

Defence Instructions and Notices (Not to be communicated beyond Crown Servants, and Government Contractors, without Authority)	
Title:	Army Alpine Nordic, Skiing and Snowboard Exercises 2020
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Sponsor:	Army Winter Sports Association
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Annexes:	A. Ex PIPEDOWN. B. Ex SPARTAN HIKE. C. Ex LION'S CHALLENGE. D. Ex RUCKSACK. E. Ex SNOWLION.
Related Info:	www.awsa.org.uk , www.britishbiathlon.com , see Refs below
Classification:	OFFICIAL

ARMY ALPINE, NORDIC AND SNOWBOARD EXERCISES 2021:
EX PIPEDOWN (PDN), EX SPARTAN HIKE (SH), EX LION'S CHALLENGE (LC), EX RUCKSACK (RS), EX SNOW LION (SL). EX SNOW SUMMER (SS), EX SNOW JACK (SJ).

References: (note some will be re-issued in 2020):

- A. [Army European Winter Activity Instruction \(AEWAI\) 2020/21.](#)
- B. [AGAI 5 Pt 4 Sport Participation](#)
- C. [AWSA Alpine Rules 2020](#)
- D. [2018DIN07-138: Biathlon Rifle Security, Administration and Training.](#)
- E. [JSP 660: Sport in the UK Armed Forces](#)
- F. [2011DIN06-004: Winter Tyre Requirements in Germany](#)
- G. [LFSO 2007: Physical and Environmental Security: Part 7 para 2.7.076 - 2.7.082.](#)
- H. [ACSO 3216 - The Army's Safety and Environmental Management System](#)

- I. [2016DIN07-145: Ex RUCKSACK – Medical Instruction.](#)
- J. [Army Snowboarding Rules 2019/20](#)

COVID-19 - All direction and guidance included in this DIN are subject to ongoing Government, MOD and Host Nation direction that may be issued in the weeks and months leading to the 2020 Winter Season. Detail herein may therefore be subject to change. Regular updates will be posted on the AWSA Website and via its Social Media outlets.

Introduction

1. Exercise PIPEDOWN (Ex PDN) and Exercise SPARTAN HIKE (Ex SH) are the Qualifying Alpine and Nordic Championship Semi-Finals to be held over the period 10 to 20 Jan 21. Exercise LION'S CHALLENGE (Ex LC) over the period 19 to 29 Jan 21 and Exercise RUCKSACK (Ex RS) over the period 20 Jan to 5 Feb 21 are the respective Army Alpine and Nordic Championship Finals. Ex SNOW LION (Ex SL) is the foundation Alpine Novice Championships held in Scotland over the period 28 Feb to 6 Mar 21 for the introduction and development of skiers new to racing. The details for Ex SL are within Annex E. Exercise SNOW JACK (Ex SJ) is the Army Snowboarding Championships held in Austria over the period 10 to 30 Jan 21 (including novice training week). Ex SNOW SUMMER is the Army Indoor Snowboarding Championships held 23 Sept 20.

2. This Defence Instruction and Notice (DIN) provides the overarching authority for the Army's Nordic, Alpine and Snowboarding Exercises to be conducted in accordance with References A & E and JSP 800. The main body of this DIN covers the generic features of all championship events, in accordance with Refs A - J, while the details specific to each Championship event are contained in Annexes A to E. All Snowboarding events are managed through the Defence Connect site¹⁰ where full details can be found in lieu of an Annex to this DIN. All activity is cleared, funded and conducted in accordance with Ref A. All Championships are open to Regular and Reserve Units; entries from the RN, RAF¹¹ and Army Unit B teams may be accepted subject to capacity.

Participation and Entry

3. **Participation.** The eligibility of Army Units and competitors to participate in Ex PDN Ex SH and Ex SL is in accordance with [Ref B](#)¹. Ref J applies to all Army Snowboarding events.

a. **Entry for Ex PDN and Ex SH.** All Units, regardless of eligibility, wishing to enter Ex PDN or SH are to open and complete the electronic entry form on the Army Winter Sports Association (AWSA) SharePoint site [here](#)¹². Entries are expected to exceed availability; therefore, it is essential that entries are submitted by **21 Sep 20** to secure a place. The capacity at Ex PDN is 150 Alpine and 250 Nordic; the capacity at Ex SH is 150 Alpine and 300 Nordic. The maximum number of competitors of each gender, per Unit Team, that may enter Ex PDN or SH is detailed below. It is vital that an accurate number of competitors is entered for each unit team to enable as many teams as possible to participate:

- (1) Alpine team: 4 competitors.

¹⁰ <https://jive.defencegateway.mod.uk/groups/army-snowboarding> (access through Def Gateway)

¹¹ Single Service rules apply

¹² <https://modgovuk.sharepoint.com/teams/1391/SitePages/Army-Winter-Sports-Association.aspx>

- (2) Nordic team: 6 competitors.
- b. **Entry for Ex SL.** Due to the tri service nature of Ex SL all entries must be submitted in accordance with Annex E of this document.
- c. **Entry for Ex SJ and Ex SS.** All competitors wishing to enter Ex SJ or SS are to complete the electronic entry form on the relevant event area of the Army Snowboarding Defence Connect site. Entries open on 1 Jul 20 and will close Mon 14 Sep 20 (Ex SS) and Fri 16 Oct 20 (Ex SJ). Corps Teams will be expected to enter both Open and Novice Teams for Ex SJ. Both events are open to all Regular and Reserve units and individuals, males and females. Ex SJ capacity is capped at 150 Open and 150 Novice riders. Ex SS capacity is capped at 100 riders.
- d. **Entry Procedure for Ex PDN and Ex SH.** As follows:
- (1) Entry is completed by Person Unique Identifier (PUID) and only the PUID that created it can amend or provide any updates. It is essential that this PUID is used throughout the year to provide updates (click on the update entry button on the AWSA SharePoint Site [here](#)), in particular changes of email address and other contact details. A separate entry is to be completed for each Alpine or Nordic team.
 - (2) Entries for the Qualifying Championships open on **1 Jul 20** and all Units (or individuals) wishing to enter a team(s) regardless of eligibility should do so from this date. The priority is unit teams and is based upon the DTG that the entry has been made.
 - (3) Entries close on **Tue 21 Sep 20** and a Selection Committee¹³ will sit on **Wed 22 Sep 20** to assign teams and individuals to either Ex PDN or SH. Where entries exceed capacity a Reserve List will be created. Same Unit Alpine and Nordic teams will be allocated to the same competition. A Unit's previous form, known seeding and additional criteria will be used to ensure a fair competition and balance of Corps/Units between the 2 events:
 - (a) Regular Units will not automatically be associated with either Ex.
 - (b) Reserve Units will not automatically be associated with either Ex.
 - (c) Hybrid Units will be allocated to either Ex.
 - (d) UOTCs can enter subject to capacity; see para 3 b (5) (f).
 - (4) Once the selection process and weapon allocation (Anschutz biathlon rifle and HK .22 conversion kit) has been completed, the results will be populated on the AWSA SharePoint Site.
 - (5) The priority of allocation from the Reserve List (after 21 Sep 20) is strictly in the order that Teams enter online, all Units wishing to race should enter from 1 Jul 20:

¹³ The selection committee comprises Chairman Nordic (Chair), Se AWSA, Ex Controllers for Ex PDN and Ex SH, Sec Army Alpine and Sec Army Nordic.

- **Nordic Teams.** The first 90 Unit Teams should be allocated a place, subject to entering online by 21 Sep 20. The remaining Unit Teams, if entered, will automatically be placed on the reserve list, based upon the DTG they entered. **Any** Unit Teams entering after 21 Sep 20 will be automatically added to the reserve list based upon the DTG they entered. Corps teams (male and female), Unit B Teams and individuals above the standard squad of 6 per team will only be allocated a confirmed place if there is capacity, and not at the expense of another Unit team.
- **Alpine Teams.** There is no distinction between Male and Female Alpine teams as they can be mixed. All Unit 'A' Teams will be allocated a place based upon the DTG they enter. Unit 'B' teams will be placed on the reserve list until the list has closed. When allocating places from the reserve list, Unit 'A' teams will be allocated prior to Unit 'B/C' teams to ensure the widest spread of competing units. All Unit Teams will be allocated a place based upon the DTG they enter. Last Season all teams were eventually allocated a place.
- **Alpine Women.** Provision will be made for Female Teams from across Corps, particularly those Corps with many singleton posts. Female teams must be entered on MOSS using (F) after the unit to avoid them being identified as a 'B' team.
- **Individuals and B Teams.** Individuals and B Teams will be allocated after entries close on 21 Sep 20 in strict priority of DTG of entry. Unit 'B' teams will only be offered a place in the same competition as their 'A' team.
- Regular and Reserve A teams will take priority over UOTC teams irrespective of DTG entered up until 1 Oct 20 After this date, UOTC teams will be offered places subject to exercise capacity on Ex SH.

(6) For technical support with the entry process on SharePoint please email Capt Jess Perfect R SIGNALS (Jessica.perfect222@mod.gov.uk). For more general assistance use the AWSA Contacts list [here](#).

