurance to cover 'off duty' activities, such as free skiing, ice skating or tobogganing. Note that: **Participants must carry their EHIC and Insurance emergency details (emergency number and policy number) with them at all times.**

40. **Telemark Equipment.** It is appreciated that not all competitors will have their own Telemark equipment and will need to hire some. This is the responsibility of the individuals / teams. There is no facility to rent Telemark equipment on spec in PLV without prior arrangement. Equipment hire options are outlined below. Army Telemark take no responsibility for the bookings or any financial liability for competitor's equipment hire.

a. **Intersport.** www.intersport-pralongnan.com +33 479 08 70 89. +33 479 07 67.

b. **Alpigliss – sport 2000.** www.alpigliss.sport2000.fr +33 479 07 67 18.

c. **Ski et montagne – sport 2000.** www.rolland.sport2000.fr +33 479 087119.

d. **Soopy.** contact@soopy-ski.com +33 479 412079.

e. **Sport Vanoise.** www.sportvanoise.com +33 479 087465.

f. **Favre Sports Twinner.** www.twinner-pralognan-la-vanoise.fr +33 479 087120.

¹³ In accordance with paragraph 4 of [2018DIN07-077](#).

- g. **Telemark tracks.** This company can offer the NTN kit. Information is available on their website <http://www.telemarktracks.com>. Participants should contact the company - info@telemarktracks.com to organise rental. Approximate prices will be £150 per week. Carriage to and from PLV may also need to be paid.
- h. **UK retailers.** There are a limited number of Telemark retailers in the UK, although there is no guarantee of hire equipment being available. The following retailers are known to supply telemark ski equipment: Ski Bartlett, Backcountry, Mountain Spirit, Braemar Mountain Sports, Snowtrax.
41. **Ski Waxing.** Hotel club Vacanciel will have ski waxing rooms available. Competitors will need to bring their own clamps, wax and irons.
42. **Storage.** There is ski and boot storage available at the hotels in use during the Championships. However, the boot storage will not be on heated racks.
43. **Skins.** Teams **must** make their own provision for skins. Competitors are to ensure they are correctly equipped for the mountain race and therefore should provide their own skins. All military personnel are expected to compete in the Mountain Race.
44. **Helmets.** The use of ski race helmets is compulsory for all events and training. Competitors must have ski helmets that satisfy the minimum requirements for the event and which have been certified by recognised institutes. Helmets may be inspected prior to racing and those wearing incorrect helmets will not be allowed to start.
- a. **Helmet Design and Standards.** Helmets used in FIS Snowsports shall be specifically designed and manufactured for the respective discipline and shall bear a CE mark and conform to recognised and appropriate standards such as CEE 1077. For racing FIS have stricter requirements than for general use:
- (1) Competitors racing in the Championship races must have FIS rated Class A or Class B¹⁴ helmets bearing the FIS stickers, as demanded by FIS and BSS rules. Full shell Class A helmets are advised.
 - (2) Helmets with spoilers or edges that protrude are not permitted and helmets must show a smooth top surface for safety reasons.
 - (3) Skiers competing in the development races must have a helmet that is designed and certified for skiing; CE 1077 as a minimum. Some tolerance will be granted on shape for certified designs, but spoilers are not permitted.
 - (4) Cameras or mounts may not be fitted in any manner. Competitors presenting for races with a mount affixed to a helmet will not be permitted to race until the helmet is changed. Removing mounts will incur further damage to the shell and should not be attempted.
45. **Goggles.** Goggles are to be worn for training and racing; sunglasses may not be

¹⁴ Telemark is treated as an Alpine discipline for the purposes of safety equipment and thus Class A helmets are preferred. However TCR permit Alpine Slalom helmets (Class B) to be used, noting that chin guards are not permitted and must be removed. *Helmet model to be certified under EN 1077 (class B) or ASTM 2040 as minimum standards. NB1: Soft ear padding is allowed. NB2: Crash helmets fulfilling higher safety standards can be used.*

worn as a substitute.

46. **Medical.** All personnel are to ensure they are medically and dentally fit prior to start of the Championships.

47. **Med Plan.** The ExTT19 Med Plan is listed at [Annex E](#).

48. **Emergency Contact Details.** All personnel are to ensure their emergency contact details on JPA or HRMS are current, this is to include a Next of Kin. Failure to update this basic requirement may result in delayed notification in the event of an incident. In the event of an incident, coordination with the JCCC will be the responsibility of the ExTT19 CofC.

49. **Personal Medical Equipment.** It is the responsibility of each individual to ensure they carry sufficient supplies to last the Exercise e.g. inhalers and repeat prescriptions.

50. **Foreign & Commonwealth Personnel.** All Foreign & Commonwealth personnel are to ensure they have the appropriate visa clearance.

51. **Medical Facilities.** There is no UK military medical cover on Ex TT19. Minor complaints should be directed to the local doctor. The hospital in Albertville can deal with more serious issues and there is a helicopter CASEVAC facility if required. In the event of an injury, the injured party (or a representative if appropriate), whether a visitor, official or competitor, is to complete MoD Form 510 (held at the Race Office) - Report on Accident/Injury. If this is not completed Service personnel may have no recourse to any claims for injury on duty. The Race Office is to be informed of all injuries sustained whilst on Ex TT19. Due to limitations on personnel and transport, the Army Telemark committee cannot support follow-up visits for injuries; all competitors must ensure they are covered by insurance for follow up visits when in country. Key information listed below:

- a. **Dr Francoz.** Avenue de Chasseforêt. Next to the entrance to the aerial tram. Open daily 0900 – 1900hrs. +33 479 087561 / +33 609 352892
- b. **Dr Maigné.** Avenue de Chasseforêt. +33 479 087204 / +33 609 352892. Open every day 0900 – 1230hrs and 1400 – 1730hrs.
- c. **Pharmacy.** Avenue de Chasseforêt. Avenue de Chasseforêt. +33 479 087161. Open Mon to Fri 0900 – 1230hrs and 1500 – 1900hrs. Open Sat 0930 – 1230hrs and 1500 – 1900hrs. Open Sun 100 – 1200hrs and 1700 – 1900hrs.
- d. **Emergency.** 112

52. **Emergency Procedures.** In the event of a NOTICAS requirement, all reporting is to be conducted via the Ex CofC. No direct communication via single Service channels is to be conducted without prior authority from Army Telemark Chairman or his representatives. The emergency procedures are outlined at appendix 1 to Annex E and are to be strictly enforced.

