

<b>Defence Instructions and Notices</b> (Not to be communicated beyond Crown Servants, and Government contractors, without authority)	
<b>Title</b>	Army Alpine Nordic Skiing and Snowboarding Exercises 2023-24
<b>Audience</b>	Alpine Nordic Skiing and Snowboarding Units crss Defence
<b>Applies</b>	30/05/2023
<b>Expires</b>	30/05/2024
<b>Replaces</b>	[Replaces]
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<b>Channel</b>	10 Sports and social events
<b>Subchannel</b>	Army sports and social
<b>Summary</b>	Wxercise SPARTAN HIKE, PIPEDOWN, LIONS CHALLENGE, RUCKSACK, SNOWJACK and SNOW SUMMER
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<b>Annexes</b>	A. Ex SPARTAN HIKE B. Ex PIPEDOWN C. Ex LIONS CHALLENGE D. Ex RUCKSACK
<b>Related Info</b>	www.awsa.org.uk, www.britishbiathlon.com, see References below
<b>Classification</b>	Official

**ARMY ALPINE, NORDIC AND SNOWBOARD EXERCISES 2023:  
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)**

**Introduction**

- 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 09 – 19 Jan 24. Exercise LION'S CHALLENGE (Ex LC) over the period 19 Jan to 29 Jan 24 and Exercise RUCKSACK (Ex RS) over the period 19 Jan to 04 Feb 24 are the respective Army Alpine and Nordic Championship Finals. Exercise SNOWJACK (Ex SJ) is the Army Snowboarding Championships held in Austria over the period 20 Jan – 3 Feb 24 (including novice training week). Ex SNOW SUMMER (Ex SS) is the Army Indoor Snowboarding Championships held in Sep 24 at a UK-based real-snow slope.
- Ex SNOW LION (Ex SL) the foundation Alpine Novice Championships held in Scotland over the period Feb/Mar will not be conducted over the next 4-year period owing to financial constraints imposed by Army HQ and the level of interest/support for the Exercise.
- 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 - K, while the details specific to each

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Championship event are contained in Annexes A to D. All Snowboarding events are managed through the Defence Connect site<sup>[1]</sup> where full details can be found in lieu of an Annex to this DIN, although this DIN is the authoritative reference document. 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, RAF<sup>[2]</sup> and Army Unit B teams may be accepted subject to capacity.

### Participation and Entry

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

a. **Entry for Ex SJ and Ex SS.** All competitors wishing to enter Ex SJ or Ex SS are to complete the electronic entry form on the relevant event area of the Army Snowboarding Defence Connect site. Entries open on Release of this DIN and will close Mon 25 Sep 23 (Ex SS) and Fri 20 Oct 23 (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 100 Open and 100 Novice riders. Ex SS capacity is capped at 100 riders.

b. **Entry for Ex PDN and Ex SH.** Entries are expected to exceed availability; therefore, it is essential that applications are submitted by **29 Sep 23** to secure a place. The capacity at Ex PDN is 150 Alpine and 230 Nordic; the capacity at Ex SH is 150 Alpine and 270 Nordic. Details required for entry are as follows:

- i. Applications to enter are submitted by completing the on line entry form at the following [Ex Entry Link](#) this form can be accessed from any mobile device or MODNET. It is essential that the person submitting a team entry using this form is available throughout the year to receive updates.
- ii. A separate entry application is to be completed for each Alpine or Nordic team. 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.
  2. Nordic team: 6 competitors.
- iii. Entries for the Qualifying Championships open on **release of this DIN** and all Units (or individuals) wishing to enter a team(s) regardless of eligibility should do so from this date. The priority is on unit teams based upon the DTG that the entry was made.
  1. Entries close on **Fri 29 Sep 23** and a Selection Committee<sup>[3]</sup> will sit on **Tue 03 Oct 23** to assign teams and individuals to either Ex PDN or SH. Where entries exceed capacity a Reserve List will be

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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:

- Regular Units will not automatically be associated with either Ex.
- Reserve Units will not automatically be associated with either Ex.
- Hybrid Units will be allocated to either Ex.
- UOTCs can enter subject to capacity; see para 3 b (5) (f).
- Once the selection process and weapon allocation (Anschutz biathlon rifle and SA 80 Small Bore Rifles) has been completed, the results will be populated on the [AWSA SharePoint Page](#).

2. The priority of allocation from the Reserve List (after 29 Sep 23) is strictly in the order that Teams enter online, all Units wishing to race should enter from 26 May 23:

- **Nordic Teams.** The first 90 Unit Teams should be allocated a place, subject to entering online by 29 Sep 23. 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 29 Sep 23 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. In 2023, the last full 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 using (F) after the unit to avoid them being identified as a 'B' team and de-prioritised.
- **Individuals and B Teams.** Individuals and B Teams will be allocated after entries close on 29 Sep 23 in strict priority of DTG of entry. Unit 'B' teams will only be offered a place in the same competition as their 'A' team.