(7) Any Unit withdrawing after 13 Nov 20, unless in exceptional circumstances (for example Operational reasons), is unlikely to be allowed to enter in Season 21/22 and the Commanding Officer will need to seek written authority from the 1* responsible for the exercise. In order to maintain full capacity on each competition, reserve teams may get pulled forward onto the competition right up until 11 Dec 20 in the case where a unit withdraws from the competition. In order for this to be possible, teams on the reserve list must continue to plan to attend until 11 Dec 20. Should a team on the reserve list no longer wish to be considered for a place on the competition the unit or TC is to contact Sec Army Alpine or Sec Army Nordic in the first instance.

e. **Military Patrol Race.** Nordic Teams are to have the correct rank structure for the military patrol race in accordance with [Ref C](#). Nordic Teams unable to meet the

rank structure may only compete at Ex PDN or SH subject to capacity and at the discretion of the selection committee. Teams will not be allowed to qualify for Ex RS as detailed in [Ref C](#).

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

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

Events and Prizes

4. Subject to weather conditions, the following events will take place at Ex PDN and SH, please refer to Annex E for Ex SL:

a. Nordic:

- (1) Cross Country Classic Relay.
- (2) Cross Country Classic Individual.
- (3) Biathlon Individual.
- (4) Biathlon Relay.
- (5) Military Patrol Race.

b. Alpine:

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

5. Snowboarding Events:

a. **Ex SJ:** (each includes a seeding event or knock-out as per Ref J)

- (1) Open Parallel Giant Slalom (PGS) / Novice Slalom (NSL)
- (2) Open Snowboarder Cross (SBX) - Novice Banked Slalom (NBS)
- (3) SlopeStyle - Open and Novice

b. **Ex SS:**

(1) SlopeStyle – including AFPST

6. Ex LC and RS will host additional events that are described within the relevant Ex Annex.

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

Event Requirements

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

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

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

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

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

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

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

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

c. **Snowboarding.** Both Ex SJ and SS are open to all entrants; there is no qualifying event. It is the Team Captains and Individual's responsibility to ensure they

are a competent rider prior to racing. For safety reasons individuals not at the required standard will not be permitted to race by the relevant event officials.

- (1) **Novice.** Must not have been on snow prior to 1 May 20 (ie. 20/21 is first season on snow). Must be able to link turns under control.
- (2) **Open.** Must be able to link turns under control.

Administration

9. **Status.** In accordance with Ref E, Nordic activity at all levels is classed as Individual Military Training (IMT). Alpine is classed as IMT up to Qualifying Championships (EX SH & PDN inc ExSL), however it is classed as a Cat 2 Sport at Army and Inter Service level. LSA is therefore not to be claimed for competitors on EX LC¹⁴. Snowboarding is classed as a Cat 2 Sport at all times. All Exs are to be conducted in accordance with Ref A, which provides direction for obtaining authority, diplomatic clearances, and entitlement to CILOR, transport, non-public funding and allowances. Competitors are considered to be "On Duty" under guidance given in Ref A. A maximum of 12 days IMT is authorised for competitors on Ex SH and Ex PDN to cover 2 days travel and 10 days of competition.

10. **AWSA Membership.** All competitors **must** be members of the AWSA to participate in Ex PDN or Ex SH. Membership costs £15 per person, this must be completed online prior to arriving at Qualifying Championships and proof of membership is to be provided at Registration. AWSA Membership application: www.awsa.org.uk/membership.

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

- a. **Ex PDN and SH.** £25 per person. This is payable by bank transfer (see specific Ex Annex for bank details) or by cheque on attendance at the Team Captains' Meeting. All payments must be made by 16 Oct 20 to guarantee a place and any Unit not paying on time will move to the Reserve List. Movement from the Reserve List is only authorised once entry fees are paid. Entry fees are non-refundable without exception.
- b. **Ex LC.** €10 per person per race (€60 per person).
- c. **Ex SL.** £10 per person per race (£40 per person, £160 per team)
- d. **Ex RS.** €250 per squad (max 6 athletes) or €50 for all races / €10 per person per race, for individual competitors and those over the squad of 6.
- e. **Ex SJ.** €30 per person. This is payable by bank transfer and payments must be made NLT 16 Oct 20 to confirm places.
- f. **Ex SS.** £35 to cover prizes and location entrance ticket.

12. **Insurance.** No competitor will be permitted to compete without providing a certificate of *third party* and *medical repatriation insurance* to cover the inclusive dates of the races entered, which must specifically mention participation in competitive races.

- a. **EHIC.** Any British / EC citizen attending the Exs in any capacity should hold the

¹⁴ Entitlement for all other Ex's is in accordance with JSP 752.

European Health Insurance Card (EHIC) (*validity until 31 Dec 20*) from www.ehic.org.uk. All personnel are to visit the EHIC Website periodically for further updates as to the process beyond Dec 20 as UK Government to Host Nation Governments dialog continues.

b. **Third Party Cover.** Duty status does not cover recreational skiing or other “Off Duty” activity, nor does it necessarily cover 3rd party incidents.

13. **Lift and Trail Passes.** Alpine lift passes will be provided for competitors and officials for the duration of each Ex, although competitors will be required to part-pay for their ski passes at Ex LC. Nordic teams do not require trail passes during competitions. Ex SJ competitors will be advised of lift pass costs NLT 16 Oct 20 – c. €210 for 13-day pass should be sufficient for planning purposes. Further advice can be found on the DC site or through POC listed above.

14. **Accommodation.** All qualified competitors will be accommodated in self-catering accn, which will be allocated and paid for centrally at each Ex location (specific instructions for Ex LC are at Annex C, specific instruction for Ex SL are at Annex E); this will be based on the information provided on entry. Non-qualified competitors will not be accommodated at Ex RS. Information for Ex SJ competitors can be found on the DC site where any arrangements for special arranged rates will be available.

15. **Vehicles.** In addition to [Ref A](#), the following should be noted:

a. **Germany and Austria.** Vehicles travelling in wintry conditions are required to be fitted with tyres displaying the 3-Peaks sign in accordance with [Ref F](#).

b. **France.** Each vehicle is to carry a minimum of 2 x NF approved alcohol breathalysers, high visibility vests (one per passenger) and breakdown / first aid kit. Tyres displaying the 3-Peak sign are also required.

c. **Snow Chains and Winter Tyres.** Snow chains are compulsory on many mountain roads. Units booking transport through the contractor are to specify tyres displaying the 3-Peaks sign (not ‘all-weather’ tyres) and snow chains on the booking form, and these must be checked prior to departure.

16. **Officials’ Instruction.** An officials’ instruction will be issued separately for each Ex.

17. **Team Captains’ Meetings.** A Team Captains’ (TC) Meeting covering Ex PDN, SH, LC and RS will be held in the Tidworth Garrison Theatre at 1000 hrs on Tue 20 Oct 20. Registration will open from 0900hrs to allow teams to complete their entry fee payment with the administration parties from the relevant Qualifying Championship exercise. Attendance by TCs or an empowered Team representative is mandatory. Teams who are unable to send a representative must clear their non-attendance with the respective Ex Controller (Ex PDN or SH). Team Captains of teams placed on the reserve list must also attend and be prepared to pay entry fees as many of the reserve list teams will be pulled forward due to non-attendance of teams or other circumstances between Oct and Dec 20. Ex SJ Team Captains are to attend a brief on 22 Sep 20 prior to Ex SS. There is no requirement for a Team Captains meeting for Ex SL.

a. During the Exs, daily TCs' Meetings will take place; attendance is mandatory. A team technical advisor may attend meetings *with* the TC, but the TC will be the *only* spokesperson for the team.

18. **Medical.** Each exercise will be covered by its own Medical Plan which will be uploaded to the AWSA SharePoint site for COs/TCs to view. The following requirements also apply:

a. All competitors are to carry F Med 965 on which interactions will be recorded. This is to be updated by Unit medical staff prior to deployment. All competitors are to have a JMES grading MFD, or with an appropriate Appx 9 and Appx 26 Medical Risk Assessment (MRA). If a competitor is not MFD then it is the TCs' responsibility to ensure that the competitor is competing within the parameters of their Appx 9 and Appx 26 MRA.

b. All competitors who have suffered from previous NFCIs are to make medical teams aware at registration.

c. Competitors on long term prescription medication are to ensure they have sufficient supplies for the duration of their time away from barracks.

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

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

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

a. The Ex Director¹⁵ holds Duty of Care responsibility for ensuring that all inherent risks are tolerable and ALARP. Risk Assessments for each exercise will be uploaded to the AWSA SharePoint site and accessible to COs/TCs.

b. The Ex Director will provide clear direction on the safe conduct and governance of Exs in compliance with [Ref H](#) and will also provide evidence that the event is conducted in accordance with appropriate regulations. On completion of the specific Ex set up and in conjunction with Ex Technical Directors/Chiefs of Race, the Ex Director will review the risk assessments, which will be available throughout each of the Exs.

c. The CO of participants remains the DDH. Having conducted due diligence, the DDH is to ensure all participants are authorised on Unit Orders to conduct their specific Ex. Any concerns the DDH may have regarding the risk management for the specific Ex, can be sought from the Ex Director in the first instance.

