

# Winter survival 2024

## Competition Guide and Regulations



**Motto: SURMOUNT EVERYTHING!**

**Quickly, safely and smoothly.**

# Winter survival

The objective of this guide is to delineate basic rules and regulations and explain to the teams their tasks and activities to be carried out in the course of the competition.

The Winter Survival is a unique competition of military three-member teams that put huge demands upon all competitors in terms of their individual skills and abilities to overcome difficult obstacles and endure hardships in severe winter conditions of the mountainous terrain where the competition takes place. The below-stated rules delineate basic criteria for activities of all team members in the competition, yet giving them a sufficient freedom of movement and opportunities to draw on their skills and lessons-learned.

## Competition Rules and Regulations:

### Fundamental provisions:

All the competitors are to complete each stage:

- **WITHIN THE SCOPE OF SPECIFIED DISCIPLINES (except for those which were not completed for the reason of time shortage but still within the tolerance limit),**
- **BY THEMSELVES WITHOUT ANYONE ELSE'S ASSISTANCE,**
- **WITH MANDATORY EQUIPMENT.**

Each team is bound to follow the instructions as stated in this guide and given by the referees. A referee's verdict is final, thus no protest is permitted.

### Definitions:

**Stage:** is a part of the competition taking place within a time limit. The competition consists of two stages:

- Stage I – includes endurance and technical disciplines; focused on land navigation with use of a map and base-plate compass; combined with disciplines testing special skills; takes place at the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> day of the competition.
- Stage II – is focused on cross-country skiing skills and aspects of special physical training when moving on snow and ice, and shooting with a laser biathlon rifle; takes place at the 4<sup>th</sup> day forenoon.

**Disciplines:** Activities forming the content of the competition. They are subdivided into:

- Primary disciplines of individual stages.
- Secondary disciplines: the so-called rated and unrated survival activities.

Each team must complete the disciplines that form the content of the competition. They are to turn up at the starting line and try to complete them in line with the specified instructions.

**Primary disciplines:** Form the foundations of the competition and are usually rated by points (200-1 or 100 – 1).

**Rated secondary disciplines - survival activities:** Form the complementary disciplines and are rated by points (100 – 1). Their assignments are stated in the descriptions (herein in the guide or at the checkpoint).

**Unrated secondary disciplines - survival activities:** Even though not rated by points, their successful completion is a condition sine qua non for each team to continue in the competition.

**Final time:** The difference between the times measured at the start and finish line which may be changed by penalizations or bonuses, or eventually, from which waiting periods may be deducted.

**Time limits:** Set for most of the disciplines; exceeding a limit results in penalization in the form of added time, lost points, or even disqualification.

**Fundamental time limits:**

- **Limit** for the 1<sup>st</sup> day of competition: **8 hours** (movements).
- **Daily time limit** for the 2<sup>nd</sup> day of competition: **12 hours of net time** (waiting periods are deducted).
- **Limit** for the 2<sup>nd</sup> day of competition **to avoid disqualification: 14 hours.** It begins at the starting moment and ends after 14 hours expire (e.g. if the start is at 7:15 hrs., the limit expires at 21:15 hrs). **Waiting periods are not deducted!**  
The period between expirations of the 12-hour and 14-hour daily limits (to avoid disqualification) is called **shortage of time** (or maximum time tolerance). **Shortage of time shall affect each team that missed 1 or more checkpoints. The team is allowed to continue in the competition, but will be penalized in points.**  
*Teams affected by shortage of time may cross the finish line only after the daily limit of 12 hours expires!*
- **Time limit** for the 2<sup>nd</sup> day of competition **within which the survival checkpoints are active: 13 hours.** It begins to run as soon as the last team has started and terminates after the limit of 13 hours expires. If the limit is about to run out, the decision whether a team is allowed to complete individual disciplines shall be based on their prompt readiness to start the discipline.
- **Limit** for the 3<sup>rd</sup> day of competition: **7 hours** (movements).

**Rating of disciplines:**

- **“Passed”** means that the team has completed all the tasks specified for the discipline. In the event of a “rated” discipline, the team will record its final time and, eventually, points. Based on the time or points, each team will be notified of their standings and obtain corresponding points for the completed discipline.
- **“Passed with penalty”:** Should a team or an individual fail to complete the tasks of the discipline, as specified in the guide, they will be penalized. The team rated as “passed with penalty” is permitted to continue. Penalizations have no effect on the length of time limit for individual disciplines. A team is penalized in the event of:
  1. **not completing a part of the task or completing it with faults.**
  2. **exceeding the time limit as specified for the primary disciplines.**

3. exceeding the 12-hour limit (2<sup>nd</sup> day of competition), **missing checkpoints**, and **not completing disciplines** (within the period of the so-called shortage of time).
- **“Failed”**: The team obtains no points.
    1. A failed discipline, as for the primary disciplines during the 2<sup>nd</sup> day (time limits per day that each team must fulfill to stay in the competition), results in disqualification of the team
    2. Failure to complete a secondary discipline results in penalizing the team, which comes after:
      - **exceeding the specified time limit.**
      - finding that a task which a team attempted to complete have turned out to be **“beyond their power”**.