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- **UOTC Entries.** Regular and Reserve A teams will take priority over UOTC teams irrespective of DTG entered up until 3 Oct 23. After this date, UOTC teams will be offered places subject to exercise capacity on Ex SH.
- iv. For support with the team entry queries contact the relevant discipline secretary using the [AWSA Contacts List](#). For technical support with the online entry form contact the [QC Entry Support Channel](#) by email (from MODNET addresses only).
- v. Any Unit withdrawing after 11 Nov 23, unless in exceptional circumstances (for example Operational reasons), is unlikely to be allowed to enter in Season 24/25 and the Commanding Officer will need to seek written authority from the 1\* responsible for the exercise. To maintain full capacity on each competition, reserve teams may get pulled forward onto the competition right up until 14 Dec 23 in the case where a unit withdraws from the competition. For this to be possible, teams on the reserve list must continue to plan to attend until 14 Dec 23. 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.
- vi. **Military Patrol Race.** Nordic Teams are to have the correct rank structure for the military patrol race in accordance with [Ref K](#). 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 K](#). <sup>[OBJ]</sup>
- vii. **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](#) for alpine and [Ref K Annex C](#) for Nordic) Mixed gender teams are permitted in Alpine skiing but not in Nordic, except in the military patrol race (as detailed in [Ref C](#) for Alpine and [Ref K](#) for Nordic. The qualification criterion for entry to the Army Championships is at [Ref C](#) and [Ref K Annex C](#) for Nordic.
- viii. **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 and who is to attend the Team Capt's mtg in Tidworth on Thu 12 Oct 23.

## Events and Prizes

5. Subject to weather conditions, the following events will take place at Ex PDN, SH, SJ and SS:

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- 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.
- c. **Snowboarding Events:**
  1. **Ex SJ:**
    - (each includes a seeding event or knock-out as per Ref J.
    - Open Parallel Giant Slalom (PGS) / Novice Slalom (NSL).
    - Open Snowboarder Cross (SBX) - Novice Banked Slalom (NBS).
    - SlopeStyle (SS) - 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. Competitors should achieve the following training requirements: a minimum of two weeks consecutive training on snow, which must include 2 days of the fundamentals in ski racing techniques and 8 days of pole training. Should a Corps Committee not be able to meet these training requirements they must inform the Alpine Committee Vice Chair 4 week before the start of the Qualification Championships. This is to ensure that all team members understand how to inspect and race in an alpine event to a competent and safe level. Any competitor deemed unsafe by the competition committee, will not be allowed to race.

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- a. **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:
- i. **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.
  - ii. **SA80 Small Bore Rifles.** The SA80 Small Bore Rifles and iron sights (no bi-pods) are to be used for the military patrol race. 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.
  - iii. **Ammunition.** Teams and competitors are to bring their own .22mm ammunition to all Nordic competitions and are to declare this at each registration.
  - iv. **Armourer/Armoury.** A DSG armourer should be available during all Nordic competitions to maintain Anschütz biathlon rifles. Centralised, guarded facilities will be provided for the storage of SA80 Small Bore rifles in accordance with [Ref D](#) from arrival at, to departure from, Ex PDN, SH and RS. Under no circumstances are units to modify their own rifles kits without support of an armourer. The DSG rep is not contracted to conduct repair or maintenance on SA80 Small Bore rifles.
  - v. **Hearing Protection.** There is a requirement for a form of Service issue hearing protection to be used on Military Patrol Race static ranges only.
- b. **Snowboarding.** Both Ex SJ and SS are open to all entrants; there is no qualifying event. It is the Team Captains and the individual's responsibility to ensure they are a competent rider prior to racing and have appropriate in-date PPE (helmet etc). For safety reasons individuals not at the required standard will not be permitted to race by the relevant event officials.
- i. **Novice.** To be deemed a novice individuals must not have been on snow prior to 1 May 23 (ie. 2022/23 is first season on snow). They must be able to link turns under control. Those identified as above this level by the Hill Team will be required to compete in the Open category thus losing the Novice team points gained.
  - ii. **Open.** Individuals must be able to link turns under control.
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 and including the Qualifying Championships (EX SH & PDN), however it is classed as a Cat 2 Sport at Army and Inter



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Service level. LSA is therefore not to be claimed for competitors on EX LC<sup>[4]</sup> or Ex SJ as Snowboarding is classed as a Cat 2 Sport at all levels.

10. 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, and up to 11 days CILOR.

11. **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](http://www.awsa.org.uk/membership).

12. **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). All payments must be made by 10 Oct 23 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 RS.** €288 per squad (max 6 athletes) or €58 for all races / €13 per person per race, for individual competitors and those over the squad of 6.
- d. **Ex SJ.** €30 per person. This is payable by bank transfer and payments must be made NLT 16 Oct 23 to confirm places.
- e. **Ex SS.** £35 per person to cover location entrance ticket.