22. **Dress.** Military uniform is *not* to be worn at any time during the Exs by competitors, officials, visitors or drivers with the exception of those taking part in the military patrol race, as defined in [Ref C](#). A high standard of dress is expected at all times in accordance with the Army Leadership Code – Self Discipline. This is particularly pertinent for the evening prize

¹⁵ The Ex Director may delegate tasks to the Ex Controller.

givings and official functions at which many VIPs and guests will be in attendance. Regimental polo shirts and / or skiing jumpers are to be worn. TCs are responsible for ensuring that their Teams are smartly turned out for the official prize giving ceremonies.

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

Annexes:

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

EXERCISE PIPEDOWN 21

1. **Introduction.** Exercise PIPEDOWN (Ex PDN) is the 56th Qualifying Alpine and Nordic Championship Semi-Final. It will take place in Les Contamines, France from 09 - 20 Jan 21 in accordance with the programme at www.awsa.org.uk. The resort is situated at 1200m in the Montjoie region of the French Alps approximately 32km SW of Chamonix by road. French National Biathlon Cup and World Ski Cross Championship races are held there annually.
2. **Ex Aim.** The aim of Ex PDN is to provide competitors with an arduous and challenging racing programme, using superior standard facilities, physically demanding and technical courses in order to identify the RHINO SKI CLUB Champion Unit and qualifiers for the Army Alpine and Nordic Championships, whilst enhancing the moral and physical components of fighting power. The aim of this Annex is to provide competitors with sufficient information to prepare themselves administratively to participate in the Ex. This Annex should be read in conjunction with Refs A to I.
3. **Ex Objectives.** The objectives of Ex PDN are to:
 - a. Run physically and mentally demanding and varied Alpine and Nordic race programmes for teams and competitors to test their physical fitness, stamina, determination, endeavour, courage and leadership in a safe competitive environment.
 - b. Operate competition ranges to allow Nordic teams and competitors to practice, improve and test their marksmanship.
 - c. Develop organisational, administrative and management skills amongst officials, team captains and their deputies.
 - d. Develop a base level of knowledge and skills to enable competitors to organise meetings at Divisional level.
 - e. Encourage novice participation to develop their skill base in an unfamiliar environment that empowers them to feel more comfortable with stress, pressure and fatigue.
4. **Categories.** Those taking part in Ex PDN fall into 3 categories:
 - a. Regular and Army Reserve teams and individual competitors.
 - b. Officials (separate instruction to follow).
 - c. Visitors.
5. **Dates.** The Ex will take place as follows:
 - a. **Tue 06 - Fri 08 Jan 21.** Officials deploy (see separate Officials' Admin Instruction

- b. **Sat 09 Jan 21.** Team registration.
- c. **Sun 10 - Mon 18 Jan 21.** Competitions.
- d. **Tue 19 Jan 21.** Alpine and Nordic teams, less Nordic competitors qualifying for Ex RS, and selected officials de-register and disperse.
- e. **Wed 20 Jan 21.** Remaining officials and Nordic competitors qualifying for Ex RS de-register and disperse.

6. **Programme.** The Ex PDN outline programme is as follows and is subject to change:

Ser	Date	Alpine	Nordic
(a)	(b)	(c)	(d)
1.	Wed 06 Jan 21	Advance Party arrive	
2.	Fri 08 Jan 21	Main Body arrive	
3.	Sat 09 Jan 21	Team Registration	
4.	Sun 10 Jan 21	GS – Seeding	10 & 15km Classic course inspection (after 1430)
		Village Opening Ceremony (tbc)	
5.	Mon 11 Jan 21	GS – Individual	15km Classic (M) 10km Classic (F) 4 x 5km Relay course inspection and training
6.	Tue 12 Jan 21	GS – Team	4 x 5km Relay (M & F)
7.	Wed 13 Jan 21	Slalom – Individual	7.5km & 10km Biathlon course inspection and training
		Floodlit Challenge	
		Interim Prize Giving Ceremony	
8.	Thu 14 Jan 21	Slalom – Team	10km Biathlon Sprint (M) 7.5km Biathlon Sprint (F) 4 x 7.5km & 4 x 6km Biathlon Relay course inspection
9.	Fri 15 Jan 21	Training Day	4 x 7.5km Biathlon Relay (M) 4 x 6km Biathlon Relay (F)
10.	Sat 16 Jan 21	Training Day	Preparation for Military Patrol Race
		Championship Dinner Night	
11.	Sun 17 Jan 21	DH - Team & Individual	Military Patrol Race
12.	Mon 18 Jan 21	Super G – Team & Individual	Training Day
		Main Prize Giving Ceremony	
13.	Tue 19 Jan 21	Teams and selected officials de-register and disperse	
15.	Wed 20 Jan 21	Selected officials and Nordic competitors qualifying for Ex RS disperse.	

7. **Eligibility and Qualification.** Eligibility and qualification rules are:

- a. **Team Composition.** Team Composition is to be in accordance with Ref C.
- b. **RN and RAF Teams.** RN and RAF teams *may* be considered for participation subject to capacity.

8. **Entry PDN Entry Fees and ASWA Membership.** Entry fees for 2021 are £40 per person (£25 where proof of ASWA membership is shown). Payment can be made by either:
- a. **Bank Transfer.** Payment details are as follows: Royal Bank of Scotland, Central Bank ATR (Grantham), Account Number 14585079, Sort Code 16-19-26, quoting PDN20 and unit name.
 - b. **Cheque.** Made payable to 'Central Bank ATR (Grantham)'. Units must quote PDN20 and unit name on the back.
 - c. ASWA membership (£15) must be completed online prior to arriving at Registration, when proof of membership must be provided to the Ex Controller. Link to the ASWA Website: <https://www.awsa.org.uk/membership/>. All payments must be made by the Team Captains Meeting on 20 Oct 20 to guarantee a place. Any Unit not paid at this time will move to the Reserve List. Movement from the Reserve List is only authorised once Entry Fees are paid. Entry fees are non-refundable under all circumstances.
9. **Movements and Clearances.** Teams are responsible for applying for Diplomatic Clearance and Transit from all relevant authorities in accordance with Ref A.
10. **Arrival.** Competitors and teams are to report to the Race Office from 1000 – 1600 hrs on Sat 09 Jan 21. On arrival, all TCs are to:
- a. Check Team Registration details.
 - b. Provide proof of insurance cover.
 - c. Complete initial race entry forms; to be handed in prior to departing for their accn in accordance with Ref C.
 - d. Collect a Team Information Pack containing a Race Programme, course profiles, security and weapons brief, local administrative and public facilities.
 - e. Receive accn details.
 - f. Sign a weapon security certificate.
 - g. Hand in SA80A2 Weapons to the armoury.
 - h. Hand in remaining trophies from previous year (engraved).
11. **Accommodation.** Accn arrangements are:
- a. **Competitors.** Self-catering accn is allocated at no charge to teams and competitors. TCs must inform the admin SNCO of any damages to accn, including furniture and utensils, by NLT 1800 hrs Sun 10 Jan 21.
 - b. **Officials.** All Ex officials will be accommodated in hotel facilities with central feeding. The GOC and Ex Director will be accommodated in a local hotel

c. **Visitors.** Commanding Officers, Arms and Service Colonels and other Senior Officers⁷, spectators and families who wish to visit the Ex on their own budget are most welcome. **Visitors are to arrange and pay for their own accn and travel.**

12. **Weapons.** TCs will be required to show all weapons (complete with bolts) at both registration and de-registration. SA80A2 rifles will be signed over to the Ex Admin Staff and stored in a central facility for the duration of the Ex and will be issued for official training periods and the Military Patrol Race. Weapon availability timings will be given at the initial TCs' Meeting on Sat 09 Jan 21. Random inspections will be carried out by the Ex Admin Staff.

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

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

a. The resort is a small village with a range of facilities, shops and restaurants. There are a number of small supermarkets; however, most shops are closed on Saturday afternoon and all-day Sunday. There are a number of larger supermarkets and sports shops in Sallanches (approximately 25 minutes' drive in the direction of Genève/Chamonix) which traditionally offer better value for money.

b. There are limited sporting facilities (other than Alpine and Nordic skiing), but swimming pools/gymnasiums can be found in the valley.

15. **Departure.** All competitors, less nominated officials and Nordic competitors qualifying for Ex RS, are to depart on Tue 19 Jan 21. A formal handover of accommodation will be conducted by the admin team. Teams Captains will be notified of handover times on Mon 18 Jan 21. Team Captains must make note of any existing damage on takeover and must inform the admin team of any damage caused at the earliest opportunity. Any charges to teams or competitors, resulting from damage to or losses from accommodation, are to be settled prior to departure. Nordic competitors qualifying for Ex RS will be allocated accommodation for 19 Jan 21.

16. **Race and Admin Office.** An Ex Race and Admin Office will be located in L'Espace Animation, signposted within the village from the direction of arrival. The Ex RAWO will be responsible for all financial aspects of the Ex and in particular will monitor lift passes for entitled competitors and officials. There is no facility for cashing personal cheques or currency exchange.

17. **Medical.**

a. Medical support will be based at the Race Office.

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

c. Physiotherapy support during Ex PDN will be available to minimise the development of chronic injury in athletes.

⁷ Ref A contains details regarding when public monies may be authorised for military personnel subject to Unit affordability.