### Penalization in points:

For exceeding the time limit in the primary disciplines:

- **Stage I:**
  1. For exceeding **the 8-hour limit** in the **1<sup>st</sup> day of competition**, and **7-hour limit** in the **3<sup>rd</sup> day of competition**. Penalization means that the team obtains **no (zero) points** for the discipline and **15 points are deducted** from their total score.
  2. For exceeding **the 12-hour limit per day** in the **2<sup>nd</sup> day of competition**; however, only if a team does not exceed the disqualificatory **14-hour limit**. Penalization means that the team obtains **no (zero) points** for the day primary discipline and **30 points are deducted** from their total score.
  3. **For missing the checkpoints** in the **1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> day of competition**. Penalization means that the team obtains **no (zero) points** for the primary discipline and **30 points are deducted** from their total score.
  4. For **not completing rated survival activities** as a consequence of shortage of time in the **2<sup>nd</sup> day of competition**. Penalization means that the team obtains **no (zero) points for the discipline** and **10 points are deducted** from their total score. Since each survival activity is also a checkpoint, in total the penalization amounts to **40 deducted points**.
  5. Should a team fail to abide with the instructions given by the organizer at the **“emergency overnight sleeping“** discipline, **30 points** are deducted from their total score.

### Time penalization:

While performing the **rated survival activities in Stage I:**

1. If merely **a part of a task is completed** or **the task is completed with faults**, the team is penalized as stated in the guide, and their **final time** in the discipline **is extended**.

2. **If the time limit at the discipline is exceeded** (rating “failed”), **the team obtains no (zero) points** for the discipline **and is penalized with 30 minutes** to be added to **their final time reached in the day**.
3. If a task turns out to be **“beyond powers”** (rating “failed”), **the team obtains no (zero) points** for the discipline **and is penalized with 30 minutes** to be added to **their final time achieved in the day**.

**Disqualification:** means that the whole team is barred from the competition (upon the jury’s verdict).

Teams are disqualified for:

1. A grave and deliberate violation of the rules of competition, especially “fundamental provisions”.
2. Exceeding the 14-hour limit as a maximum tolerance to continue in the competition at the 2<sup>nd</sup> day of competition.
3. Intentionally uncompleted disciplines (except for the disciplines in Stage I that were not completed for the reason of “time shortage”).
4. Using communication devices (telephone or radio transmitter) in Stage I (except for emergency cases, e.g. life danger, endangered property, serious organizational reasons, etc.).
5. Accepting someone else’s help.
6. Violating the rules pertaining to replacement of damaged material.
7. All other reasons resulting from the jury’s verdict.

**A disqualified team is allowed to continue, but shall be aware of not being rated. To be discerned from the others, each disqualified team shall be dressed in special garments and must give way to other teams on the track! The referees on the checkpoints shall decide whether a disqualified team is allowed to complete the secondary disciplines of Stage I.**

**Point rating:**

- The jury will **announce the standing** based on the **final measured times** or **points** achieved in individual disciplines. By this standing each team will receive a **corresponding amount of points** allocated by the Table of Point Rating.
- **The Table of Point Rating** is composed of **20 columns** (depends on the number of teams) which specifies accurately the number of points per each position. The key factor for application of a corresponding column in the table for each discipline **is always based on the number of teams that turned up at the starting line in the day of competition or discipline.**
- If all the teams that turned up at the starting line have “completed” a discipline, the number of points to be allotted to individual teams corresponds with their standings as indicated in the appropriate column of the table. Thus all teams will obtain point equivalents within the range of 200 – 1 or 100 – 1 point.

- **If two or more teams are** at the same position in a discipline, then all these teams shall receive **equal number of points** that corresponds with the **highest standing**. Example: 7<sup>th</sup> to 9<sup>th</sup> position; all these teams will receive the number of points corresponding to the 7<sup>th</sup> position.
- **Points are not awarded in the event of exceeding time limits; moreover,** the teams are **penalized**.
- Both continuous and final standings result simply from the total of points to be added for each completed discipline and subtracted from each penalization.

**Compulsory equipment:** The equipment specified for a team or individual as detailed in the regulations or the guide. May include items provided by the organizer. Each competitor is bound to carry this equipment on the whole track of the stage or rated survival activity unless stated otherwise by the organizer in the guide.

**Non-compulsory (including recommended) equipment:** Should the competitors wish using items of non-compulsory (recommended) equipment on the track (primarily during Stage I), they must carry them from the beginning of the stage (the items are to be in compliance with the competition rules and regulations). This includes mainly items for staying overnight in the wild, mountaineering gear, food, and items for mending outfit and weapons. **This equipment has to be carried to the finish of the stage.**

**Prohibited equipment:** Prohibited are the items that could give a team advantage over the others: GPS (including sport watches, sport testers and similar IT GPS based devices), radio transmitters and cell phones (except for those provided by the organizer for safety reasons).

**Defect in skiing equipment:** Teams are permitted to continue racing if they manage to repair their equipment by themselves with the use of the material they are carrying. The stage (or its part) may even be finished on foot (unless stated otherwise in the guide). However, competitors have to carry their damaged skis or sticks beyond the finish line.

**Permitted replacement of skis and sticks:**

- **Stage I - each team** is permitted to **replace two skis** (eventually with a boot) **and two sticks**, the replacement takes place after a team reaches the survival area (1<sup>st</sup> and 2<sup>nd</sup> day of competition).  
3<sup>rd</sup> day of competition – no replacement is permitted.