13. **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. **European Health Insurance Card (EHIC).** Important – It should be noted that the EHIC card became invalid as of 31 Dec 20, although may be used until the date of expiry. The GHIC is the replacement variant, details for application for a GHIC can be found at this link; [GHIC](#). All personnel undertaking, officiating, visiting AWA or transiting in Europe are to be in possession of an in-date GHIC. The GHIC is to be used whenever medical treatment is sought in Europe, as it minimises medical costs that may be eligible for a refund from public funds and may be a condition of insurance. Further advice can be obtained from unit RAOs. All personnel are to visit the GHIC Website periodically for further updates. It should be noted that no assumption should be made that the GHIC will be guaranteed and therefore personal accident cover must always be in place.

- b. **Third Party Cover.** Duty status does not cover recreational skiing or other 'off-duty activity, nor does it cover 3<sup>rd</sup> party incidents.

14. **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 1 Sept 23 – c. €320 (TBC) for 13-day pass should be sufficient for planning purposes. Further advice can be found on the DC site or through POC listed above.

15. **Accommodation.** All qualified competitors will be accommodated in self-catering accn, which will be allocated and paid for centrally at each exercise location (specific instructions for Ex LC are at [Annex C](#)); 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 advertised.

16. **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.
- d. **Cross Channel Bookings.** All teams that have been allocated a place on either Ex PDN or SH will be authorised to book their cross-channel travel via Eurotunnel as follows:
- e. **Alpine Teams.** 1 x Vehicle booked through either GBT or [RC-Sp-Mov-NMCCFB-0Mailbox@mod.gov.uk](mailto:RC-Sp-Mov-NMCCFB-0Mailbox@mod.gov.uk)
- f. **Nordic Teams.** Due to the requirement to separate Ammunition and Weapons, two vehicles will be authorised, which **must** be booked via Eurotunnel as freight through [RC-Sp-Mov-NMCCFB-0Mailbox@mod.gov.uk](mailto:RC-Sp-Mov-NMCCFB-0Mailbox@mod.gov.uk) . Both vehicles will require the correct documentation for Weapons and Dangerous Goods, suitably DG aware SP to act as crewmen/escorts and must complete the Customs requirements for movement into and out of the EU.

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 Thu 12 Oct 23. Registration will open from 0900hrs to allow teams to confirm their entry fee payment with the



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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 23. Ex SJ Team Captains are to attend a brief on 22 Sep 23 (TBC) prior to Ex SS.

- 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. **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](#).

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

- a. The Ex Director<sup>[5]</sup> 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.

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21. **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 K](#). A high standard of dress is expected at all times in accordance with the Army Leadership Code – Self Discipline. This is particularly pertinent for end of exercise prize giving's 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.

22. **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.

References: (note - some will be re-issued in 2023):

- A. [2023DIN10-014 - Army European Winter Activity Instruction 2023/24.](#)
- B. [AGAI 5 Pt 4 Sport Participation](#)
- C. [AWSA Alpine Rules 2020](#)
- D. [2020DIN07-46: 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 1200 - The Army's Safety and Environmental Management System.](#)
- I. [Army Snowboarding Rules 2022/23](#)
- J. [AWSA Nordic Rules 2023](#) (2024 Rules under review, published Oct 2024)
- K. [Army Nordic Committee Safe Waxing Guide](#)

Annexes:

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

## **EXERCISE PIPEDOWN 24**

1. **Introduction.** Exercise PIPEDOWN (Ex PDN) is the 59<sup>th</sup> Qualifying Alpine and Nordic Championship Semi-Final. It will take place in Les Contamines, France from 09 – 19 Jan 24 in accordance with the programme at [www.awsa.org.uk](http://www.awsa.org.uk). The resort is situated at 1200m in the Montjoie region of the French Alps approximately 32km SW of Chamonix by road. French National Biathlon Cup and World Ski Cross Championship races are held there annually.

2. **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:

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- a. **Fri 05 – Mon 08 Jan 24.** Officials deploy (see separate Officials Admin Instruction).
- b. **Tue 09 Jan 24.** Team registration.
- c. **Wed 10 - Thu 18 Jan 24.** Competitions.
- d. **Fri 19 Jan 24.** All Alpine and Nordic Officials and Teams de-register and disperse.
- e. **Sat 20 Jan 24.** Rear Party disperses.

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

Ser	Date	Alpine	Nordic
(a)	(b)	(c)	(d)
1	Sat 06 Jan 24	Advance Party arrive	
2	Sun 07 Jan 24	Admin Staff Main Body arrive	
3	Tue 09 Jan 24	Team Registration	
4	Wed 10 Jan 24	Seeding GS	10 & 15km Classic course inspection (after 1430)
		Village Opening Ceremony (tbc)	
5	Thu 11 Jan 24	Individual GS	15km Classic (M) 10km Classic (F) 4 x 5km Relay course inspection and training
6	Fri 12 Jan 24	Team GS	4 x 5km Relay (M & F)
7	Sat 13 Jan 24	Individual Slalom	7.5km & 10km Biathlon course inspection and training
		Interim Nordic Prize Giving Ceremony	
8	Sun 14 Jan 24	Team Slalom	10km Biathlon Sprint (M) 7.5km Biathlon Sprint (F) 4 x 7.5km & 4 x 6km Biathlon Relay course inspection
9	Mon 15 Jan 24	DH Training Day	4 x 7.5km Biathlon Relay (M) 4 x 6km Biathlon Relay (F)
10	Tue 16 Jan 24	DH Training Day	Preparation for Military Patrol Race
11	Wed 17 Jan 24	Team & Individual DH	Military Patrol Race
12	Thu 18 Jan 24	Team & Individual Super G	Training Day
		Main Prize Giving Ceremony	
13	Fri 19 Jan 24	All Main Body Admin Staff, all Alpine and Nordic Team De-Register and disperse	