18. **Risk Management.** GOC 1UKXX is the ODH for Ex PDN 21. A Risk Assessment will be produced by the Ex Director and uploaded to the AWSA MOSS site for COs/TCs to view prior to the Ex. A daily site and activity assessment will be carried out by the Ex Director and relevant officials.
19. **Biathlon Range.** Practice times are listed on the programme as 'Biathlon Training' and will be confirmed daily. Anyone who uses the range outside the official times may be subject to disqualification from further races. Team Captains are to ensure that team members are qualified in all respects to conduct range practices. Before the initial range practice session, a mandatory Range Safety Briefing (RSB) will be delivered to all Nordic competitors. Team Captains are to sign a form declaring all of their team members have attended the RSB before the issue of ammunition. Before and after each range practice Team Captains are to complete Normal Safety Procedures (NSPs). Range Standing Orders will be issued on arrival. All range practices and shoots will be conducted in accordance with Ref C.
20. **Command and Control.** The following C2 will apply:
- a. **Ex Director.** Brig Gravethe – DCOMD 1(UK) Div.
 - b. **Ex Controller/Race Secretary.** Lt Col RRT Eve RA. 1UKXX-FuPlans-PIPEDOWN-SO2@mod.uk
 - c. **Ex ADMIN WO.** Capt W Charley RLC. 102LOGX-1XXCSS-G3OPS-SA@mod.uk
21. **Administration Points.** The following are key administration points to note:
- a. **POL Facilities.** There are no Ex POL facilities; fuel cards are to be used throughout. The closest garage accepting issued fuel cards is the Shell Filling Station, Allée de la Ferme, 74130 Bonneville, France; this can only be accessed when travelling from Genève on the A40.
 - b. **Post.** Team/Individuals mail should be sent to: Rank & Name, Unit, RHINO SKI CLUB, L'Espace Animation, 74 Chemin des Écoles, 74170 Contamines Montjoie (Les), France.
 - c. **Team Captains' Meetings.** Team Captains (TCs') are to attend the TCs' Meeting at 1800hrs Sat 09 Jan 21 in the L'Espace Animation (Race Office). TCs' Meetings are held at 1800hrs daily throughout the Ex, with a few exceptions that will be briefed.
22. **Internet Results Service.** Race Results will be published on www.awsa.org.uk.

EX SPARTAN HIKE 21

1. **Introduction.** Exercise SPARTAN HIKE (Ex SH) takes place in Serre Chevalier, France during the period 10 to 20 Jan 21.
2. **Aim.** The aim of Ex SH is to provide competitors with an arduous and challenging racing programme, using standard facilities, physically demanding and technical courses in order to identify the champion Unit and qualifiers for the Army Alpine and Nordic Championships, whilst enhancing the moral and physical components of fighting power. The aim of this Annex is to provide competitors with sufficient information to start their administrative preparation ahead of the Team Captains' (TCs') Meeting and should be read in conjunction with Refs A to I.
3. **Objectives.** The objectives of Ex SH are to:
 - a. Run physically and mentally demanding and varied Alpine and Nordic race programmes for teams and competitors to test their physical fitness, stamina, determination, endeavour, courage and leadership in a safe competitive environment.
 - b. Operate competition ranges to allow Nordic teams and competitors to practice, improve and test their marksmanship.
 - c. Develop organisational, administrative and management skills amongst officials, TCs' and their deputies.
 - d. Develop a base of knowledge and skills to enable competitors to organise future meetings at the Qualification Championship level.
 - e. Encourage novice participation to develop their skill base in an unfamiliar environment that empowers them to feel more comfortable with stress, pressure and fatigue.
4. **Categories.** Those taking part in Ex SH fall into 3 categories:
 - a. Regular and Army Reserve teams and individual competitors.
 - b. Officials (separate instruction to follow).
 - c. Visitors.
5. **Dates.** The Ex will take place as follows:
 - a. **Wed 6 – Fri 8 Jan 21.** Officials deploy (see separate Officials Admin Instruction).
 - b. **Sat 10 Jan 21.** Team Registration.

c. **Sun 11 – Mon 18 Jan 21.** Competitions.

d. **Tue 19 Jan 21.** Alpine and Nordic teams, less Nordic competitors qualifying for Ex RS and selected officials, de-register and disperse.

e. **Wed 20 Jan 21.** Remaining officials and Nordic competitors qualifying for Ex RS de-register and disperse.

6. **Programme.** The Ex SH outline programme is as follows and is subject to change:

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

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

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

(1) **Bank Transfer (Preferred).** Payment details are: Account Number 11251773, Sort Code 16-19-26, quoting **SH21 and unit name.**

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

(3) All Entry Fee payments must be made prior to or at the Team Captains Meeting on Tue 20 Oct 20 to guarantee a place. Any Unit not paying on time will move to the Reserve List. **Only cheques** will be accepted as payment at the Team Captains Meeting. Movement from the Reserve List is only authorised once Entry Fees are paid. **Entry fees are non-refundable without exception.**

b. **AWSA Membership.** £15 per person, this must be completed online prior to arriving at Registration, when proof of membership must be provided to the Ex Controller. Link to the AWSA Website: <https://www.awsa.org.uk/membership/>

8. **Movements and Clearances.** Teams attending Ex SH are responsible for applying for Diplomatic Clearance, Transit and Staff clearance from all relevant authorities in accordance with [Ref A](#).

9. **Race and Admin Office.** An Ex Race and Admin Office (Race Office) is located in the old Swimming Pool complex in Villeneuve and will be signposted from the road on registration day. The Ex Controller will be responsible for all financial aspects of the Ex and in particular will monitor lift passes for entitled competitors and officials and collect Race fees. There is no facility for cashing cheques or currency exchange.

10. **Arrival.** Competitors and teams are to report to the Race Office from 1000 to 1600hrs on Sat 9 Jan 21. On arrival, all TCs are to:

- a. Show Proof of AWSA Membership Fees.
- b. Check Team Registration details.
- c. Provide proof of insurance cover.
- d. Pick up Alpine Ski Passes (no payment required).
- e. Complete initial race entry forms; to be handed in prior to departing for their accn in accordance with [Ref C](#).
- f. Collect a Team Information Pack containing a Race Programme, course profiles, security and weapons brief, local administrative and public facilities.
- g. Receive accn details.
- h. Sign weapon security and weapon handling test certificates.
- i. Hand in SA80A2 Weapons to the armoury.
- j. Hand in remaining trophies from previous year (engraved).

11. **Accommodation, Allocation and POC.** Accn for SH21 is provided and paid for centrally by the Ex Controller. Competitor's accn is allocated based on the information provided on the entry form; once received the Exercise Controller provides a list of registered teams to the resort POC who makes the reservations. Competitors' accn for SH21 is

provided from 1600hrs Sat 9 Jan 21. The POC in resort is Daniela Jouglard, E-mail: discoverserreche@orange.fr, tel: 0033 (0)6 72 36 75 97 (**Text/SMS only**).

12. **Arrival Instructions.** Units are to confirm their arrival plans with Daniela by Mon 4 Jan 21. Units arriving on registration day on Sat 9 Jan 21 are to check in with Daniela at the race office in Villeneuve from 1000hrs to 1600hrs. Accn for SH21 has been organised to cater for standard team sizes, includes free parking, and waxing facilities. Larger teams may need to be split, but every effort will be made to ensure that apartments are close together. Teams will be accommodated in the most cost-efficient manner possible, but individuals will NOT be expected to share double beds. Due to the limitation of accn space, teams are urged to carefully consider the amount of equipment and material they bring, and pack as efficiently as possible.

13. **Accommodation arrangements are:**

a. **Competitors.** Self-catering accn is allocated with teams and competitors required to pay final cleaning fees: 15 to 25 euros per person. TCs must inform the Race Office of any damages to accn, including furniture and utensils, by NLT 1800hrs Mon 11 Jan 21 (TCs' Meeting). All competitors, less nominated officials and Nordic teams travelling to Ruhpolding, are to leave on Tue 21 Jan 20.

b. **Visitor Accommodation.** Commanding Officers, Arms and Service Colonels and other Senior Officers^{7a}, spectators and families who wish to visit the Ex on their own budget are most welcome. Visitors are to arrange and pay for their accn and travel. The Ex Controller is to be informed of all visitors attending SH21.

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

15. **Damage to Accommodation.** TCs must make note of any existing damage on takeover and are encouraged to inform the admin team of any damage caused at the earliest opportunity. Any teams or competitors who leave their accn with damage, losses or uncleanliness, will be billed accordingly from the credit card information left on registration. It is imperative that teams leave their accn in an immaculate condition; the reputation of the Army is not to be brought into disrepute; the Army has an excellent reputation in Serre Chevalier please ensure this remains intact. **All team accn will be checked** by Ex Staff prior to the team's departure.

16. **Risk Management.** GOC 6(UK) Div is the ODH for Ex SH21. A generic Risk Assessment (RA) will be produced by the Ex Controller and placed on the AWSA Web Site [under online forms](#) for COs/TCs to view by 27 Nov 20. A daily site/activity assessment will be carried out by the Ex Director and relevant officials.

17. **Medical.** A Medical Plan will be in place for SH21 this will be placed on the AWSA Web Site [under online forms](#) for all COs/TCs to view. No Service medical cover is available on Ex SH. Local services provide routine and emergency cover. In the event

⁷ [Ref A](#) contains details regarding when public monies may be authorised for military personnel subject to Unit affordability.

of an injury, all officials, visitors and competitors are to complete MOD Form 510 – Report on Accident and Injury. The race office must also be informed.