Should a competitor need to replace an item, they have to report this fact to the organizer immediately after crossing the finish line of the 1<sup>st</sup> and 2<sup>nd</sup> day of competition. In the event of an approved replacement (defect), the organizer, in cooperation with the personnel in charge of the stage, shall provide the material (if being able to do that) **at the start of the following day of competition.**

- **Stage II - each team** is allowed to **replace two skis** (eventually with a boot) **and two sticks** after reaching the finish line. The competitor will replace the material with the consent of the starter **at the start and finish area prior to the beginning of the new lap.**

**External assistance:** Any material, physical or informational help provided during a stage (i.e. preparations between stages are not regarded as external assistance) from any person who is not a member of the team (rivals, spectators, by-standers, etc.). However, competitors are allowed to seek information from the referees during the competition, yet the referees may not provide such information that would give the team an advantage over the others. They may clarify methods or regulations but are not permitted to render any physical or material

assistance. Should a team need it, such help, i.e. medical aid in the event of an injury or any necessary assistance for their safe return to the finish, will be provided, but the team will be disqualified.

The only exception is permitted at the “emergency overnight” checkpoint where a team may accept assistance from rivals or organizers. Minor injuries may be consulted with the doctor and teams may ask for further medical supplies, but they have to perform treatments by themselves. Any other help is regarded as forbidden “external assistance”.

**Prohibited items and activities: Carry any cash, payment cards, and visit any restaurants, pubs, inns and shops. Violation of this rule results in disqualification!**

### **Jury:**

All matters pertaining to the rules and course of the competition are to be solved by the five-member commission (jury).

The jury consists of: **director of the competition, competition sports director, OdZVSITV SRPS MO representative, chief referee and head of the discipline. In emergency situations, or for serious organizational reasons, the jury is entitled to amend the rules (even ex post).**

## **Point rating per disciplines**

### **Stage I – maximum 1500 points**

#### **1<sup>st</sup> day of competition:**

<b>Primary discipline – total time in 1<sup>st</sup> day of competition</b>	<b>200 – 1 point</b>
Secondary disciplines – 1 <sup>st</sup> to 3 <sup>rd</sup> rated survival activity	3x 100 – 1 point

#### **2<sup>nd</sup> day of competition:**

<b>Primary discipline – total time in 2<sup>nd</sup> day of competition</b>	<b>200 – 1 point</b>
Secondary disciplines – 4 <sup>th</sup> to 6 <sup>th</sup> rated survival activity	3x 100 – 1 point

#### **3<sup>rd</sup> day of competition:**

<b>Primary discipline – total time in 3<sup>rd</sup> day of competition</b>	<b>200 – 1 point</b>
Secondary disciplines – 7 <sup>th</sup> to 9 <sup>th</sup> rated survival activity	3x 100 – 1 point

### **Stage II - maximum 300 points**

#### **4<sup>th</sup> day of competition, forenoon:**

<b>Primary discipline – biathlon relay race</b>	<b>200 – 1 point</b>
Secondary disciplines – 10 <sup>th</sup> rated survival activity	1x 100 – 1 point

## **Safety Instructions:**

During the competition the teams are bound to respect the safety rules, regulations and instruction as given by the organizer. This applies primarily to the activities during Stage I when the teams are moving in unknown terrain of a large mountain massif.

The teams are to strictly adhere to the following rules:

1. Each team **must** move in terrain **together!** Only if someone is injured, the members may act separately (e.g. one stays with the injured and one is searching for help).
2. At the start of Stage I each team will be provided a sealed cell phone with necessary phone numbers or a radio transmitter that may be used **only** in case of emergency or threat (results in disqualification). Each team must report immediately any case of serious injury.
3. Should a team lose direction and find themselves in danger, they shall try to establish communication and then move to the nearest valley where some assistance can be expected. They should do such activities to prevent hypothermia, chilblains and any other harmful effects on health.
4. All materials to be used in the competition must be safe and comply with specified standards and registered in accordance with the effective ACR directives (mountaineering – ropes, metal items, etc. in accordance with UIAA and EU standards with usage records). Foreign teams shall be governed by their own legislative standards.
5. Prior to and while completing the mountaineering disciplines each team must meet the safety terms and conditions for mutual securing, as specified by the organizer.

**The physician in charge of the whole competition is authorized to stop and ban a team from the competition, should health of a team member be endangered.**

*Emergency situations will be solved via activation of the Integrated Rescue System, HS Jeseník.*

## **COMPETITION SCHEDULE**

**28/1/2024 SUNDAY**

**COMPETITION TECHNICAL MEETINGS**

1. VZ Ovčárna **hotel lounge** at **16:30 hrs.** Attended by **team leaders**. After the act of official welcome and introducing the personnel, the **teams, by drawing lots, will receive starting numbers**. At the same time the team leaders will receive a **map for the 1<sup>st</sup> day of competition, legend to the topographic maps, topographic stencil, sealed cell phones from the organizer**, and ribbons for marking the backpacks.
2. **VZ Ovčárna hotel lobby at 19:30 hrs.** Stage I Technical Meeting.
  - The competitors will be instructed on the Jeseníky Protected Area and its unique features, regulations for moving within its territory and prohibition against moving in reservations. They are bound to respect the environment, preserve the original features throughout the competition and along the entire track.
  - The head of Stage I and the chief referee will pass information relating to individual days of competition, clarify methods of land navigation, and answer questions on individual disciplines.
  - The teams will be instructed on individual disciplines and shooting with the biathlon rifle.
  - Teams will be informed on operating the GPS (Dobruška) monitoring system and radio station.