14	Sat 20 Jan 24	Rear Party Officials disperse.
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7. **Eligibility and Qualification.** Eligibility and qualification rules are:
- Team Composition.** Team Composition is to be in accordance with [Ref C](#).
  - RN and RAF Teams.** RN and RAF teams *may* be considered for participation subject to capacity.
8. **Entry PDN Entry Fees and ASWA Membership.** Race entry fees for 2024 are £25 per person. Payment can be made as follows:
- Bank Transfer.** Payment details are as follows: Royal Bank of Scotland, Central Bank Chicksands, Account Number 10408148, Sort Code 16-19-26, Reference PDN24 – UNIT
  - All payments must be made by the Team Captains Meeting on 12 Oct 23 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.
  - AWSA membership 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/>.
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 between 1000 – 1600 hrs on Tue 09 Jan 24. On arrival, all TCs are to:
- Check Team Registration details.
  - Provide proof of insurance cover.
  - Ensure completed initial race entry forms have been received by email prior to arrival, before departing to accn in accordance with [Ref C](#).
  - Collect a Team Information Pack containing a Race Programme, course profiles, security and weapons brief, local administrative and public facilities.
  - Receive accn details.
  - Sign a weapon security certificate.
  - Hand in SA80 Small Bore Weapons to the armoury.
  - 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 Race Office Ex Admin WO of any damages to accn, including furniture and utensils, by NLT 1800 hrs Wed 10 Jan 24.
  - 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 Officers<sup>[6]</sup>, 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. **Cross Channel Bookings.** All teams that have been allocated a place on either Ex PDN or SH will be authorised to book their cross-channel travel via Eurotunnel as follows:
- a. **Alpine Teams.** 1 x Vehicle booked through either GBT or [RC-Sp-Mov-NMCCFB-0Mailbox@mod.gov.uk](mailto:RC-Sp-Mov-NMCCFB-0Mailbox@mod.gov.uk).
  - b. **Nordic Teams.** Due to the requirement to separate Ammunition and Weapons, two vehicles will be authorised, which must be booked via Eurotunnel as freight through [RC-Sp-Mov-NMCCFB-0Mailbox@mod.gov.uk](mailto:RC-Sp-Mov-NMCCFB-0Mailbox@mod.gov.uk). Both vehicles will require the correct documentation for Weapons and Dangerous Goods, suitably DG aware SP to act as crewmen/escorts and must complete the Customs requirements for movement into and out of the EU.
13. **CILOR.** CILOR is authorised for up to 11 days for EX PDN, all dates outside the Competition are to be claimed as Subsistence against unit UIN.
14. **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 Tue 09 Jan 24. Random inspections will be carried out by the Ex Admin Staff.
15. **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.
16. **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.



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

17. **Departure.** All competitors and officials, less nominated officials, are to depart on Fri 19 Jan 24. A formal handover of accommodation will be conducted by the owner of the accom. Teams Captains will be required to arrange their check out times with the owner before Fri 19 Jan 24. Team Captains must make note of any existing damage on takeover and must inform the owner and the Ex Admin WO 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.

18. **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.

19. **Medical.**

- a. Medical support can be found adjacent to the Race Office(Civilian Doctor).
- b. The ESF will provide emergency medical cover for every race.
- c. Physiotherapy support if available for Ex PDN will be available to minimise the development of chronic injury in athletes.

20. **Risk Management.** GOC 1UKXX is the ODH for Ex PDN 24. A Risk Assessment will be produced by the Ex Director and uploaded to the AWSA Web 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.

21. **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](#).

22. **Command and Control.** The following C2 will apply:

- a. **Ex Director.** Brig TBC – DCOMD 1(UK) Div.
- b. **Ex Controller/Race Secretary.** Maj JF Cross RLC (Jerry)  
[jerry.cross804@mod.gov.uk](mailto:jerry.cross804@mod.gov.uk) or [skippedown@gmail.com](mailto:skippedown@gmail.com)
- c. **Ex Admin WO.** WO TBC

23. **Administration Points.** The following are key administration points to note:

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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 Tue 09 Jan 24 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.