53. **Social Media.** In the unlikely event that an accident or incident occurs, it is imperative that all participants are aware of the implications of 'uploading' or 'commenting' on social media sites, of the events applicable to the accident or incident.

Therefore, in the unlikely event of an accident or incident occurring, the use of social media sites to share information regarding the accident or incident is prohibited.

54. **Coaching.** All coaching will be conducted by qualified Telemark Instructors and will be coordinated centrally by the Army Telemark Committee. It is assumed that all participants will join the coaching programme unless they opt out at Annex B.

55. **Visitors.** Visitors, especially Commanding Officers, are encouraged to attend; the prime time will be over the racing period (19 - 24 Jan 19). In order to maintain visibility of all military visitors in resort, Team Captains are to inform the Championship Secretary of names and arrival/departure dates of all visitors as early as possible. All visitors are responsible for their own costs, travel arrangements and hotel bookings.

56. **Families and Supporters.** Families and supporters are very welcome in PLV for the Championships. Competitors who wish to bring friends and family along and have not already indicated this on their registration form, should immediately contact the Championship Secretary to bid for the extra accommodation. All participants should note that all non-Service personnel will be required to pay for themselves and will not benefit from any subsidies from Service funds (public or non-public).

57. **Sponsorship.** Teams that are fortunate enough to secure sponsorship must ensure that they adhere to the ASCB ruling on commercial sponsorship.

a. **Outline.** As a guide, the following regulations apply: Any name-advertising sponsorship must not show any direct link with tobacco or alcoholic spirits. Army personnel may not wear commercial logos on their clothing (including helmets) when on duty, except as authorised. For sponsorship rules only, all competitors are deemed to be 'on-duty' whilst present at the Championships, regardless of where they are or what they are doing.

b. **Team Army.** Team Army is a sponsorship initiative which brings major sponsors together to sponsor Army Sport in general rather than specific sports. As such Telemark benefits from the sponsorship of a number of companies.

58. **Managing Sponsors and VIPs.** There will be a number of VIPs (Military and Sponsor) around the resort, particularly over the racing period. All Ex TELEMAR TITAN 19 participants are reminded to remain polite and courteous throughout the Exercise, whether on the slopes or about the village. We aim to provide high level, professional Championships that continue to attract sponsorship in the future - your role in this is as important as the Committee's. If requested to host a guest, please do so without hesitation.

59. **Team Coaches.** Please note that there is no discount for the cost of team coaches in PLV and they are expected to pay the same rates as individual competitors.

MISCELLANEOUS

60. **Dress and Equipment.** Military dress and equipment are not permitted on Ex TT19 and should not be brought into France. All clothing and equipment, **including daysacks**, are to be civilian.

61. **Vehicles.** Team Captains and Competitors must note the following¹⁵:
- a. **Use of Military Vehicles (Green Fleet).** No military vehicles may be brought into France.
 - b. **Vehicular Insurance.** Units are warned that military vehicles, including those leased or owned as part of a White Fleet contract are insured by the Crown - not a civilian insurer. Anyone travelling by vehicle is to ensure that adequate cover is obtained for the countries they will transit, including a European Green Card and breakdown cover.
 - c. **Winterisation.** All vehicles must comply with European law with regard to winter tyres, snow chains and motorway vignettes. Vehicles should be fitted with winter tyres or All-Season tyres (marked with M+S). Chains should be carried as well. A detailed list of the items required to be carried is at Para 3.8.14 of JSP800 as referenced above. Civilian drivers should consult an appropriate motoring organisation for guidance.
 - d. **Sponsored Vehicles.** Service Regulations state that units provided with sponsored vehicles may not use Service fuel cards or insurance services for said vehicles.
 - e. **European Highway Code Tests.** All drivers of Service or White Fleet vehicles must have passed the European Matrix Test and have it recorded on their FMT 600 prior to travel. The necessary tests can now be conducted on-line at: <http://bfgnet.de/matrix-test.html>
62. **Media.** A central media plan is being organised by Army Telemark any relevant details will be disseminated by the committee. All competitors are also strongly encouraged to write up their experiences for Regimental Magazines to encourage future racers; suitable imagery will be supplied wherever possible. All photographs will be available on-line following completion of the championships. A link to the on-line repository will be emailed out to competitors after the event.
63. **Photographs.** Army Telemark treat privacy seriously and will not pass on any images to third parties, except for the purpose of promoting Telemark or Army Telemark activities, in the military and civilian domains. All official photographs will remain the property of Army Telemark but will be made available for the personal use of competitors¹⁶; as such Army Telemark will store the images in a manner that allows general access.
- a. Personal use may include the publishing of images in articles, particularly Regimental and Corps magazines, and other promotional activities, as well as posting of images of the competitor on personal pages of the internet and social networking sites. Such personal permissions do not extend to the general publishing of the images to social networking or photo-storage sites without the specific permission of the featured individuals.