**STAGE I 29 – 31/1/2024 MONDAY – WEDNESDAY      1<sup>st</sup> – 3<sup>rd</sup> day of competition**

**COMPULSORY, NON-COMPULSORY AND RECOMMENDED EQUIPMENT – the equipment for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> day of competition.**

**a) Each team member:**

1. Skiing equipment: ski-touring equipment, helmet.
2. Outfit and footwear for the disciplines (unless the Guide states otherwise):
  - Battledress uniform – jacket and pants.
  - Green or black headgear.
3. Individual mountaineering equipment:  
Combined or full-body harness + flat sling connecting the sitting and chest harness, two 1.5m and 5m tubular slings (6mm diameter), flat sewn sling, locking carabiner – 3 pieces (of which at least 1 HMS), rappelling instrument (recommended “figure eight descender”), helmet.
4. Suitable backpack, khaki or black.
5. Headlamp + spare batteries - 2x.
6. Survival food and material for emergency survival and overnight sleeping in the wild.

**b) Team:**

1. Baseplate compass.
2. First aid kit and materials.  
**Items included in the first aid kit:**
  - 1 x Nitrile reinforced gloves, non-sterile;
  - 1 x hydrogel dressing for open chest injuries (pack contents 2 patches, at least 1 with valve);
  - 1 x tourniquet (self-applied with one hand);
  - 1 x haemostatic gauze (folded);
  - 1 x sterile emergency pressure dressing (6" wide);
  - 1 x vacuum packed compression gauze;
  - 1 x nasal air line with length option;
  - 1 x rescue scissors;
  - 1 x lubricant (individually wrapped 5-10g);
  - 1 x heat insulating foil with high mechanical resistance;
  - 1 x chest decompression needle in a solid container (needle length 3.25");
  - 1 x TCCC card;
  - 1 x non-washable marker;
  - Alcohol disinfectant squares (individually wrapped).
3. Cooking equipment.
4. Materials for emergency overnight sleeping – **TENTS ARE PROHIBITED!!!**

**c) Recommended and non-compulsory equipment:**

Combat boots, eventually black or brown trekking boots. **Low and sports shoes are prohibited!**

Belay devices, ascenders, pulleys, and other mountaineering equipment.

**d) Food:**

During Stage I the competitors will be provided with cold meal rations calculated from lunch 29/1/2024 till lunch 31/1/2024. The competitors may carry their own food

## **RULES:**

- At the start each competitor must be supplied with at least 1 liter of liquids.
- **All materials of both compulsory and non-compulsory equipment** that each team reported at the starting line **must be carried beyond the finish line of the endurance stage!**
- **EACH TEAM MUST PASS THROUGH EACH CHECKPOINT IN THEIR COMPLETE LINE-UP!**

### **Permitted replacement materials:**

**If a team is supplied with spare materials to be used for permitted replacement (2 skis + 2 sticks per 1 team), the competitors will hand them over (marked with the team number) to the Chief of Competition Office who will store them in a designated place. In the finish area of the 1<sup>st</sup> or 2<sup>nd</sup> day of competition the team will report to the organizers that they need, if such an event occurs, to replace their materials. The organizer will arrange transport of the requested replacement materials to the survival point.**

## **STAGE I 29/1/2024 MONDAY**

**1<sup>st</sup> day of competition**

### **Stage I - Start:**

The competition will be started behind the building of VZ Ovčárna under the Mountain Rescue Office. The teams shall get ready 5 minutes before the start. The teams will line up from right to left; the members of each team will be standing one behind the other in a file, and the first one is going to receive the GPS tracking system.

Starting time-schedule:

- 8:15 hrs. – teams 1 - 5
- 8:30 hrs. – teams 6 - 10
- 8:45 hrs. – teams 11 – 15
- 9:00 hrs. – teams 16 - 20

### **1<sup>st</sup> day of competition - organization.**

Movement on skis with use of the 1:25000 map (approximately 27km). The map contains both frame and non-frame data. The map indicates in color the movement route and checkpoints. Reaching each checkpoint is marked by perforating the appropriate field in the check card with clippers; the check card is part of the map. After collecting all checkpoint signatures (fully marked check card) and completing secondary disciplines, the team proceeds to the finish.

The referees also record the eventual waiting times at individual disciplines in the check cards!

It consists of two parts:

- The 1<sup>st</sup> part of the whole measured section of the cross-country skiing using the map (approximately 12 km) is without backpacks. The move includes two measured downhill sections – 1<sup>st</sup> rated survival activity. The backpacks will be transported to the pickup point (parking lot on Červenohorské sedlo) by vehicles. The backpacks will be collected by the competitors at the designated place after completing the 2<sup>nd</sup> rated survival activity. The time spent taking the backpacks is part of the entire measured

section of the move. Route points of the move: Švýcárna/Praděd crossroad – Švýcárna – Velký Jezerník – Červenohorské sedlo.