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

19. **Command and Control**

a. **Ex Director.** GOC 6(UK) Div will appoint a one-star representative and an SO1 to act as Ex Director on an annual basis.

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

c. **Team Captains' Meetings.** TCs are to attend the TCs' Meeting at 1800 hrs, Sat 9 Jan 21 in the Race Office. TCs' Meetings will be held at 1800hrs daily throughout the Ex, further detail will be briefed during registration.

20. **Internet Results Service.** Race Results will be published on www.awsa.org.uk.

21. **POC.** All queries concerning Ex SH should be made to the Ex Controller: spartanhike@gmail.com.

EX LION'S CHALLENGE 21

Introduction

1. Exercise LION'S CHALLENGE 21 (Ex LC 21), the British Army Alpine Ski Championships, will be held at Serre Chevalier in the Haute Alps region of France, from 19 – 29 Jan 21.
2. The aim of this Annex is to promulgate the necessary information to Corps Ski Secretaries as well as Team Captains (TCs) of Regimental Alpine Teams who anticipate qualification to the Army Alpine Championships.
3. These championships will be run under the auspices of the AWSA in accordance with [Ref C](#). Rule Books will be avail from the Chief of Race/TD at the Army Alpine Management and Training Meeting in Oct 20 and on the AWSA Webpage and SharePoint site as soon as published. Until rule books are issued, teams are to continue to use the current edition. Note that mixed teams are permitted in Army Alpine racing.
4. Ex LC 21 has a capacity of 115 competitors only. Teams and individuals may only normally compete at the Meeting once they have qualified to do so at their respective Qualifying Championships (QC) in Jan 21 (Ex PDN or SH). Those Teams/Individuals selected will be notified at their Qualifying Championship.

Serre Chevalier

5. **General.** The resort of Serre Chevalier consists of 4 small towns in the northern base of the mountain of the same name. The complex lies on the Route National 91, some 110km East of Grenoble and 10km West of Briancon. The Championships are based in the most easterly village, Chantemerle. The resort is a traditional French ski resort used extensively by locals from both France and Italy. It does not accommodate large package type holidays and as a result retains much of its traditional charm.
6. **Getting There.** Access to Chantemerle from the West is via the Col du Lautaret. This Pass is frequently closed in winter and snow chains are essential (an up-to-date report as to the state of the Pass may be obtained by telephoning 0033 (0)942 24 44 44). The village may also be approached from Italy in the east, via the Frejus Tunnel, Col de Montgenevre and Briancon (this road is fairly sheltered and often a better bet than the Col du Lautaret). Regardless of the direction of travel, those approaching by road must be in possession of snow-chains (notwithstanding, winter tyres are also compulsory). Those wishing to travel by train should note the nearest station is in Briancon. Flights are now readily available to Grenoble, Geneva, Lyon and Turin (BA/Easy Jet); Turin is closest to the resort.
7. **Race Facilities.** The heart of the village is clustered around the main lift station, with the Tourist Office and Race Office in the Serre D'Aigle complex. Racing will be conducted on the North facing main slopes of Serre Chevalier, at an altitude of some 2200m. All racing will be on Federation Internationale de Ski (FIS) Homologated courses.

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

a. **First Race.** The first race is on Thu 21 Jan 21, with registration on Tue 19 Jan 21. Both QCs are due to complete on Mon 18 Jan 21, allowing travel to Ex LC on the morning of Tue 19 Jan 21. Wed 20 Jan will provide a day for all competitors to inspect the racing slopes before the competition.

b. **Downhill Training.** Downhill training will begin after the Team Slalom and will take place on the Luc Alphand piste, weather permitting. Unfortunately, the inability to stage speed events in Chantmerle at weekends precludes the ability to run a Super-G prior to the Downhill.

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

Command and Control

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

a. **Race Committee.** The Race Committee, under command of the Army Alpine Chairman, has overall responsibility for the running of the Championships. Duties and responsibilities of the Race Committee are listed at Annex B to [Ref C](#).

b. **Race Office.** The Race Office will be situated in the Serre D'Aigle complex near the bottom-most lift station. The Race Secretary will be in charge of the Race Office, which will be open from 0800 – 0900 hrs and 1500 – 1900 hrs daily, apart from registration day.

c. **Team Captains.** TCs are to ensure they register as outlined below:

(1) Complete the electronic registration proforma that will be e-mailed to all qualifying teams and individuals during Ex SH and Ex PDN. This form requires a hyperlink to your insurance details which must be extended to cover the period of Ex LC to 29 Jan 21. The electronic registration form must be returned to lionschallenge0@gmail.com by COP 18 Jan 21.

(2) Report to the Race Office in order to register their teams in accordance with Para 15. Teams and individuals from Ex SH are to register between 1400 and 1600, and teams and individuals from Ex PDN are to register between 1600 and 1800. All teams are to have registered not later than **1800 hrs Tue 19 Jan 21**. Those TCs who feel they may arrive late due to weather conditions should contact the Race Office or Secretary (number below) in order that suitable reception and accn arrangements can be made. Registration involves:

(a) Pay race entry fees and declare team racers (if known). Pay lift pass contribution and receive lift passes.

(b) Confirm appropriate race insurance policies.

(b) Confirm and sign registration sheets.

(c) Return outstanding trophies, cleaned and engraved.

(d) Organise accn, see para.15.

(3) All competitors to attend an initial meeting, hosted by Chairman Alpine, at **1700 hrs Wed 20 Jan 21** in the Serre D'Aigle complex (Loc TBC). At this meeting each competitor will receive a briefing on the layout of race courses and the general conduct of the meeting.

(4) Attend subsequent TCs' Meetings at 1730hrs each day commencing on **Wed 20 Jan 21**. The venue for these meetings will be announced at Chairman Alpine's initial briefing but is likely to be in the medical room on the top floor of the Serre D'Aigle (same as 2020 location).

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

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

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

Arrival Procedure

12. **Team Accommodation.** Those teams expecting to qualify for the Army Championships need to make arrangements for accn through our local agent, Daniela Jouglard. Daniela competitively sources and organises advance reservations to accommodate and suit every team. Accn is allocated as teams confirm qualification with payment due on arrival at registration giving us flexibility that we wouldn't get elsewhere. A number of apartments will be kept in reserve for teams or individuals who qualify unexpectedly or are not part of a team. In order to make this cost effective, teams must book accn through Daniela; any failing to do so, will forfeit their grant (see para 14) as it will be needed to cover cancellations. Once a reservation is made, it should be confirmed to the Race Secretary. Daniela's details are: discoverserreche@orange.fr Tel 0033 (0)6 72367597 (text only). Teams can expect acceptable accn to start from €280 per person for the duration. Teams and individuals can save money by bringing their own bed linen and towels. Teams will require accn from 19–28 Jan 21. It is important that you contact Daniela as soon as you know you have qualified – do not leave it until arrival at the Race Office. Any accn booked through Daniela outside of the Ex LC 21 contract or dates must be paid for in full up front. This measure has had to be enforced due to several teams booking more places than required or not turning up for pre-season training and leaving debts.

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

14. **Grants.** Ex LC 21 is the Army Alpine Championships and as Alpine is classed as a Cat 2 Sport. It does not attract as much funding as the Qualifying Championships. AWSA Alpine is fortunate to have some non-public funding to permit the offsetting of competitors' ski passes. It is not possible to cover the whole of the ski pass and so Teams should expect to contribute approximately €100 per person towards the 9-day ski pass. Team captains are to book passes for their trainers or managers through the Race Office in order to receive a 30% discount on 9 day and above passes. Shorter duration passes attract a 10% discount if booked through the Race Secretary. For teams requiring passes for visitors, 48 hours' notice is required along with cash payment in advance. The 2021 ski pass price for a 9-day pass (with discount⁹) is approx. €280.

⁹ 30% discount for Ex LIONS CHALLENGE participants.

15. **Officials' and Visitors' Accommodation.** VIPs (defined as 1* and above) accn will be arranged through the AWSA Sponsorship Secretary. Team visitors, including COs, are to make their own arrangements, but Lynne (details below), who manages a local hotel, or Daniela will be happy to assist with bookings. All visitors are responsible for their own costs and travel arrangements; Officials cannot provide airport transfers.

Ski Lifts

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

Administration

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

18. **Movement.** Unit teams, individuals and visitors are responsible for making their own movement arrangements to and from Ex LC 21. Those using agency cards should note that the nearest station is an Esso Garage in Briancon (approximately 15 mins away).

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

20. **Post.** No mail or parcels should be forwarded to Ex LC 21. In extremis, please speak to the Alpine Secretary, but be aware, it can be fairly unreliable.

21. **Points of Contact.** The Race Secretary will arrive in Serre Chevalier on Sat 16 Jan 21. A variety of other useful telephone and fax numbers are listed at Annex D. Key contact details (from 16 Jan 20) are below, and any changes will be promulgated through QC Ex Controllers:

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

22. **Visitors.** Visitors, especially COs, are most welcome and encouraged to come and support their team. Unfortunately, insufficient funds exist to provide visitors with accn and lift passes¹⁰. All administrative arrangements for visitors are to be made by their own Unit teams. However, in order to maintain visibility of all military personnel in resort, the Race Secretary must be informed of names and arrival/departure dates of all visitors. Finally, it is anticipated that the Championships will attract a number of VIP visits, the details of which will be briefed daily at TCs' Meetings. All Unit representatives are invited to the Prize Giving on Thu 28 Jan 21 at 1830 hrs.