¹⁵ Team Captains are to consult Defence Movements & Transport Regulations JSP800 Vol5 Edition 4.1, Part3, Chapter 8 – Driving Overseas for further detail.

¹⁶ All such images remain copyright Army Telemark (MoD) and should be accredited as such.

b. For the purpose of these paragraphs Army Telemark promotional activities are taken to usually include, but not be constrained to, Army Winter Sports Association (AWSA), UK Armed Forces Winter Sports Association (UKAFWSA), British Ski and Snowboard (BSS) and International Ski Federation (FIS) promotional activities.

c. Individuals who do not wish for images of them to be used for the purposes listed above must inform Army Telemark in writing by the start of the Championships.

Pralognan-la-Vanoise (PLV)

64. **General.** PLV is a mountain village in the heart of the French Alps. PLV has 24 runs (9 green, 4 blue, 7 red and 4 black). The terrain has elevation of 1400m – 2350m. The Championship races will be conducted on a FIS Homologated run. Although known for 'snow reliability' PLV also has 54% of the ski area covered by 80 snow guns. Apres Ski, participants will have free access to the sports centre. This has a spa, weights and CV room, indoor climbing wall and ice rink.

USEFUL WEBSITES

65. The following is a list of useful websites.

- <http://www.telemark.org.uk>
- <http://pralognan.labellemontagne.com/ete/?saison=ete>
- <http://www.pralognan.com>
- <http://www.towergatewilsons.co.uk/>
- <http://www.trinity-ins.com/>

66. Useful contact details are at Annex F, including phone numbers in resort.

R J WRIGHT

Major

Secretary Army Telemark Ski Association

Annexes:

- A. Race Details
- B. Application Instructions (See Supplements)
- C. Programme of Events
- D. Race Committee, Duties and Responsibilities
- E. Med Plan
- F. Athlete's Declaration (See Supplements)
- G. Alcohol Policy
- H. Contact Details
- I. RN & RM Attendance at Exercise Telemark Titan 2019

Enclosure:

1. Army Telemark Rules Edition 2016

RACE DETAILS

1. **Qualification Race.** A Giant Slalom (GS) race to select competitors for the Championship Races and base start positions. Competent skiers will progress to the Championship Races with the remainder skiing in the Development Races.
2. **Championship Races.** There will be three Championship Races, with an anticipated maximum field of 70 racers:
 - a. **Telemark Giant Slalom (GS).** A GS course of two runs with a maximum of 250m vertical drop, 25 – 40 gates and one jump.
 - b. **Sprint (SP).** A shortened version of the Classic Race over two runs, comprising of a minimum of 15-25 gates over a 100-200 m vertical drop, with a jump, loom and skating section.
 - c. **Classic (CL).** A Telemark Classic Race with a maximum of 350m vertical drop, consisting of giant slalom gates, a jump, loom and a skating section.
3. **Development Races.** There will be two Development Races designed to introduce novice Telemark skiers to racing at an appropriate level. Skiers who do not qualify for the Championship Races will automatically be entered into the Development Races and continue instruction as appropriate. Prizes will be awarded for the Development Races.
 - a. **Development Sprint (Dev SP).** The Dev SP will be a Sprint format with a jump and short skating section.
 - b. **Development Classic (Dev CL).** The Dev CL will be a consolidation of the skills learnt during the Championship training and will be run immediately after the Championship Classic Race (CL) but with a shorter course. It will include a jump, GS gates, skating section and a 360 degree turn.
4. **Mountain Race.** The Mountain race is now an established part of the Championships and will follow a format similar to previous years. The race will consist of at least one uphill section before descending back to the start point for the finish. Raced as individuals or 3 man teams, each team member will race part of the uphill section, with the final team member racing down to the finish. Competitors will require skins for this race.

PROGRAMME OF EVENTS - EX TELEMAR TITAN 2019

Date	Time	Action	Location	REMARKS
Fri 11 Jan	1200	Committee Arrive		
Sat 12 Jan	1400 – 1900	Teams and competitors arrive	Reception Hotel club Vacancier	
	2030	Ex TELEMAR TITAN Welcome Brief	Hotel club Vacancier	Includes mandatory safety brief. All to attend
Sun 13 Jan	0850	Training		Initial instructor group allocation. Day 1 of training
	1830	Team Captains' meeting	Hotel club Vacancier Conference Room	All team captains to attend
Mon 14 Jan	0850	Training	As chosen by instructors	Day 2 of training
	1830	Team Captains' meeting	Hotel club Vacancier Conference Room	All team captains to attend
Tue 15 Jan	0850	Training	As chosen by instructors. Gate training.	Day 3 of training Gate training required
	1830	Team Captains' meeting	Hotel club Vacancier Conference Room	All team captains to attend
	1930	Racer Brief	Hotel club Vacancier	
Wed 16 Jan	0850	Training	As chosen by instructors. Gate training.	Day 4 of training Gate Training required
	1830	Team Captains' meeting	Hotel club Vacancier Conference Room	All team captains to attend
Thu 17 Jan	0850	Training	As chosen by instructors. Gate training.	Day 5 of training Jump and Gate Training mandated
	1830	Team Captains' meeting / Race Brief	Hotel club Vacancier Conference Room	All team captains to attend
Fri 18 Jan	0930 Inspection 1030 Race	Qualification Race		Training continues when not racing
	1830	Team Captains' meeting	Hotel club Vacancier Conference Room	All team captains to attend