- The 2<sup>nd</sup> part of the whole measured section of the cross-country skiing using the map to the finish of the 1st day of competition (approx. 15 km) shall be concluded with complete equipment. Route points of the move: Červenohorské sedlo – Keprník – Šerák – Obří skály. The map shows: starting point, routes, measured downhill sections, checkpoints and finish of the first day of the competition.

**Material for transport to the finish of the 1<sup>st</sup> part of the whole measured section of the move (parking lot Č. Sedlo):**

Competitors will place their **backpacks** marked with a numbered tape in the standing vehicles (teams 1-20) **NLT 07:15 hrs. Applies to ALL COMPETITORS!**

**Primary Discipline - "TOTAL TIME OF DAY 1"**

Measured section of the entire movement.

At the finish (the 1st survival point) the measured time of the move ends. The team hands in the map to the organizers.

***Regulations:***

- The task of each team is to complete the movement on the precisely designated route.
- While moving, do the tasks at checkpoints as specified, and mark their completion in the check card, which is part of the map.
- While moving, complete the specified secondary survival activities.

***Rating:*** main discipline, rating range: 200 – 1 point.

***Time limit:*** 8 hours.

**Secondary Disciplines:**

**1) Rated Survival Activity "DOWNHILL SKIING"**

The discipline consists of 2 measured downhill sections. The tracks are mostly downhill on untreated surface and are precisely marked.

***Compulsory equipment:*** ski-alp equipment, helmet, starting number.

***Course:*** Upon the command given by the referee the team moves to the starting line, or maintains the minimum interval from the start of the foregoing team (30 seconds). The place is marked with the START sign and line. The end of the measured section is marked with the line and the inscription "CÍL" (FINISH). The task is to move downhill as fast as possible on alpine skis. The referees both at the start and finish area will wear distinguishing garments.

***Regulations:***

- Each team starts together.
- This discipline must be performed on skis.
- The track of each downhill must be completed in its entire length (taking a shortcut is rated "failed")

- The finish time of the measured downhill sections is the moment when the last (3<sup>rd</sup>) team member crosses the finish line.
- If a member of a team does not manage to complete this downhill skiing discipline (e.g. because of a defect or too difficult track), the task is rated as “beyond powers”.
- The fall of a competitor of an earlier starting team is not considered as a possible obstacle on the track for the following competing team.
- A competitor who has fallen must vacate the spot as quickly as possible. A competitor coming from above, from the left or from the right must choose their trail at such a distance that they do not endanger that competitor or the competitor in front of them.

***Rating:***

The final time of the team is the sum of the times achieved in the 1st and 2nd measured downhill section.

Rated survival activity, rating range: 100 – 1 point.

***Time Limit:*** None.

## **2) *Rated Survival Activity “SKI-ALP RACE”***

***Compulsory equipment:*** ski-alp equipment, helmet, starting number.

***Course:***

Upon arrival at the site, the team will place the excess materials in the location as designated by the organizer. The discipline consists of three tasks: ascent on the downhill skiing track (hereinafter referred to as "Ascent"), preparation for the race and downhill skiing combined with slalom (hereinafter referred to as "Downhill").

***Start area, track, finish area:***

- The starting area for the “Ascent” and “Downhill” tasks is marked with the START sign and two cones that are connected by the starting line.
- The area for team preparation before the “Downhill” is marked with tape.
- The “Ascent” track leads on the outside of the downhill track, just at the edge of the slope.
- The slalom gate on the “Downhill” track always consists of 1 pole, and the racers have to go around it from the outside. The colors of the poles change regularly.
- The finish area is marked by two signboards showing the word CÍL (FINISH) that are connected by the finish line.
- The referees both at the start and finish area will wear distinguishing garments.

***Regulations:***

- Each team starts together to complete both tasks, "Ascent" and "Downhill". Once the team is ready it takes position on the starting line and starts upon the command given by the referee.
- This discipline must be performed on skis.
- Each team will do the “Ascent” on the outside of the downhill track upwards to the downhill race preparation area so as not to block the competitors who are just doing the “Downhill” task.

- If a racer moves off the track during the “Downhill” task (the slalom section is marked in the middle of the downhill track) and endangers the ascending teams, the team is disqualified.
- The slalom gate is passed correctly if the tips of the skis and both feet cross the imaginary horizontal plane intersecting the pole.
- The decision whether the gate was passed correctly, or not, is up to the slalom referee.
- **Each incorrect pass through the slalom gate results in 1 minute penalization.**
- If one ski is damaged, the racer may continue the discipline on one ski only.
- If both skis are damaged, the team task is rated as “beyond powers”.
- For safety reasons and easier measurement of the finish time, the stopway distance between the first and last team member is set at 20m. This distance is marked with a line before the finish.
- The finish time of the “Downhill” task, and simultaneously the whole discipline, is the moment when the last (3<sup>rd</sup>) team member crosses the finish line.

**Rating:** rated survival activity, rating range: 100 – 1 point.

**Time Limit:** None.

### **3) Rated Survival Activity “CROSSING ROCKS AND RAPELLING”**

The discipline includes climbing rock formations through a secured route and rappelling off a rock block.

**Compulsory equipment:** Combined or full-body harness, flat loop not sewn to connect the sitting and chest harness, locking carabiner – 2 pieces HMS), rappelling device (figure eight descender), helmet, starting number.

Provided by the organizer: 3 Ferrata sets, the possibility to use climbing hardware - crampons (hereinafter referred to as “crampons”).