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

**EX SPARTAN HIKE 24**

1. **Introduction.** Exercise SPARTAN HIKE (Ex SH) takes place in Serre Chevalier, France during the period 9 to 19 Jan 24. The resort is in south-eastern France, in the Hautes Alpes department of the Provence-Alpes-Côte d'Azur region. Serre Chevalier consists of the town of Briançon, and the villages of Chantemerle, Villeneuve and Le Monétier-les-Bains.
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 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.
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. **Sat 6 – Sun 7 Jan 24.** Officials deploy (see separate Officials Admin Instruction).
  - b. **Tue 9 Jan 24.** Team Registration.
  - c. **Wed 10 – Thu 18 Jan 24.** Competitions.

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- d. **Fri 19 Jan 24.** Alpine and Nordic teams, and selected officials, de-register and disperse.
- e. **Sat 20 Jan 24.** Remaining officials 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	Sun 7 Jan	Officials arrive	
2	Tue 9 Jan	Team Registration	
3	Wed 10 Jan	GS – Seeding	Inspect XC Courses
4	Thu 11 Jan	GS – Individual	Cross Country Relays (4 x 5km) Classic
5	Fri 12 Jan	GS – Team	Cross Country Individual Classic (15 / 10km)
6	Sat 13 Jan	Slalom – Individual	Inspect Biathlon Courses
7	Sun 14 Jan	Slalom – Team	Biathlon Individual (10 / 7.5km)
8	Mon 15 Jan	Training Day	Biathlon Relays (4 x 7.5 / 4 x 6km)
9	Tue 16 Jan	Training Day	Patrol Race Preparation (Slip Day)
10	Wed 17 Jan	DH - Team & Individual	Military Patrol
11	Thu 18 Jan	Super G – Team & Individual	Slip Day
		Main Prize Giving Ceremony	
12	Fri 19 Jan	Teams and selected officials de-register and disperse	
13	Sat 20 Jan	Remaining officials 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: AWSA, Account Number 11251773, Sort Code 16-19-26, **quoting SH24** and unit name.

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

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3. All Entry Fee payments must be made prior to or at the Team Captains Meeting on Wed 11 Oct 23 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.
4. **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: Salle des Iscles – 05240 La Salle Les Alpes – Villeneuve GPS : 44.951570, 6.552874 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 Tue 9 Jan 24. On arrival, all TCs are to:
  - a. Show Proof of AWSA Membership.
  - 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 accommodation 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 accommodation details.
  - h. Sign weapon security and weapon handling test certificates.
  - i. Hand in converted SA80 Weapons to the armoury.
  - j. Hand in remaining trophies from previous year (engraved).
11. **Accommodation, Allocation and POC.** Accommodation for SH24 is provided and paid for centrally by the Ex Controller. Competitor's accommodation is allocated based on the

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information provided on the entry form; once received the Exercise Controller provides a list of registered teams to the resort POC who makes the reservations. Competitors' accommodation for SH24 is provided from 1400 to 1700hrs Tue 9 Jan 24, delays may be expected depending on the changeover preparations. The POC in resort is Daniela Jouglard, E-mail: [discoversercherche@orange.fr](mailto:discoversercherche@orange.fr), tel: 0033 (0)6 72 36 75 97 (**WhatsApp or Text/SMS only**).

12. **Arrival Instructions.** Units are to confirm their arrival plans with Daniela by **Wed 3 Jan 24**. Units arriving on registration day on Tue 9 Jan 24 are to check in with Daniela at the race office in Villeneuve from 1000hrs to 1600hrs. Accommodation for SH24 has been organised to cater for standard team sizes, includes free parking, and waxing facilities. Larger teams may need to be split, but every effort will be made to ensure that apartments are close together. Teams will be accommodated in the most cost-efficient manner possible, but individuals will **NOT** be expected to share double beds. Due to the limitation of accommodation space, teams are urged to carefully consider the amount of equipment and material they bring, and pack as efficiently as possible.

13. **Accommodation arrangements are:**

k. **Competitors.** Self-catering accommodation is allocated at no charge to teams and competitors. TCs must inform the Race Office of any damages to accommodation, including furniture and utensils, by NLT 1800hrs Thu 11 Jan 24 (TCs' Meeting). All competitors are to leave on Fri 19 Jan 24.

l. **Visitor Accommodation.** Commanding Officers, Arms and Service Colonels and other Senior Officers, spectators and families who wish to visit the Ex on their own budget are most welcome. Visitors are to arrange and pay for their accommodation and travel. The Ex Controller is to be informed of all visitors attending SH24.

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

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. TCs will be required to present valid credit card details as security against damage, loss or uncleanliness of their apartments and designated waxing areas. €500 per apartment will be pre-authorised to this credit card prior to the collection of keys. It is imperative that teams leave their accommodation in a clean condition and follow the departure guidance issued by the Ex Controller based on the information provided by the owner or agency. **All team accommodation will be checked by the SH Staff prior to the team's departure and TCs will be allocated a time for the check to be completed.**

16. **Risk Management.** GOC 6(UK) Div is the Activity Owner for Ex SH24. A Specific 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 24 Nov 23. A daily site/activity assessment will be carried out by the Ex Director/Controller and relevant officials.