Sat 19 Jan	0930 Inspection 1030 Race	Championship Giant Slalom (GS)		Development groups continue instruction/training
	1730	Team Captains' meeting	Hotel club Vacancier Conference Room	All team captains to attend
Sat 19 Jan	1830-2030	VIP Reception	Hotel club Vacancier	Selected personnel will be required to attend
Sun 20 Jan	0930 Inspection 1030 Race	Development Sprint (Dev SP)		Development groups continue instruction/training when not racing
	1830	Team Captains' meeting	Hotel club Vacancier Conference Room	All team captains to attend
Mon 21 Jan	0930 Inspection 1030 Race	Championship Sprint (SP)		Development groups continue instruction/training
	1830	Team Captains' meeting	Hotel club Vacancier Conference Room	All team captains to attend
Tue 22 Jan	0930 Inspection 1030 Race	Championship Classic (CL) Development Classic (Dev CL)		
	1830	Team Captains' meeting	Hotel club Vacancier Conference Room	All team captains to attend
Wed 23 Jan		Mountain Race		All military to participate
	1630	Prize Giving	Hotel club Vacancier	
Thu 24 Jan		Competitors Depart		
Fri 25 Jan	1000	Committee Depart		

Note: The programme is subject to change. Correct copies will be displayed in the Race Office.

RACE COMMITTEE, DUTIES AND RESPONSIBILITIES

Name	Championship Post	Service	Remarks
Maj Gen Smyth-Osbourne	President	Army	
Colonel Matthew Birch	Chief of Championship and Army Telemark Chairman	Army	
Maj Martin Triggol	Chief of Race	RM	
Lt Cdr Jamie Davies	Technical Delegate	RN	
Maj Richard Wright	Championship Secretary	Army	
	Treasurer, Media, Admin Support and Finish Ref	Army	
Lt Col Simon Dunk	Equipment Manager	Army	
Lt Col John Carey-Hughes	Start Ref	RM	
Mr Andy Morgan	Timing & Calcs	Civ	
	Race Referee	TBC	
Lt Col Chris Haw	RN/RM Discipline Manager	RN/RM	
Capt Sam Moreton	RN/RM Secretary	RN/RM	

EX TT MED PLAN

Introduction

1. Ex TELEMARK TITAN (ExTT) is a 13 day Army Telemark Skiing Championship event. This event is run in Pralognan-La-Vanoise, in the French Alps, over the period 11 – 24 Jan 19.
2. This Medical Plan is based upon the key assumption that the French Emergency/Blue Light Services or Mountain Rescue will execute any evacuation from this Exercise that requires urgent treatment. These agencies will provide initial support and movement of any casualty to the nearest hospital facility.

Population at Risk (PAR)

3. There will be ~100 participants from Army, Navy and RAF. There will also be ~25 civilians participating in the event.
4. All attendees will state that they are fit to attend. Thus medical care will be restricted to injuries occurring during the exercise for students and occasional sicknesses.

Threats to Health

5. A Medical Risk Assessment (MRA) is at [Appendix 1](#) to this Annex. The main health threats are considered to be:
 - a. Serious injury or death – crashing during ski training and ski racing.
 - b. Physical Injury – Falls, Sprains, fractures etc.
 - c. Climatic cold related injuries, sunburn.
 - d. Injuries from Road Traffic Collisions/Accidents.
 - e. Local illnesses.

Host Nation Support

6. A description of the availability and acceptability of host nation support includes:
 - a. UK equivalent standard of hospital care.
 - b. Pre-hospital and hospital trauma care.
 - c. Access to Blood supply arrangements.
 - d. Status of Forces Agreements, Memorandums of Understanding or Reciprocal

- e. Agreements covering military training.

7. **Medical.** The central control point for dealing with medical issues will lie with the Ex TT19 committee who are present for the exercise, and will run a race office from the Hotel Vacenciel. Minor medical support will be drawn from the local Doctors. Major evacuation of individuals will be dealt with directly by the French Emergency Services. Emergency/evacuation procedures are identified in appendix 1 to Annex E. Dependent upon availability / location, members from the casualties own Unit will be responsible for the transfer of any injured/sick individuals to the nearest hospital. If members of own Unit are not available, Ex TT19 committee will transfer any injured/sick individuals to the nearest hospital.

- a. Anticipated Command and Control mechanisms for medical support:
- b. Co-ordination of medical response to incidents.
- c. Command and Control relationships for medical support.
- d. Communications arrangements (mobile phones).

Force Health Protection

8. Participants are self-sufficient and able to self-treat minor injuries. All groups have an instructor in charge. There will be first aid stations at all lift station, and local (full time) piste patrol who are all first aid trained. Other points to note are as follows:

- a. **Sanitary Facilities.** Recognised French hotels are used for group accommodation, all of which meet basic sanitary requirements. All individuals on the Exercise will carry basic sanitary items (for the maintenance of personal hygiene).
- b. **Food/Water Safety.** Personnel whilst deployed will eat local food produce, provided either by the hotels or local restaurants. This will include all lunch meals, evening and breakfast meals. No food or water safety issues are expected.
- c. **Routine Medication.** Personnel on routine medication are required to take sufficient supplies for the duration of the Exercise – eg: inhalers. There is no facility for the re-supply of prescription or routine medication; this information is provided in the admin instr.
- d. **Spectacles/Contact Lenses.** It is recommended that spectacle wearers take a second pair of spectacles or sufficient contact lenses for the duration of the Exercise; this information is provided in the admin instr.