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

23. **Trophies.** All Trophies from the 2020 Championships must be returned with the team Captain and must be brought to the race office during registration or posted (with prior warning) to the AWSA Secretary Golf & Winter Sports, Fox Lines, Aldershot, Hants, GU11 2LB by 8 Jan 21. All trophies must be cleaned, professionally repaired and engraved before returning them. All trophies were signed to recipients in 2020 in a good state of repair. Any returned broken, damaged or dirty trophies will incur a bill.

24. **Prize Giving.** Prize giving will take place in the Serre d'Aigle complex at 1830 on Thu 28 Jan 21. This is a parade for all participants of Ex LC. Military VIPs and sponsors will be in attendance as well as military hosts. There will be a seating plan that will place VIPs and sponsors with teams to be hosted throughout the evening. Dress for the event is smart casual; teams and individuals are strongly encouraged to wear sports colours, unit or team branded polo shirts or skiing jumpers. Smart jeans are acceptable. Headgear and outerwear is not to be worn.

25. **Media Ops.** Media is generally poorly supported by the teams. Ex LC 21 simply would not happen without sponsorship, however in return many may expect local media coverage. This is a prime opportunity for teams to promote their Battalion, Regiment or Corps and so the articles should include other achievements for your Unit or team individuals during the year. In addition, the exercise photographer has in the past taken excellent photos for Unit use free of charge. Full details of the Media Plan will be briefed at the first TCs' Meeting. Do not leave your articles until the last minute; start drafting them now and have them cleared through your CO before you arrive

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

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

- a. www.awsa.org.uk is the main AWSA website with a link to the Alpine website. You can also find information on Ex PDN and Ex SH.
- b. www.serre-chevalier.com - local Office du Tourisme
- c. discoverserreche@orange.fr - Daniela Jouglard/Discover Serre Chevalier or Tel: 0033 (0)6 72367597.
- d. Lynne@hotelpleinsud.com - Lynne Laurant (manages local hotel) or Tel: 0033 (0)4 92 24 17 01
- e. The Race Secretary's contact details prior to the Championships are:
 - (1) E-mail: alpine@awsa.org.uk or lionschallenge0@gmail.com
 - (2) Tel: Mil: 94371 2871
 - (3) Tel Civ: 44 (0)1258 482871
 - (4) Tel Mob: 44 (0)7887 931893

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

EX RUCKSACK 21

1. **Introduction.** Exercise RUCKSACK 21 (Ex RS) is the 74th Inter-Service and Army Nordic Skiing Championships. It will take place in Ruhpolding, Germany from 20 Jan to 5 Feb 21. Ruhpolding is situated at 700m in the Chiemgau region of Bavaria where Biathlon World Cup races are held annually.
2. **Ex Aim.** The aim of Ex RS is to provide competitors with an arduous and challenging racing programme, using world class facilities and physically demanding, technical courses in order to identify the Inter-Services and Army Champion Nordic Skiers and Nordic Skiing Units of the British Army whilst enhancing the moral and physical components of fighting power. The aim of this Annex is to provide competitors with sufficient information to prepare themselves administratively to participate in Ex RS. It should be read in conjunction with Ref A to I.
3. **Ex Objectives.** The objectives of Ex RS are to:
 - a. Run a physically demanding and varied race programme for teams and competitors to test their physical fitness, stamina, determination, courage and leadership.
 - b. Operate world leading competition ranges to allow teams and competitors to practice, improve and test their marksmanship.
 - c. Develop organisational, administrative and management skills amongst officials, TCs and their deputies.
 - d. Develop a base of knowledge and skills to enable competitors to organise meetings at Corps, Divisional and Army level.
4. **Categories.** Those taking part in Ex RS fall into 5 categories:
 - a. Regular and Army Reserve teams and individual competitors.
 - b. Other British Service teams and individual competitors.
 - c. Officials (separate instruction to follow).
 - d. Civilian competitors who are responsible for their own costs.
 - e. Visitors.
5. **Programme.** The Ex RS programme will be available at www.britishbiathlon.com and www.awsa.org.uk and is subject to change.
6. **Eligibility and Qualification.** Eligibility and qualification rules are

- a. **Army Unit Teams and Army Competitors.** All Army personnel are to qualify for Ex RS from Ex PDN or SH; Annex C to [Ref C](#) refers.
 - b. **Team Composition.** Team Composition is to be in accordance with [Ref C](#).
 - c. **Other Service Teams.** Teams from other Services and International Service Teams are exempt from qualifying. However, for the Military Combination and Inter- Service Races, they are to nominate a squad of 6 in accordance with [Ref C](#).
- 7.
8. **Movements and Clearances.** The Ex Director will apply centrally for Diplomatic Clearance for those teams attending Ex RS. However, in accordance with [Ref A](#) all teams, with the potential to qualify for Ex RS, must apply for Transit clearance to Ruhpolding. There are no Ex POL facilities; Unit fuel cards should be used, and the nearest Shell Garage is in the town of Traunstein.
9. **Arrival.** Competitors and teams are to report to the Race Office from 1000 to 2000 hrs on Wed 20 Jan 21. On arrival, all Teams are to:
 - a. Check Registration details and pay entry fees.
 - b. Provide proof of insurance cover.
 - c. Collect initial race entry forms; to be handed in at the Team Captains' Meeting at 1000hrs Thu 21 Jan 21 in accordance with [Ref C](#).
 - d. Collect an Information Pack.
 - e. Receive accommodation details.
 - f. Sign a weapon security certificate.
 - g. Hand in trophies from previous year (engraved).
 - h. Hand in any SA80s to the exercise armoury.
10. **Accommodation.** Accn arrangements are:
 - a. **Army Qualified Competitors.** Self-catering accn is allocated at no charge to Army qualified competitors.
 - b. **Army Non-Qualified Participants, all RN and RAF Competitors.** Self-catering accn is allocated, on repayment (€25 pppn), to Army non-qualified participants, RN and RAF competitors. Army non-qualified competitors may charge this cost to Public Funds through their Unit Travel & Subsistence Budget; subject to their budget manager's approval, which is to be sought prior to departure. **Army Non-Qualified Competitors must be cleared to attend by the Ex Director before departure from Ex PDN or SH.**
 - c. **Visitors.** Commanding Officers, Arms and Service Colonels and other Senior Officers¹³, spectators and families who wish to visit Ex RS on their own budget are most welcome. **All visitors are to book and pay for their own accn and travel.**

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

- (1) [Hotel Ruhpoldinghof.](#)
- (2) [Hotel Zur Post.](#)
- (3) [Alpenhotel Wittlesbach.](#)

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

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

- a. Ruhpolding is a traditional ski town with excellent facilities, shops and restaurants. There are several supermarkets in Ruhpolding; however, most shops are closed on Saturday afternoon and all day Sunday.
- b. There is an indoor tennis club, ice rink, swimming pool, squash court and gymnasium.
- c. There is limited daytime and floodlight alpine skiing in Ruhpolding, but extensive daytime alpine skiing in Winklmoos (20 km).

13. **Departure.** All personnel, less nominated officials, are to leave on Fri 5 Feb 21 (unless teams or competitors remain, under their own arrangements, for Ex SKI RLC).

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

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

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

- a. Military medical and physiotherapy staff will be based at the Stadium.
- b. The Bergwacht will provide emergency medical cover for every race.

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

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

arrival in Ruhpolding. All range practices and shoots will be conducted in accordance with [Ref C](#).

18. **Command and Control.**

- a. **Ex Director.** Maj A J Lloyd RLC.
- b. **Race Secretary.** Capt A Miller RIFLES. nordic@awsa.org.uk.
- c. **Race Office.** In the centre of Ruhpolding near the Police Station and next to the Rathaus, address below.

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

20. **Team Captains' Meetings.** TCs are to attend the first TCs' Meeting at 1000 hrs, Thu 21 Jan 21 in the Race Office and subsequently as published on the programme.

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

Ex SNOW LION

General

1. EXERCISE SNOW LION (Ex SL) is the Tri Service Foundation Ski Championships, which takes place in the Cairngorm Mountain Range, Aviemore, Scotland over the period over 28 Feb 21 – 6 Mar 21. Ex SL is run in accordance with the Reference A and C, subject to local amendment by the Race Committee.

Aim

2. The aim of Ex SL is to allow personnel to experience ski racing at a foundation level.
3. **Objectives.** The objectives of Ex SL are to:
 - a. Encourage foundation ski participation to develop skill base in an unfamiliar environment that empowers the individual to feel more comfortable with stress, pressure and fatigue.
 - b. Develop organizational, administrative and management skills amongst officials, team captains and their deputies.
 - c. Run physically and mentally demanding and varied Alpine race programs for teams and competitors to test their physical fitness, stamina, determination, endeavour, courage and leadership in a safe competitive environment.
 - d. Additionally, the Exercise will identify and develop new Alpine talent to progress onto the Divisional and Army Championships.