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17. **Medical.** A Medical Plan will be in place for SH24 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 with local services providing routine and emergency cover. Physiotherapy support, if available, will provide support to SP for minor or chronic injuries. In the event of an injury, all officials, visitors and competitors are to follow the direction provided to capture the information using [DURALS](#). 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). [6UKXX-SPARTANHIKE-SO2@mod.gov.uk](mailto:6UKXX-SPARTANHIKE-SO2@mod.gov.uk) or [spartanhike@gmail.com](mailto:spartanhike@gmail.com).

c. **Team Captains' Meetings.** TCs are to attend the TCs' Meeting at 1800 hrs, Tue 9 Jan 24 in the Salle de la Montagne. 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](http://www.awsa.org.uk).

21. **POL.** The nearest garages enroute that accept Esso Fuel cards are in Grenoble and Gap. Both towns are more than an hour's drive away. The nearest in-resort garage that accepts Esso Fuel Cards is the Avia garage between Villeneuve and Chantemerle called Vaiani Carburants. There is also another garage 10 minutes away in Briançon: ESSO open 24 hours, 9 route Gap, 05100 Briançon.

22. **POC.** All queries concerning Ex SH should be made to the Ex Controller.

**EX LION'S CHALLENGE 24****Introduction**

1. Exercise LION'S CHALLENGE 24 (Ex LC 24), the British Army Alpine Ski Championships, will be held at Serre Chevalier in the Haute Alps region of France, from 19 – 29 Jan 24.
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/Nov 23 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 24 has a maximum capacity of 110 competitors. Teams and individuals may only compete at the Meeting once they have qualified to do so at their respective Qualifying Championships (QC) in Jan 24 (Ex PDN or SH). Those Teams/Individuals selected will be notified at their Qualifying Championship. Byes to the Army Championships will only be considered on a case-by-case basis in exceptional circumstances, where an elite athlete or established Army Team member cannot attend the QCs due to operational reasons.

**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, 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.

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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 Sun 21 Jan 24, with registration on Fri 19 Jan 24. Both Qualifying Championships are due to complete on Thu 18 Jan 24, allowing travel to Ex LC on the morning of Fri 19 Jan 24. Sat 20 Jan 24 will provide a day for all competitors to inspect the racing slopes before the competition.

b. **Downhill Training.** Downhill training will begin after the Super G 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 the normal programme, due to the extra ordinary change in dates in 2024.

Ser	Date	Time	Event	Remarks
(a)	(b)	(c)	(d)	(e)
1	Tue 16 Jan 24	Pm	Race Secretary and Adv Party arrive	
2	Weds/Thurs 17/18 Jan 24		Remainder of Officials Arrive	Race Office set up, liaison with French Hill Team
3	Fri 19 Jan 24	1400 - 1800	Registration for teams	Race Office in the Serre D'Aigle
4	Sat 20 Jan 24	All Day	Team Training/Admin	
5		1700	Competitors Briefing	All to attend. Location TBC
6		1730	1st Team Captains' Meeting	TCs Briefing Room, Serre D'Aigle
7	Sun 21 Jan 24	TBC	Individual Giant Slalom	
8	Mon 22 Jan 24	TBC	Team Giant Slalom	Torchlit descent opening ceremony, Sponsors and VIPs arrive.
9	Tues 23 Jan 24	TBC	Downhill Training 1 Piste 'Luc Alphand' (2 runs per competitor, no timing)	
10	Weds 24 Jan 24	TBC	Downhill Training 2 Piste 'Luc Alphand' (1 timed run per competitor)	

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11	Thurs 25 Jan 24	TBC	Downhill Piste 'Luc Alphand'	
12	Fri 26 Jan 24	TBC	Super G - Piste 'Luc Alphand'	
13	Sat 27 Jan 24	TBC	Individual Slalom	
14	Sun 28 Jan	AM	Team Slalom	
15	24	1830	Prizegiving	Serre d'Aigle
16	Mon 29 Jan 24	1000 1600	Teams Depart Officials Depart Army Teams depart for Meribel	
17	Tues 30 Jan 24	0800	Race Secretary Departs	

## 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 – 0930 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 24. The electronic registration form must be returned to [lionschallenge0@gmail.com](mailto:lionschallenge0@gmail.com) by COP 18 Jan 24.
  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 1400hrs and 1600hrs, and teams and individuals from Ex PDN are to register between 1600hrs and 1800hrs. All teams are to have registered not later than **1800hrs Fri 19 Jan 24**. Those TCs who feel they may arrive late due to weather conditions should contact the Race Office or Secretary (number below) in order

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that suitable reception and accn arrangements can be made. Registration involves:

1. Pay race entry fees (in cash) and declare team racers (if known). Pay lift pass contribution (in cash) and receive lift passes.
  2. Confirm appropriate race insurance policies.
  3. Confirm and sign registration sheets.
  4. Return outstanding trophies, cleaned and engraved.
  5. Organise accn, see para.15.
  6. All competitors to attend an initial meeting, hosted by Chairman Alpine, at **1700hrs Fri 19 Jan 24** in the vicinity of the Serre D'Aigle complex (Loc TBC). At this meeting each competitor will receive a briefing on the general conduct of the meeting, introductions to the race committee, an orientation and a confirmation of the programme.
3. Attend subsequent TCs' Meetings at 1730hrs each day commencing on **Sat 20 Jan 24**. 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 2023 location).