e. **Altitude Sickness.** The highest piste in Pralognan-la-Vanoise is 2355m. Altitude sickness can affect people who climb or travel (ascend) to more than 2500 metres (8,000 feet) altitude, particularly if they ascend too quickly. Altitude sickness is not expected to be an issue. For most people, it causes mild symptoms that improve with rest and time spent getting used to altitude. Symptoms are; headache, nausea, dizziness and exhaustion. Those reporting such symptoms are not to ascend any further and moved to safety for treatment. Proper acclimatisation to altitudes of about 2,500m (just over 8,200 feet) or more is the best way to prevent altitude sickness. It may take a few days for the body to get used to a change in altitude. Ascending slowly will give time to adapt to the change in altitude. Avoidance of alcohol and keeping hydrated is also important

f. **Climatic Injury Prevention.** The weather in the mountain regions of France can reach cold temperatures. Temps around freezing could be experienced. Exercise participants will receive further advice on the effects of the cold and preventative/recovery measures in accordance with [JSP 539](#). Serious consideration is always to be given to the treatment of cold and heat related injuries. All groups will have access to sufficient water supplies to prevent dehydration. A daily weather forecast is received by the ExTT19 committee and will be displayed on the info board. Additional weather reports from both local sources and via weather reports on the Internet. Any adverse conditions will be promulgated.

9. **Pre-Hospital Emergency Care and Forward MEDEVAC** All hospital care will be supported by the **Albertville Hospital**. +33 479 895555 (30 minutes drive).

Primary Health Care

10. Available as follows:

a. **Dr Francoz.** Avenue de Chasseforêt. Next to the entrance to the aerial tram. Open daily 0900 – 1900hrs. +33 479 087561 / +33 609 352892

b. **Dr Maigné.** Avenue de Chasseforêt. +33 479 087204 / +33 609 352892. Open every day 0900 – 1230hrs and 1400 – 1730hrs.

c. **Pharmacy.** Avenue de Chasseforêt. Avenue de Chasseforêt. +33 479 087161. Open Mon to Fri 0900 – 1230hrs and 1500 – 1900hrs. Open Sat 0930 – 1230hrs and 1500 – 1900hrs. Open Sun 100 – 1200hrs and 1700 – 1900hrs.

d. **Emergency:** 112

Storage Arrangements for Pharmaceuticals and the Disposal of Clinical Waste

11. Ex TT19 does not have any requirements for storing pharmaceuticals or the disposal of clinical waste. All major medical requirements are dealt with directly by the French Emergency/Blue Light Services.

Private Travel Insurance

12. As directed in the Exercise Instruction, all Exercise participants are strongly recommended to take out personal insurance to cover eventualities, for which the MOD is not liable.

Communication

13. All telephone numbers will be available at annex H of the Admin Instr.

Major Incident Management

14. The group instructor at the incident site initially manages all Major Medical Incidents and is responsible for informing the French Piste Patrol Services. Once the medical services are aware of the incident details and are en-route the group instructor is then responsible for the welfare and on-going maintenance of all group members and informing the Ex TT committee. In a situation where the group instructor is him/herself injured then the senior student will take responsibility for forwarding the necessary information to the French piste patrol services and subsequent follow-up procedures.

Aeromedical Evacuation

15. **Requesting Aeromedical Evacuation (AE)** - The Aeromedical Evacuation Control Centre (AECC) coordinates all **global** Strategic AE missions for all military personnel whether on Ops or Exercise. They conduct a clinical risk assessment to ensure that the most appropriate aircraft, medical teams and equipment are tasked to retrieve a patient. If access to the AE service is required, the AECC must first be contacted on the numbers or email below. Ex TT18 committee will have access to the AP3394 which will give all the necessary information on the procedure for requesting Strategic AE and how to raise a Patient Movement Request (PMR). Ex TT18 committee will have access to IT capability and will raise any requests.

16. AECC Contact Details.

- a. Routine Contact: (0800 – 1700 hrs UK Time) - +44 (0)1993 895300 or 95461 5300.
- b. Out of Hours: (1700 – 0800 hrs UK Time) - Mobile +44 (0)7770 648688.
- c. Email address: Air38Gp-TMWAIECC@mod.uk

Post-Incident Management

17. After-event follow-up procedures will be managed in country by either team captains, or (in the event of an injured participant not being part of a team) the Ex TT Committee. In all cases, the Ex TT committee will be the POC for JCCC. Army form 510 will be completed for all incidents / accidents. A copy will be retained by the individual and by ExTT18 committee for use in any future Service Inquiry (JSP 832) related to any major incidents.

Summary

18. Ex TT is a well-controlled sporting event. All training is risk managed and all instructional staff are both current and competent to lead activities. The championships are a very rewarding Exercise for all participants.

Appendix:

1. Medical Risk Assessment

MEDICAL RISK ASSESSMENT

Serial	Factor	Risk / Significance	Control Measures
1	Ski racing.	Potential for serious injury / death.	Use of NGB approved piste / race slope. Use of qualified instructors. Use of qualified race personnel (TD and Chief of Race).
2	Physical injuries (falls, sprains, fractures, sprains, etc)	Most likely injury – falls, fractures, muscle strains, ligament damage, sprains.	Close group control by instructors. Robust Evacuation Plan and medical support.
3	Climatic injuries	Potential for cold weather injuries and heat exhaustion/sunburn; this is dependent on the local weather conditions.	Supervision by Chief of Race and Technical Delegate. Supervision by group instructors. Availability of daily weather forecast. Ensure sufficient / appropriate personal clothing, water, sun protection.
4	Road Traffic Accidents	Serious and fatal injuries.	Vehicles driven by drivers with appropriate qualifications and additional adverse driving training. Attention to speed limits and driving conditions, wearing of seat belts at all times
5	Unplanned / pre-existing medical conditions	Some participants may not prepare well enough, or have existing injuries/medical conditions not disclosed.	All participants have been informed of the medical requirements within the Admin Instr. Appropriate use of civilian medical support and emergency services. Briefings to raise awareness of the need to report existing condition or any illness e.g. flu.
6	Fire	Fire risk in main accommodation facilities.	All personnel are to comply with the establishment regulations. Supervision will be present. Emergency procedures will be followed.
7	Altitude sickness	Arriving at a high altitude too quickly.	Acclimatise. Ascend slowly. Remain hydrated. Avoid alcohol. Do not ascend further if symptoms present.