Status

4. ExSL is designated as Individual Military Training. It will be conducted in accordance with Army Sports [AGAI Vol 1 Ch 5](#), except where specific instructions detail otherwise. The Army European Winter Activity Instruction, found at Reference A, details the procedure for obtaining international and military authority and the eligibility to public funding (CILOR, transport and allowances) for all skiing activity, including Ex SL.

Concept

5. The outline programme (subject to change) for Ex SL is as follows:

Ser (a)	Date (b)	Event (c)	Venue (d)
1.	Sat 27 Feb 21	Officials Arrive	NB 1200
2.	Sun 28 Feb 21	Racers Arrive	NLT 1400
3.	Sun 28 Feb 21	Registration 1400 - 1600	MacDonald Hotel Aviemore
4.	Sun 28 Feb 21	Team Captain Brief 1700	Rothiemurchus Lodge
5.	Mon 1 Mar 21	Seeding Giant Slalom	Cairngorm Mountain Range
6.	Tues 2 Mar 21	Giant Slalom Individual Race	

7.	Wed 3 Mar 21	Giant Slalom Team Race	
8.	Thur 4 Mar 21	Slalom Individual Race	
9.	Fri 5 Mar 21	Slalom Team Race	
10.	Fri 5 Mar 21	Prizegiving 1800	Royal British Legion Aviemore
11.	Sat 6 Mar 21	Departure for all	

Pre-ExSL Training

6. Ex SL is a Ski Championships not Adventurous Training (AT), and therefore participants will not be taught how to ski. Ski training may only be classified as AT if it meets the rules laid down in [AGAI Vol 1 Chap 11](#).

7. Training in Cairngorm Mountain Range, Aviemore prior to Ex SL is subject to these rules. This is the sole responsibility of the unit concerned.

8. Ski racing is arduous and can prove demanding for even the most experienced. Fitness to participate in the camp is an individual/unit responsibility. Team Captains (TCs) are to ensure that team members are suitable both physically and technically prior to arrival.

Exercise Designation

9. Ex SL is designated as Winter Sports Activity and not AT, therefore:

- a. The Churchill Unique Event Identification (UEI) for Reserves units and UOTC's for Ex SL must be requested on entry of a team.
- b. No Adventurous Training qualifications will be awarded.
- c. No funds are available from Adventurous Training Group.
- d. Alpine skiers should refer to Reference A in order to secure funding as Individual Military Training (IMT).

Participation for Ex SL

10. Ex SL is open to all UK Tri-Service Members.

Discipline

11. **General.** All officials and competitors will be under command of Ex Director Ex SL, or their appointed deputy, for the duration of the event.

12. **Discipline.** It is the TCs responsibility to ensure each individual attending Ex SL have either read this DIN or been briefed on the following points.

- a. **Conduct.** You are in the public eye at all times, whether on the slopes or, in the local community. If you or one of your team members are directly involved in any incident, you need to notify the Exercise Controller immediately. Abusive and/or aggressive behaviour will not be tolerated, anyone that has been reported will be returned to unit at their own expense and disciplined by their parent unit.
- b. **Alcohol.** In line with the Army Leadership Code and CGS' direction, remember that you and members of your team are on Ex SL to either ski. Please ensure that you

are Fit to Attend training each morning. Anyone who is late for parade or is deemed unfit to train due to excessive alcohol consumption will be returned to unit at their own expense. There is a no drinking policy enforced throughout each race day.

c. **Police.** If you or a member of your team have any direct involvement with the local police, you are to notify the Exercise Controller immediately. Please ensure that you have a duty driver that hasn't consumed alcohol the night before.

Coordinating Instructions

13. **Exercise Area.** The resort of Aviemore is located in the Cairngorm Mountain Range, Scotland. Travel time from Rothiemurchus Lodge (accommodation area) to the White Lady Slopes is around a 15–20 minutes' drive time or 6 miles in distance. The Exercise will be held at these slopes for the duration. TCs are to take into consideration these travel times especially when snow conditions are a factor.

14. **Team Compositions.** Compositions are 4 per team with 3 to count, units may enter male, female or mixed teams.

a. **Additional Teams.** Where a unit nominates more than one team for a race, these teams shall be called 'A' and 'B' teams etc.

b. **Restriction.** Units are restricted to two team entries. If teams wish to enter more than one team they must contact the Exercise Controller.

15. **Registration.** To register please email exsnowlion@gmail.com with the below information **NLT 29 Jan 21:**

- a. Unit.
- b. Team Capt.
- c. Army/Navy/RAF.
- d. Regular/Reserve.
- e. Number of attendees (for accommodation and feeding).
- f. Contact number.
- g. Confirmation of payment of entry fees.

16. **Race Office.** The Race Office will be situated in the Sky Suit, Macdonald Highland Hotel, Aviemore.

17. **Exercise Entry Fees.** In the event of a unit or individual having to withdraw from the Ex, this fee is non-refundable. Fees for Ex SL are to be paid on entry of a team:

- a. Team of 4 for all races £160.00.

18. **Bank Transfer.** Payment details are as follows: Central Bank APDO Scotland, Account Number 00130160, Sort Code 83-18-47. State who payment is from e.g. Name and Unit.

19. **Cancellation of Entry.** In the event of a unit/individual having to cancel an entry for whatever reason, the Ex Controller is to be notified immediately so that the programme can be updated.

20. **Classes of Competitors.** The below classification of competitors will apply to Ex SL, this will be declared at registration.

- a. Senior. A competitor is a senior from 1 January in the calendar year in which he becomes 22 years old.
- b. Junior. A junior is a competitor who has not reached the senior age, i.e. he will not have reached his 23rd birthday in the calendar year ending 31 December.
- c. Veteran. A competitor is a veteran from 1 January in the calendar year in which he becomes 35 years old.
- d. Novice. A novice is a competitor who has not skied on snow, in any discipline, before the start of the current season (1 Jul to 30 Jun).

For 2020/21; a novice if not on snow before 1 Jul 20, senior if born in or earlier than 1999 and a veteran if born in or earlier than 1986.

21. **Ski Passes.** Units are required to pay for their own ski passes in order to compete. TCs' are to be at the tickets office before 1330hrs on the Sunday to purchase ski passes for their teams. The cost of a 5 day 'Cairngorm Mountain Range Ski Centre' ski pass is about £140 and 10% discount thereafter. This pass includes the use of the white lady slope and tow lift.

22. **Ski Hire.** Cairngorm Mountain (Scotland) Ltd Ski Centre have a full range of ski and snowboard hire please visit their website for more information found via the link [Ski Hire Prices](#). Participants are responsible for attaining their own equipment for the duration of the ExSL.

23. **Administration.** A separate administration instruction will be provided for the G4 support.

24. **Prize Giving Ceremony.** The prize giving will take place during the Evening Function on Fri 5 Mar 20, at the British Legion in Aviemore. This is an official parade and all TCs' are to ensure maximum attendance at the prize giving ceremony is adhered to, where a plethora of dignitaries are highly likely to present the prizes. TCs' will be briefed on the format and timings in due course.

25. **Media and Comms.** Social media and collection of photographs will be briefed at the first Team Capts meeting.

26. **Funding.** The expenditure of Public Funds on Winter Sport/Activity (WSA) is subject to the Land Forces Commitment Control Regime (2CR). For accounting purposes units are to ensure that they complete the 2CR process in accordance with the requirements of their respective HLB. If Team Captains require any assistance with the process they must email exsnowlion@gmail.com.

27. **Contribution.** To keep the personal contribution as low as possible funding should be sought from as many sources as possible. Units and individuals can apply for funding from unit PRI and regimental associations in tandem with self-finance. Further sources of income are detailed below with further information available found in the Army European Winter Activity Instruction.

28. **Non Public Funding.** There are various sources of Non Public funding for which teams may use in preparation for Ex SL. These include the following:

- a. Commanding Officer's Personal Fund.
- b. Army Sports Lottery.
- c. Nuffield Trust.
- d. Berlin Infantry Brigade Memorial Trust Fund.
- e. Army in Scotland Trust Funds.

29. **Cash In Lieu Of Rations (CILOR).** The rules and procedures relating to CILOR are fully covered in [JSP 456 Vol 2 Ch 7](#). All competitors must provide CILOR to cover them 1 - 6 Mar 2021. CILOR will be handed to the G4 team on arrival; a single receipt will be provided for the Units due to the central feeding of the lodge. The 28 Feb 2021 will be classed as a travel day, Units must provide pack lunches or subsistence can be claimed retrospectively. Packed lunches will be provided for home-bound journeys.

30. **Allowances and Personal Administration.** The following is to be brought to the attention of all personnel attending Ex SL:

- a. **JSP 752.** Individuals intending to claim allowances are to comply with the requirements of [JSP 752](#). To ensure that the correct claims are made, teams and individual Military Training Exercise, not Sport.
- b. **Track and Movement.** TCs' and all individuals including visitors are to ensure that their movements are notified to unit admin staff so that their location is properly tracked on JPA. This is vital for casualty reporting procedures.

31. **Insurance.** TC's, competitors and visitors are responsible for arranging their own medical and Third Party insurance, which is mandatory for everyone attending Ex SL. Insurance cover for officials will be provided by the Ex Controller. **For duty of care purposes, all participants are required to produce evidence of non-publicly purchased winter sports insurance cover for the duration of the Exercise at initial registration.** Insurance must cover racing for all competitors. You will not race without insurance.