1. 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.** In conjunction with Central Reservations, our local agent [Daniela Jougard](#) competitively sources and reserves a range of accommodation options to suit every team and budget. Those teams expecting to qualify for the Army Championship should arrange accommodation through Daniela by email [discoverserreche@orange.fr](mailto:discoverserreche@orange.fr) or by WhatsApp +33 (0)6 72 36 75 97.

a. **Allocation.** Accommodation is only allocated as teams confirm qualification and payment is not due until arrival at registration; giving us flexibility that we wouldn't get elsewhere. Several apartments will be held in reserve for teams who qualify unexpectedly or individuals qualifying without a team. 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. Once a reservation is made, it should be confirmed by email to the [Race Secretary](#).

b. **Cost.** In order to make this agreement cost effective, teams must book accommodation through [Daniela](#) (our Resort POC with Central Reservations); any failing to do so will forfeit their grant (see para. 14) which will be used to cover cancellation costs. Teams can expect acceptable accommodation to start from €300 per person for the duration of the championship. This includes at least one separate bed (double/single) per person, tourism tax, bed linens/towels and basic cleaning (excludes kitchen and waxing areas). Any additional accommodation (e.g. for Coaches/Instructors/Managers) booked through Daniela outside of the central reservations contract or championship dates must be paid for up front in full. 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.

c. **Waxing Areas.** Teams are responsible to provide adequate protection from waxing debris (e.g. old linens, plastic coverings) for any garages/balconies/terraces that are used as waxing areas. Designated waxing areas and instructions specific to each location will be provided at registration and these areas must be thoroughly cleaned prior to departure.

d. **Checkout.** It is the Team Captain's responsibility to ensure that accommodation is left in the same state as it was taken over. All kitchen surfaces must be wiped down, waxing areas cleaned, dishwashers and bins emptied. Team Captains will be required to present valid credit card details as security against damage, loss or uncleanliness of their apartments and designated waxing areas. €500 per apartment will be pre-authorised to this credit card prior to the collection of keys. The pre-authorisation will be cleared, up to two weeks following departure, once each apartment(s) and waxing area is confirmed clean and without damage/loss, by the Accommodation Provider, Agency or Residence. Applicable/warranted costs will be charged to the credit card provided if damage/loss/uncleanliness and/or waxing issues are discovered after departure. Team Captains and Competitors are all reminded that leaving accommodation in an unacceptable condition presents a significant reputational risk to the British Army and may severely threaten Army Alpine's ability to continue to operate in the resort.

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 24 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.



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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 2024 ski pass price for a 9-day pass (with discount<sup>[7]</sup>) is approx €375.

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. **Feeding.** Teams who qualify for Ex LIONS CHALLENGE are entitled to CILOR, which must be applied for in advance. Teams/individuals who expect to qualify should apply for CILOR, cognisant of the fact that it will be returned in part or full if all members of the team do not qualify. A total of 10 days pp can be applied for from the date following the last day of Ex SH to the last day of the exercise (19 – 28 Jan 24). The return journey to the UK is DS.

19. **Movement.** Unit teams, individuals and visitors are responsible for making their own movement arrangements to and from Ex LC 24. Those using agency cards should note that the nearest station is an Esso Garage in Briancon (approximately 15 mins away).

20. **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.

21. **Post.** No mail or parcels should be forwarded to Ex LC 24. In extremis, please speak to the Alpine Secretary, but be aware, it can be fairly unreliable.

22. **Points of Contact.** The Race Sec will arrive in Serre Chevalier on Tue 16 Jan 24.

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23. A variety of other useful telephone and fax numbers are listed at [Annex D](#). Key contact details 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](mailto:alpine@awsa.org.uk) or [lionschallenge0@gmail.com](mailto:lionschallenge0@gmail.com)

24. **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 passes<sup>[8]</sup>. 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 Sun 28 Jan 24 1830 hrs.

25. **Trophies.** All Trophies from the 2023 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 Chief of Race (PSAO, 224(PY) Tpt Sqn, 157 (Welsh) Regt RLC, Picton Bks, CARMARTHEN, SA31 3BS) by 4 Jan 24. All trophies must be cleaned, professionally repaired and engraved before returning them. All trophies were signed to recipients in 2024 in a good state of repair. Any returned broken, damaged or dirty trophies will incur a bill.

26. **Prize Giving.** Prize giving will take place in the Serre d'Aigle complex (or alternative local venue) at on Sun 28 Jan 24 (timing TBC). 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.