ARMY TELEMAR CHAMPIONSHIP ALCOHOL POLICY

References:

- A. [AGAI 64 – Substance Misuse](#)
- B. [CFA D&G 29 Apr 16 – Curbing Excessive Alcohol Consumption in the Field Army](#)
- C. BR 2 Chapter 36, BRd 9467 (Fleet Administrative and General Orders)
- D. BRd 9600 (Ship's General Orders)

CHAIRMAN'S FOREWARD

1. The primary purpose of the Army Telemark Championship is to deliver a high quality Telemark event that generates benefits for participants derived through competition as well as a 'sport for all' ethos. There has always been an element of pride within this retention positive event that we all represent and bond as a Telemark community as much as reflecting our individual units and Services. Social activities can enhance this 'sport for all' experience if conducted appropriately however excessive alcohol consumption is inconsistent with our values and standards; discipline and fitness for training must be maintained throughout the competition.

BACKGROUND

2. A number of alcohol-related incidents have occurred during winter sport activities which have attracted significant interest from the highest echelons of the British military. Unfortunately, alcohol remains a significant factor in most of winter sport's serious discipline occurrences. These risk fundamentally damaging the opportunity to conduct winter sports in the future if they are seen to damage the military's reputation. References A to D have been used to generate this policy. This policy does not intend to deny any personnel the opportunity to enjoy alcohol but instead to mitigate risk to injury, life and the reputation of the military.

IMPLEMENTATION

3. **Individual responsibility.** Every individual has a responsibility to conduct themselves in line with the Army's Values and Standards, or other Service code of conduct. A sensible attitude to the consumption of alcohol is expected of all individuals attending the Championships. The maintenance of an appropriate culture and avoidance of excessive alcohol culture is primarily the responsibility of the Officers and NCOs within each unit team for their team members. More broadly across the military Telemark community we are to provide mutual support to ensure a positive culture is maintained.

4. **Approach.** Appendix 1 provides a flow diagram as direction in the case that alcohol misuse has occurred. All military personnel are on duty throughout Ex TELEMAR TITAN and are therefore to remain compliant with all substance misuse direction, such as Ref A, Ref B or MATT 6 for the Army personnel. Officers and NCOs are reminded that AGAI 67 action is appropriate for dealing with low level incidents and the Telemark Championship committee will support by providing advice as appropriate.

The Chairman will provide direction in serious cases of substance misuse and retains the right to RTU individuals or teams who fail to maintain the appropriate standards.

5. **Direction.** The following activities will take place: Daily Team Captains meetings and event briefings will reinforce the key tenets of this policy.

6. **Alcohol consumption timings:**

a. Purchase of alcohol is only to be conducted between 1700 – 2300 (local). Competitors are to have returned to accommodation by 2359.

b. Drinking outside these timings can be authorised by the Chairman if requested.

c. No late starts are included in the program.

d. Drivers are to comply with legal limits. Note UK legal limits apply to Service Personnel as well as local legal requirements.

7. Modest consumption of alcohol in accommodation is permitted however this should not expand into uncontrolled gatherings and be conducted within the spirit of this policy.

8. **Reporting.** All alcohol related incidents are to be reported to the committee in addition to any extant unit requirements.

9. **Fitness for training.** All participants must maintain their fitness for training. Injury and death can occur if participants are not correctly prepared for the physical and environmental challenges of this sport. All individuals participating in Ex TELEMARK TITAN are to report for instruction/racing as per the event schedule. Anyone unfit to participate due to alcohol misuse will be referred to the duty Telemark Committee member and action will be taken in accordance with Appendix 1.