**Course:** After coming to the point, the competitors will lay down all redundant items, put on the compulsory gear. The competitors tie the Ferrata set they received from the organizer to the central point of the full-body or combination harness. Competitors may use the crampons provided by the organizer. The team performs 3 tasks together and the 4th task is done by each competitor individually. The team starts together.

**Tasks:** Crossing the marked and secured route and rappelling includes 4 subtasks.

1. Surmounting a rock block on the secured route.
2. Moving between individual sections of the secured route.
3. Surmounting a rock block on the secured route.
4. Rappelling off a rock block.

**Regulations:**

- The team starts together upon the command given by the referee.
- The direction of movement between individual sections of the secured route is marked by the organizer.
- **Task 1:** Climbing up the secured rock route. The team climbs together on the route marked out with a fixed rope.

- **Task 2:** The team moves on the marked foot trail together as quickly as possible while maintaining a minimum distance between the first and the last member of the team. The organizer will allow the team to move only after all competitors have descended from the first section of the secured route and after the last (3rd competitor) has disengaged from the fixed rope.
- **Task 3:** Climbing up the secured rock route. The team climbs together on the route marked out with a fixed rope.
- **Task 4:** Rappelling off a rock block. Having completed the ascent route, each team member will rappel off the rock using one out of 3 ropes prepared by the organizer. They will use the rappelling device (figure eight descender) to be fastened to the descending rope. The command to start rappelling will be given by the organizer. The competitor will disengage his Ferrata set on this command. While rappelling the competitors are always belayed by the organizer.
- The competitors are always bound to use the belaying items as specified by the organizer.
- While moving each competitor is always secured to the fixed rope with two key-lock carabiners of the Ferrata set. When passing through the fixed points, they must be secured with both carabiners. Competitors may use the fixed rope for moving.
- Only one competitor may be on one section of the secured route between two anchoring points.
- To complete this task the team is allowed to use their carried equipment.
- The finish time of a team is the moment when all team members are in the finish area under the rappelling route and the rappel ropes are free of all climbing material.
- The start and finish points will be visibly marked.

***Should a competitor fail to observe safety regulations, the referee is entitled to forbid them to do any task.***

***Rating and ranking:***

If the time limit is met, the ranking on the discipline is decided by the following criteria:

- 1. All tasks completed.
- 2. Resulting time of the team.
- 3. Sum of final times achieved by individual competitors.

Rated survival activity, rating range: 100 – 1 point.

***Time Limit:*** 15 minutes.

***Unrated survival activity: “EMERGENCY OVERNIGHT SLEEPING”***

The teams will stay overnight in the open air in the designated area. The competitors shall build up the shelters and make their meals with use of the *carried materials*. It is *prohibited to use broken tree branches for making insulating structures* and make bonfires. There is a water source near the survival area. Water treatment tablets will be available upon request. “Emergency Overnight” is the only point where competitors are allowed to accept external assistance, but only from their rivals or the organizer. Health state or minor injuries may be consulted with the doctor. The teams may ask the doctor, in a limited extent, for needed medical supplies, but they have to perform treatments by themselves.

The survival area, as chosen by the team, shall be marked with a board indicating the team number. **Prior to leaving the survival point, the area *MUST* be rid of all waste materials and put in the original state!**

***Penalization:*** failure to clean up the area results in 30-point penalty to be deducted from the total score.

## **STAGE I 30/1/2024 TUESDAY**

## **2<sup>nd</sup> day of competition**

### **Material Replacement:**

Replacement of damaged materials is arranged and done by the competitors in cooperation with the organizers prior to the start of the 2<sup>nd</sup> day of competition.

### **Readiness and starting time schedule:**

- 6:50 hrs. - teams 11 – 20 must be present at the starting area.
- 7:00 hrs. - start, teams 11 – 20.
- 7:05 hrs. - teams 1 – 10 must be present at the starting area.
- 7:15 hrs. - start, teams 1 - 10.

### **2<sup>nd</sup> day of competition – organization and route:**

The **starting** point is about 2 km away from the survival area and the route is mostly slightly downhill. A map with the route to the starting point of the 2<sup>nd</sup> competition day will be available at the survival area of the 1<sup>st</sup> competition day. The route has a circular shape. The **start**, located approximately in the middle, **is also the finish**. Ten minutes before the start each team, by drawing lots, will receive a 1:25000 topographic map which contains: frame and non-frame data with MGRS coordinates, number and coordinates for the first pass-checkpoint. The referee shall check if the coordinates are correctly read and set. After the start signal each team shall move to the first pass-checkpoint marked with a paper-lantern and a number, **for example 5**, suspended on which are two checkpoint cards and an informative paper slip with MGRS coordinates of two nearest checkpoints, **6 and 4** in our example. The team will pick up from the paper-lantern **ONE checkpoint card, then marks and keeps it!** The following direction is a matter of their voluntary choice, either towards checkpoint 6 (clockwise direction) or checkpoint 4 (counter-clockwise direction), then the team will move in the direction they have chosen (either towards checkpoints **6, 7, 8...** or **4, 3, 2 ... to the finish**). Hence after taking checkpoint 5, it is not possible to pick up, for instance, checkpoint 8! Passing through each checkpoint is indicated by perforating the appropriate field in the card with clippers. As soon as all the checkpoints are collected (all fields in the card are perforated) and the secondary disciplines completed, the team will move to the finish (start point).