32. **Third Party Cover.** Duty status does not embrace recreational skiing or other activity undertaken during the Exercise, nor does it necessarily cover 3rd party incidents. Team Captains must ensure that the insurance comes with 3rd party liability for persons and property, which should include:

- a. Medical evacuation from the ski slopes (HELIVAC), loss/theft and damage to ski equipment.
- b. Medical and Travel insurance cover for medical expenses and personal injury.
- c. Personal insurance for personal property and possessions.
- d. Cancellations insurance for lost fees should cancellation be necessary.

33. **Preferred Insurer.** Towergate Wilsons are the AWSA Preferred Insurer and are also an AWSA Prime Sponsor. Units are welcome to 'shop around'. Companies that specialise in winter sports insurance are amongst others, Trinity Insurance (www.trinity-ins.com), Sandhurst Insurance (www.sandhurstinsurance.com). Insurance will NOT be available for purchase in Aviemore. **Each policy must state ski racing and training.**

34. **Medical Cover.** Military medical cover is not available during Ex SL; local facilities are to be used at unit/individual expense. The mandatory insurance cover detailed above is to be used in the event of illness or injury. In the event of an injury to any official, visitor, competitor, or third party, the Race Office is to be informed.

35. **Medically Limited Deployable (MLD).** Anyone with MedStat MLD with an Appendix 9 must complete an Appendix 26 with their CofC to deploy onto Ex SL, this is to be shown at the Race Registration on Sun 28 Feb 21.

36. **Accident and Incident Reporting.** It is the responsibility of unit, TC's or individuals to report all accidents and incidents. All accidents and incidents at Ex SL are to be reported to the Race Office. The Race Office Staff are available to assist with this process and will provide the necessary forms and resources required. Individuals should be aware that failure to follow this process may invalidate any subsequent claims that may arise. In the event of an injury, following dealing with the incident a MoD form 298/MoD form 510 is to be completed. TCs must ensure they are aware of how to complete the form.

37. **Army Incident Notification Cell (AINC).** All accidents and incidents involving military personnel, civilians and contracted civilian staff are to be reported to AINC via the Race Office. In relation to Ex SL and any other WS Activity it applies to all injuries including: climatic and sporting injuries and injuries as a result of both on and off duty road traffic accidents. AINC operates a 24/7/365 service and can be contacted using any of the following:

- a. **Telephone.** 96770 3661 or (+44) 0306 7703661 (24 hours).
- b. **Fax.** On MoD Form 510 94393 6889 or (+44) 01264 886889.
- c. **E-mail.** ASCen-AINC-Mailbox@mod.gov.uk.

38. **Defence Accident Investigation Branch (DAIB) Land.** In addition to the requirement above DAIB is also to be informed in the case of death or serious injury by contacting:

- a. **DAIB Duty Officer.** Mob: 03067986587 (24 hours) Mil: 96798 8276.

39. **Incident Control.** Injuries occurring on piste will be dealt with by the officials and piste patrol if required. Any medical evacuation required will be conducted by the appropriate emergency medical services available on the mountain. TC's or individuals are to inform the race office if you have any medical condition which could be adversely affected by skiing prior to commencing racing or as they occur during the exercise.

40. **Unit Post Exercise Report (PXR).** Exercise OIC will write a PXR, Units will be asked to contribute before leaving Ex SL.

Service Support

41. **G4 Support.** G4 support will be bid for by the Ex Controller. A separate administration instruction will be issued to the G4 support.
42. **Accommodation.** The following accommodation arrangements are as follows:
- a. **Competitors/G4.** Competitors and G4 support will be accommodated at Rothiemurchus Lodge (RL). Booking will be done once teams have confirmed their places.
 - b. **Feeding Competitors.** Catering services are provided for units staying at RL which will include breakfast, packed lunch and evening meal. Units will provide CILOR and the first meal available will be breakfast 1 Mar 2021.
 - c. **Officials.** All officials will be accommodated in the MacDonald Hotel, located in Aviemore, Scotland. A separate instruction will be issued for officials. (Location of hotel subject to change depending on restrictions.)
43. **Dress.** The following dress stipulations are:
- a. **Competitors.** On the slopes, competitors are to dress as stipulated in the AWSA Alpine and Snowboarding Rules.
 - b. **Officials.** On the slopes, officials are to wear their issued ski suit accompanied with their radio.
44. **Equipment.** No military vehicles, equipment or clothing is allowed on Ex SL. Units are to provide their own equipment for the duration of the Exercise.
- a. **Competitors.**
 - (1) Units wishing to purchase alpine equipment for use during Ex SL and future Qualifying and Army competitions need to be aware of the minimum equipment requirements below; failure to observe these requirements could make your new equipment unusable for competition purposes. Nuffield Trust Funds are available to units wishing to purchase equipment.
 - (2) **Rules Governing Ski Equipment and Safety.**
 - (3) **Ski Length.** Men: 165cm; Ladies: 155cm.
 - (4) **Height of Risers.** The maximum distance between the outer sole of the ski boot and the ski is not to exceed 55cm.
 - (5) **Ski Racing Helmets.** FIS regulated helmets are compulsory for all events and a helmet must be worn at all times when moving around the slopes. Helmets must be labelled as meeting appropriate standards (EN 1077, CEE 1077, US 2040, or other standards as defined in FIS Equipment rules) and marked as intended for Alpine skiing (i.e. not Snowboard or any other event/sport). Helmets shall have no protruding edges or spoilers and have a smooth top surface. Soft ear protections are only allowed for Slalom (Class B) and helmets for all other events must provide hard cover over the ears (Class A).

(6) **Ski Gloves.** Competitors are to wear alpine ski gloves at all times.

(7) **Ski Goggles.** Ski goggles are to be worn for all races; individuals wearing sunglasses will not be permitted to race. Those with prescription glasses must have a securing device to prevent them falling off.

(8) **Safety Equipment.** The risk of injury received whilst taking part in winter sports can be lessened through wearing suitable protective clothing. All individuals are strongly encouraged to wear the type of protective clothing that could prevent a life-changing injury at all times. During ExSL all personnel **WILL** wear helmets at all times whilst undertaking their relevant discipline. GPS, Go-Pros, mobiles or recording devices are forbidden to be on the body.

b. **Officials.**

(1) Officials will be provided with a race official suit (trousers and jacket), skis, ski poles and ski boots. Helmets can also be hired if required. Officials must bring their own gloves, warm kit and ski goggles.

(2) **Communication.** On arrival officials will be issued radios for the duration of the exercise.

45. **Transport.** Units travelling by road must be aware that:

a. **Winter Tyre's.** Due to the steep entry to RL tyres displaying the 3-Peaks sign are **STRONGLY** recommended.

b. **Snow Chains.** Units **MUST** carry snow chains. Snow chains on the driving wheels will only be allowed as an alternative where the road is fully covered by snow and/or ice, and the road surface will not be damaged by the chains.

c. **Seatbelts.** Seatbelts, where fitted, must be worn by drivers and all passengers.

d. **Driving Licenses.** Drivers must carry their full license and FMT 600 at all times.

e. **Breakdown.** All vehicles must be equipped with the appropriate breakdown equipment and contact details of the relevant breakdown procedures for that vehicle.

f. **Green Military Vehicles.** No green military vehicles are allowed. All transport **MUST** be civilian hire or military white fleet.

46. **VIPS and Guests.**

a. **Senior Officers Presence.** A number of senior officers will be attending in an official capacity. TCs are to ensure personnel are aware of their presence and that normal military courtesy is afforded to VIPs and guests at all times.

b. **Guests.** Unofficial guests are welcome to attend as spectators however, they are the responsibility of respective TCs, teams or indeed individual hosts.

- d. All unit guests are responsible for their own accommodation and meals (in accordance with the current service regulations). TCs are to arrange their own visitor's (e.g. COs) accommodation, ski equipment, ski passes etc.
- e. The cost of all unofficial guests is to be borne by respective hosts.
- f. It is imperative that unofficial guests are notified to the Exercise Controller before their arrival, so that the appropriate authorities are informed.

47. **Risk Assessment.** Risk Assessment is to ensure specific measures are in place to manage the expectation to Risk to Life (RtL) Are as Low As Reasonably Practicable (ALARP). A copy of the Duty Holder Risk Assessment for Ex SL can be viewed at on request.

Command and Signal

48. **Point of Contact.** As per the table.

Ser (a)	Appointment (b)	Name (c)	MODNet (d)	Mil Tel: (e)
1.	Exercise Director	TBC		
2.	Exercise OIC	Capt Perfect	Jessica.perfect222@mod.gov.uk	94342 3763
3.	Exercise Controller	WO2 Thomson	David.thomson864@mod.gov.uk	94748 5555

Summary

49. To continue to encourage sport at all levels, ExSL provides a superb platform to deliver in abundance. Units are requested to encourage participation across all levels for this foundation alpine competition. Sport is a vital ingredient of Army life and should be grasped with both hands at any given opportunity. This is one of those times when individuals have the chance to integrate with fellow comrades, team mates and friends to encourage physical agility, growth of teamwork and improve leadership elements both in sport and soldiering. Sport is to be given high priority to re-create the habit and what better way to achieve than through skiing in the Scottish Highlands.