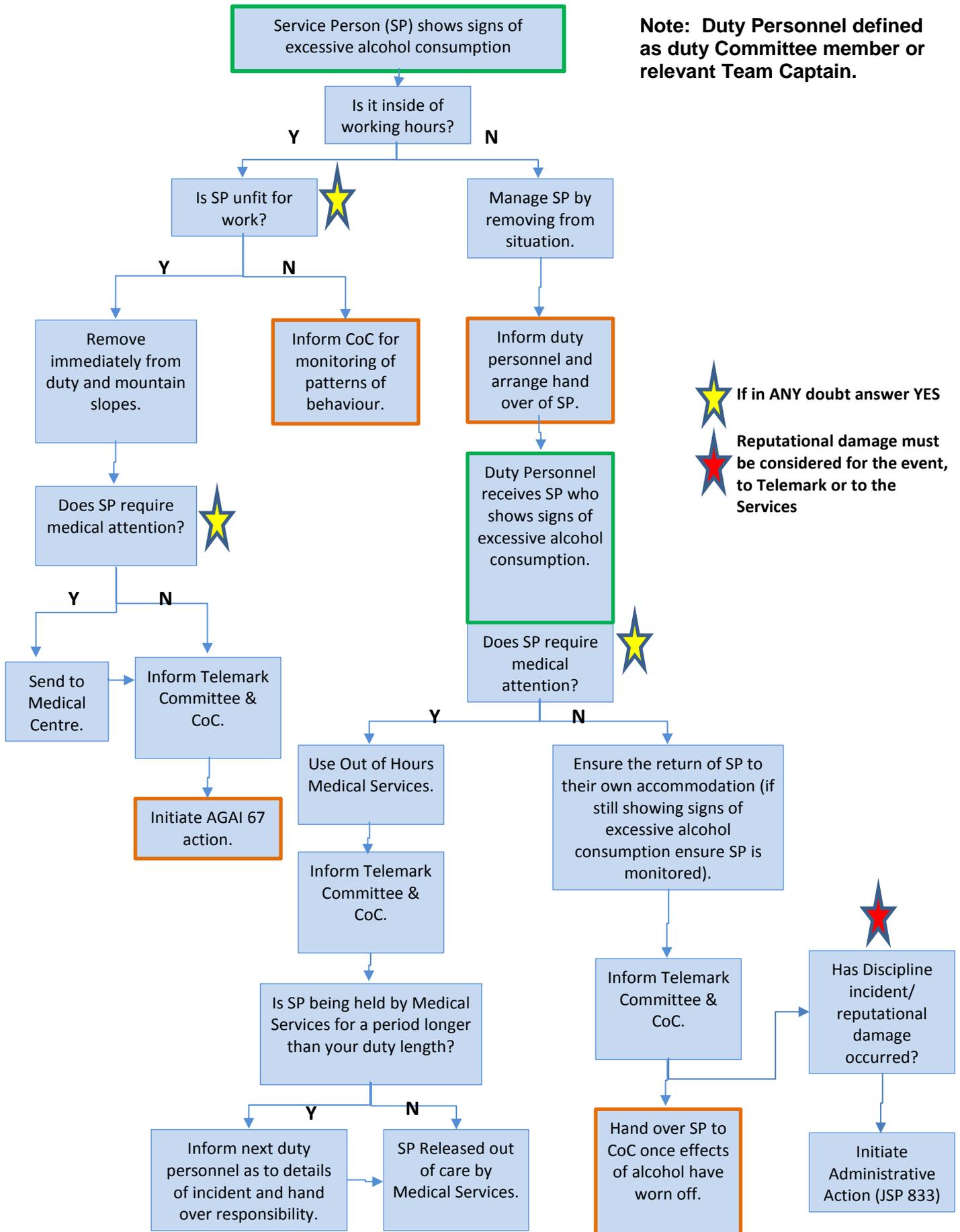
SUMMARY

10. This Alcohol Policy provides clear direction on the appropriate use of alcohol within ExTELEMARK TITAN. It is through the adherence of this policy that we will protect our soldiers from injury or death whilst maintaining the reputation of the British military.

Appendix:1. 'Actions on' flow chart

EX TELEMARK TITAN SUBSTANCE MISUSE 'ACTIONS ON'

Note: Duty Personnel defined as duty Committee member or relevant Team Captain.



CONTACT DETAILS

Useful contact details for when in the resort are below.

Location/Name	Number / Details
Tourist Office Pralognan La Vanoise	+33 479 08 79 08
Chief of Race - Maj Martin Triggol	
Championship Secretary – Major Richard J Wright	+447795310026
Equipment	
Hotel club Vacancierel	+33 479 08 19 19 www.vacancierel.com
Doctor	+33 479 087561 / +33 609 352892
Doctor	+33 479 087204 / +33 609 352892
Pharmacy	+33 479 087161
Emergency and Mountain Rescue	112

RN & RM ANNEX FOR ATTENDANCE AT EXERCISE TELEMAR TITAN 2019

INTRODUCTION

1. The Royal Navy and Royal Marines Telemark Championship 2019 (RN&RMTC19) will be conducted alongside the Army-run Great British Telemark Championships, also known as Ex Telemark Titan 19 (TT19). This continued support by the Army Telemark Association is greatly appreciated by the RNWSA and enables a higher standard of race piste and racing for all RN and RM personnel in attendance, with the added benefit of reducing the overall cost for all personnel.
2. In contrast with previous years, there will not be a separate DIN published by the RN&RM: all information required can be found within this DIN and its annexes.
3. The RN&RMTC19 is conducted within the framework established by the Army, who host the overall competition. For this reason, RN&RM ranks who wish to enter the RN&RMTC19 must apply and pay for a place on TT19 according to the instructions in this DIN, and notify the RN Telemark Secretary, Capt Sam Moreton RM (Samuel.moreton100@mod.gov.uk), ideally via a single unit rep.
4. RN&RMTC19 is the route into the RN Telemark team, which will compete at the UK Armed Forces Winter Sports Competition (UKAFWSC) at Meribel, later in the season.

APPLICATION PROCESS

5. The first step to securing a place at the RN&RMTC19 is to apply and pay a deposit as laid out at Annex B to this DIN, 'Application Instructions'.
6. The second step is to notify the RN&RM Telemark Secretary, Capt Moreton, of an intention to attend the RN&RMTC19. Samuel.moreton100@mod.gov.uk. He will then send out a separate form to fill in, which will cover RN&RM specific elements, not covered by the Army application process. Most importantly, this includes access to kit, transport, and funding which is not available to Army ranks.
7. Capt Moreton will coordinate all RN&RM entrants. If he is unable to attend for work reasons, a suitable alternative will take over to execute the role of Secretary at the Championships.

EQUIPMENT

8. There is a pool of good quality Telemark specific kit held by the RN&RM Telemark Association. This will be distributed on a first-come-first-served basis: it is therefore important that all ranks attending RN&RMTC19 notify Capt Moreton, detailing sizes and requirements. Kit available includes ski-specific clothing, helmets, skis, boots, poles, and skins. Individuals must provide their own goggles and gloves. Kit booking forms can be obtained and submitted via Samuel.moreton100@mod.gov.uk.

COMMAND AND CONTROL

9. Lt Col Chris Haw RM, RN&RM Telemark Discipline Manager, will be in direct command of all RN&RM ranks embarked on RN&RMTC19. The entirety of Ex TT19, and therefore the RN&RMTC19, is ultimately under command of the Chief of Championships, Colonel Matthew Birch. Attention is drawn to Annex G, the ARMY TELEMAR CHAMPIONSHIP ALCOHOL POLICY.