The referees at individual disciplines also record waiting intervals in the checkpoint cards!

### **Primary Discipline – “TOTAL TIME OF DAY 2”**

The start point is also the finish of the movement measured section. The team will hand over the map to the organizers.

**Having crossed the finish line of the 2<sup>nd</sup> day of competition, competitors may ask the person who is in charge of the survival point for replacement of the damaged materials.**

**Movement to the 2nd Survival Area:** Competitors will be transported to the 2nd Survival Area.

**Rating:** main discipline, rating range: 200 – 1 point.

**Day time limit:** 12 hours, maximum tolerance (time shortage): 14 hours.

**Choosing the starting order for the 3rd day of competition:**

The base for survival is the hunting lodge. **At 20:30 hrs.**, the captains will report to the person in charge of the survival point at the entrance to the hunting lodge. **The team captains will choose the starting order for the 3rd day of competition** based on the ranking set by the final move times on Day 2.

**4) Rated Survival Activity “PISTOL SHOOTING UNDER DIFFICULT CONDITIONS”**

**Compulsory equipment:** starting number.

**Course:** The shooting will take place at the shooting range. The aim is 5 reactive targets (POPPER type) and the 6th fixed target with circles. The shooting is done with one hand, in the other hand the competitor holds a box with ammunition (about 5 kg). Upon the "START" command the competitors run from the preparatory area to the firing line. After loading the weapon (they may put down the ammunition box while loading), they fire independently. After all 5 reactive targets have been hit, they shoot at the 6th target with circles and fire the remaining rounds.

**Regulations:**

- All team members will complete the discipline together.
- Number of rounds for each individual: 10.
- Shooting at reactive (POPPER) targets comes first.
- The hit of the reactive target (target down) is rated 10 points. 50 points are awarded for hitting 5 reactive targets.
- Among the reactive targets there is one distinctly marked non-target (imitating a civilian). 20 points are deducted when the non-target is hit.
- After hitting all 5 reactive targets, the competitor shoots the rest of the rounds by firing at the target with circles.
- The evaluation of the hits on the target with circles (total number of circles hit) will be made by the organizer after the end of the discipline.
- The points scored from all targets hit (reactive and circle) are added together.
- If the time limit is exceeded, the task will be stopped. The points achieved will be counted.

**Rating:**

The ranking is decided by the following criteria:

1. Total points of all hits.
2. In case of equal number of points, the time of the last shot of the team member will be decisive.

Rated survival activity, rating range: 100 – 1 point.

**Time Limit:** 60 seconds.



## **5) Rated Survival Activity - „MEMORY ORIENTEERING RUN“**

**Compulsory equipment:** starting number.

**Non-compulsory equipment:** alpine skis, snowshoes.

**Course:** Upon the command given by the organizers, the team comes to the area where the competitors lay down the redundant items and then move to the start (60 m). Here, the team has 2-minutes to study and memorize a cut-out of the orthophoto map with contours and plotted checkpoints. The task of the team is to collect the checkpoints and return to the finish within the time limit.

### **Regulations:**

- The team starts together, finishes individually.
- The checkpoint is a paper-lantern for orienteering with clippers or a stand with clippers. The competitor collects the checkpoint by perforating the check card with the clippers.
- The collection of 12 checkpoints may be done in any order and in any quantity per team member.
- Competitors are forbidden to use a baseplate compass and make drawings
- If a competitor is not able to return within the time limit, the team is rated as "failed".

### **Rating and ranking:**

If the time limit is met, the ranking on the discipline is decided by the following criteria:

1. The amount of collected checkpoints.
2. The sum of final times achieved by individual team members.

Rated survival activity, rating range: 100 – 1 point.

**Time Limit:** 20 minutes.

**Note:** The 20-minute time limit **includes** the (initial) 2 minute interval for studying and memorizing the cut-out of the orthophoto map!

## **6) Rated Survival Activity – “MAKING BONFIRE”**

The discipline is performed by the team in the survival area on the 2nd day of the competition upon the command given by the organizer.

**Compulsory equipment:** starting numbers.

Supplied by the organizer: 2 wood logs, splitting hammer, hatchet, fire-lighter, touchwood, billycan, wooden control stick.

### **Task:**

- a) Carry the logs to the designated place and split each log into at least 8 pieces.
- b) Make fire using the fire-lighter and touchwood.
- c) Maintain the fire at such an intensity as to burn through the wooden control stick.

***Regulations:***

- The use of other materials than those provided by the organizer is forbidden.
- Fire must be made on the spot as designated by the organizer.
- Wind protection items are permissible.
- Competitors may use a knife.

***Rating:***

The ranking is decided by the following criteria:

- 1. All tasks in the discipline completed.
- 2. Resulting time of the team.

Rated survival activity, rating range: 100 – 1 point.

***Time limit:*** 25 minutes.

***Unrated survival activity: “EMERGENCY OVERNIGHT SLEEPING”***

The teams will stay overnight in the open air in the designated area. The competitors shall build up the shelters and make their meals with use of the carried materials. It is *prohibited to use broken tree branches for making insulating structures*. A central bonfire will be accessible until 24:00 hrs. There is a water source near the survival area. Water treatment tablets will be available upon request. “Emergency Overnight” is the only point where competitors are allowed to accept external assistance, but only from their rivals or the organizer. Health state or minor injuries may be consulted with the doctor. The teams may ask the doctor, in a limited extent, for needed medical supplies, but they have to perform treatments by themselves.