27. **Media Ops.** Media is generally poorly supported by the teams. Ex LC 24 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.

28. **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.

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

- a. [www.awsa.org.uk](http://www.awsa.org.uk) is the main AWSA website with a link to the Alpine website. You can also find information on Ex PDN and Ex SH.

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- b. [www.serre-chevalier.com](http://www.serre-chevalier.com) - local Office du Tourisme
- c. [discovererreche@orange.fr](mailto:discovererreche@orange.fr) - Daniela Jouglard/Discover Serre Chevalier or Tel: 0033 (0)6 72367597. [Lynne@hotelpleinsud.com](mailto:Lynne@hotelpleinsud.com) - Lynne Laurant (manages local hotel) or Tel: 0033 (0)4 92 24 17 01
- d. The Race Secretary's contact details prior to the Championships are:
  - 1. E-mail: [alpine@awsa.org.uk](mailto:alpine@awsa.org.uk) or [lionschallenge0@gmail.com](mailto:lionschallenge0@gmail.com)
  - 2. Mil e-mail: [bee.smith543@mod.gov.uk](mailto:bee.smith543@mod.gov.uk)
  - 3. Tel Mob: 44 (0)7887 931893

30. **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 24**

1. **Introduction.** Exercise RUCKSACK 23 (Ex RS) is the 75<sup>th</sup> Inter-Service and Army Nordic Skiing Championships. It will take place in Ruhpolding, Germany from 19 Jan to 4 Feb 24. 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](http://www.britishbiathlon.com) and [www.awsa.org.uk](http://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 K refers.

b. **Team Composition.** Team Composition is to be in accordance with Ref K.

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

7. **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 Ruppolding. There are no Ex POL facilities; Unit fuel cards should be used, and the nearest Shell Garage is in the town of Traunstein.

8. **Arrival.** Competitors and teams are to report to the Race Office from 1000 to 2000 hrs on Wed 25 Jan 23. 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 26 Jan 23 in accordance with Ref K.

d. Collect an Information Pack.

e. Receive accommodation details.

f. Sign a weapon security certificate.

g. Hand in trophies from previous year (engraved). Please ensure Capt Jon Double [Jonathan.Double270@mod.gov.uk](mailto:Jonathan.Double270@mod.gov.uk) is made aware prior to Fri 22 Sep 23 of the trophies you are returning. Adjts will be contacted if units have not made clear their arrangements for trophy return with Capt Double by this date.

h. Hand in any SA80s to the exercise armoury.

9. **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
- d. Officers, spectators 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.**

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

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

10. **Storage and Waxing of Skis.** Waxing cabins will be provided at the Biathlon Stadium (Chiemgau Arena). All waxing is to be conducted in accordance with the Army Nordic Safe Waxing Guide [Ref L](#).

11. **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).

12. **Departure.** All personnel, less nominated officials, are to leave on Sun 4 Feb 24.

13. **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.

14. **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.

15. **Medical.** In accordance with the Medical Risk Assessment once approved by The Competent Medical Authority.

- a. The Bergwacht will provide emergency medical cover for every race.

16. **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



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safety procedures (NSPs). Range Standing Orders will be issued on arrival in Ruhpolding. All range practices and shoots will be conducted in accordance with Ref K.

### 17. **Command and Control.**

- a. **Ex Director.** Maj J E Sanford RLC.
- b. **Race Secretary.** Capt Adam Keenan MERCIAN, [nordic@awsa.org.uk](mailto:nordic@awsa.org.uk)
- c. **Race Office.** Location TBC. Changes in Ruhpolding mean this is unlikely to be in the Rathaus where it has been located for well over a decade.

### 18. **Postal.** TBC.

19. **Team Captains' Meetings.** TCs are to attend the first TCs' Meeting at 1000 hrs, Sat 20 Jan 24 in the Race Office (Media Centre Cheimgau Arena) and subsequently as published on the programme.

20. **Internet Results Service.** All race results and Marina / SAS / Kentish Cup results will be published on both [www.britishbiathlon.com](http://www.britishbiathlon.com) and [www.awsa.org.uk](http://www.awsa.org.uk) daily.

<sup>[1]</sup> <https://jive.defencegateway.mod.uk/groups/army-snowboarding> (access through Def Gateway)

<sup>[2]</sup> Single Service rules apply.

<sup>[3]</sup> The selection committee comprises Chairman Nordic (Chair), Sec AWSA, Ex Controllers for Ex PDN and Ex SH, Sec Army Alpine and Sec Army Nordic.

<sup>[4]</sup> Entitlement for all other Ex's is in accordance with JSP 752.

<sup>[5]</sup> The Ex Director may delegate tasks to the Ex Controller.

<sup>[6]</sup> Ref A contains details regarding when public monies may be authorised for military personnel subject to Unit affordability.

<sup>[7]</sup> 30% discount for Ex LIONS CHALLENGE participants.

<sup>[8]</sup> There is a 10% discount on passes of 8 days or less, if purchased through the Race Office.