TRAVEL

10. Travel to and from the event is normally by one of the following;
- a. The Royal Navy Winter Sports Association (RNWSA) funds a small number of vehicles, provided for the transport of the RN&RM Telemark team.
 - b. Spare spaces may be filled if available. Speak to Capt Moreton to arrange MoD White Fleet vehicles, procured and funded by Units sending a contingent or team to the event.
 - c. Civilian air travel (whether funded at Unit or individual cost).
11. Funding is available for travel to participate in the RN&RMTC19. This is available via individual UPOs, up to the amount of £175 per person. This can be pooled to allow for the hire of white fleet half cabs, organised at the Unit level. All Units sending 3 or more participants should aim to do this, with the potential to offer out spare spaces to participants from singleton Units.
12. Whilst efforts will always be made to co-ordinate and share lifts, it is ultimately the responsibility of each individual to arrange their own transport to and from the event, via whatever means they are able to secure.

FUNDING

13. Every effort has been made to reduce the personal contribution to attend the RN&RMTC centrally. To reduce this further individuals or unit leads must apply for personal or unit funding as laid out below. Once all grants are accrued this package represent extremely good value for money. Arrangements have been made to facilitate collection of some central grants and allow spreading the cost (to avoid a lump sum around the Christmas period) - details at para 15; it is strongly recommended that this facility is used.
- a. **CILOR** is to be applied for at the Unit level by individuals or teams (See para 36.e. of this DIN).
 - b. **UIF** and other Unit level funding is to be applied for by individuals or Unit teams. PTIs should be able to help with race entry fees (which form part of the overall cost of attendance).
 - c. **RMWSA** will provide up to £100 of funding per man. This is available to RM ranks only; this will be coordinated and distributed in resort via Capt Moreton.

d. **Royal Marines Sports Association (RMSA) holds a Sports Improvement Fund (SIF).** Applications to the RMSA SIF can be made to request funding against attendance at the RN&RMTC19. It is available for those that have attended previously or have some previous experience of Telemark competing/racing. This is administered by WO2 Sear RM, details from Wayne.Sear596@mod.uk.

e. **All participants must become members of the RNWSA** in order to attend RN&RMTC19, as it is partly funded by them. Membership is £15 per year, and the membership form will be sent to you by Capt Moreton once you inform him of your application for the RN&RMTC19. Lt Cdr Woods is the Membership Secretary, James.Woods182@mod.gov.uk.

14. The following associations/bodies are **not** be approached for funding:

a. Sports Lottery must not be approached for funding. The Sports Lottery already helps to fund the RNWSA, which in turn helps to fund the cost of holding the RN&RMTC19. **All ranks are strongly encouraged to join the Sports Lottery**, as all will be direct beneficiaries of its funding.

b. RNWSA funding is used centrally to offset the cost of holding the RN&RMTC19. Please do not approach the RNWSA for further funding.

c. The RNRMC Charity has awarded the RN&RMTC19 a grant, which is paid directly into the RN&RMTC19. Do not approach RNRMC for more funding. **All ranks are strongly encouraged to join the Service Day's Pay Giving scheme** as all will be direct beneficiaries of its funding.

15. WO2 Sear RM has established an optional 'non-public funds account' to assist individuals to spread/manage the cost of the RN&RMTC19, arranged via HMS HERON.

a. This will submit central claims for funding on behalf of those ranks who use the facility, to include CILOR and RMWSA funding which will reduce the initial outlay cost. If wishing to use this, liaise with WO2 W Sear RM, Wayne.Sear596@mod.uk

b. For all payments to this account, use the reference "Acc 2331 name" when making payment. UK Bank Details for bank transfers: Lloyds Bank, HMS HERON CENTRAL FUND, Sort Code 20-99-40, Account 60206539

c. Anyone not wishing to use this facility is to pay the full amount directly to the Army (as per main body of this DIN) and recoup costs on an individual basis.

Ex WHITE DAGGER 18

16. Ex WHITE DAGGER 18 (WD18) (25th Nov – 9th Dec 18) is the annual RN & RM grassroots / development camp for Telemark Skiing in the RN&RM. It is the most suitable event for novice Telemarkers. It is run by WO2 W Sear RM Wayne.Sear596@mod.uk, from whom further details can be sought. Personal contribution for this event is very similar.

17 Novices are encouraged to attend Ex WD18 prior to attending the RN&RMTC19. It is possible to attend both Ex WD18 and the RN&RMTC19 in the same season, if the time away from work can be granted by CoC.

RN INDOOR TELEMARCK CHAMPIONSHIPS. - MILTON KEYNES SNOWDOME, 20 SEP 18

18. 2018 will see the inaugural RN indoor Snowsports championships. The event will be held in the Milton Keynes Snowdome on 20 Sep. All 3 snowsports (Alpine, Telemark and Snowboard) disciplines will be represented with taster sessions available from civilian and military instructors. An individual and team competition with Telemark prizes generously provided by Source Tactical Gear will also be held.

19. Jasmin Taylor (current British female champion) and the RN team coach Andy Stewart (Ex GB Telemark coach) have offered to provide expert tuition on the day.

20. Entry and equipment (ski, boots, clothing and lift pass) will be made available free of charge; participants only need claim travel and subsistence through their unit. This event is open to everyone, from complete beginner to experienced racer and designed to showcase the snowsports available within the Naval Service and how to get involved. Further information available from Lt Cdr Jamie Davies
Jamie.davies705@mod.gov.uk