The survival area, as chosen by the team, shall be marked with a board indicating the team number. *Prior to leaving the survival point, the area **MUST** be rid of all waste materials and put in the original state!*

***Penalization:*** failure to clean up the area results in 30-point penalty to be deducted from the total score.

**STAGE I 31/1/2024 WEDNESDAY 3<sup>rd</sup> day of competition**

***Material Replacement:***

Replacement of damaged materials is arranged and done by the competitors in cooperation with the organizers prior to leaving the 2<sup>nd</sup> Survival Area.

***Organization and route of the 3rd competition day.***

The 3rd day of competition consists of four parts:

- Part 1: 1.7 km move from the survival point of the 2nd day of competition to the area of the 7th rated survival activity “Up and Down the Rope Route”. The route is slightly downhill for the most part for 1.3 km, and gently climbs for the last 400m. A chart indicating the plotted route to the start of the survival activity is included in the map for the 2nd competition day.

- Part 2: The completion of the 7th rated survival activity “Up and Down the Rope Route”
- Part 3: Movement on skis using the 1:25000 map (approximately 18 km). The map contains both frame and non-frame data, and indicates the checkpoints. Reaching each checkpoint is marked by perforating the appropriate field in the check card with clippers. The check card is part of the map. The referees also record the eventual waiting times at individual disciplines in the check cards! Part of the move is the completion of the 8th rated survival activity "Knife Throwing, Axe Throwing and Archery". The map shows the start and finish points.
- Part 4: The completion of the 8th rated survival activity „First Aid on the Battlefield“, which is not part of the movement. The place of completing the discipline is also the finish of Stage I. Teams will complete the discipline after crossing the finish line of the 3rd day of competition.

Start times are fixed. At 07:00 hrs. the team that has been given starting order No. 1 starts to complete the discipline “Up and Down the Rope Route”. Having completed this discipline, they will move to the start point of the 3rd competition day (about 100 m) on the forest path. The starting point is marked with the START sign. The 3rd competition day ALWAYS starts after 25 minutes: i.e. for the team with starting order No.1 at 07:25 hrs. The following teams always start at 10-minute intervals (team No. 2 at 7:10 and 7:35, team No. 3 at 7:20 and 7:45, etc.).

**Regulations:**

- If a team is not ready to start the 7th survival activity at the designated time, its start will be shifted to the last starting order.
- If necessary (e.g. delay of a team while completing the 7th survival activity), the organizer reserves the right to postpone the start of teams (always by 5 minutes).

**Primary Discipline - “TOTAL TIME OF DAY 3”**

Measured section of the entire movement. At the finish area, each team will hand over the map to the organizers.

**Regulations:**

- The task of each team is to complete the movement.
- While moving, collect the checkpoints by marking them on the check card. The check card is part of the map
- Complete the specified secondary survival activities while moving.

***Rating:*** main discipline, rating range: 200 – 1 point.

***Time Limit:*** 7 hours.

**7) Rated Survival Activity – “UP AND DOWN THE ROPE ROUTE”**

The discipline includes overcoming artificial and natural obstacles with the help of ropes, special rope for rappelling (hereinafter referred to as FAST ROPE), rope ladders and rope nets in combination with surmounting a secured fixed route.

**Compulsory equipment:** Combined or full-body harness, flat unsewn sling to connect the seat and chest harness, carabiner with lock - 2 HMS carabiners, rappelling device (figure eight descender recommended), helmet, starting number, rappelling gloves recommended.

*Provided by the organizer:* 3 Ferrata sets, Y dynamic descender - 1pc, pulley for descending - 2 pcs, weighted vest.

**Course:** After coming to the point, the team will lay down all redundant items and put on the compulsory outfit. The competitors will tie the ferrata set to the central point of the full-body or combined harness. The team shall complete 4 tasks. Before the start, the team chooses which tasks, i.e. 2, 3 or 4, each individual member will do. The competitor who does task 2 will tie and anchor the Y dynamic descender with descending pulleys to the combined or full-body harness. The competitor chosen to do task 4 will be provided with a weighted vest by the organizers. The team completes the first task together and starts together.

**Tasks:** Surmounting the rope route. It consists of 4 tasks:

1. Ascent through the rock formation using rope ladders, secured route and rope nets.
2. Climbing up the secured route, rappelling down the inclined rope into the rope net and rappelling.
3. Climbing the rope ladder, overcoming the rope net and rappelling.
4. Surmounting natural obstacles on the secured route.

**Regulations:**

- **Task 1:** Each team climbs together through the rock formation using rope ladders, a secured route and rope nets. The ascent ends at the place marked by the organizer. At this point, the team splits up and the competitors carry out further tasks separately.
- **Task 2:** Climbing a secured route on a fixed rope prior to the inclined rappelling. Rappelling on the inclined ropes into the rope net using the descending pulleys supplied by the organizer and their own rappelling equipment (figure eight descender recommended). Surmounting the rope net and subsequent rappelling using FAST ROPE.
- **Task 3:** Climbing a secured route on a fixed rope towards the rope ladder and rope net. Climbing up the rope ladder and moving into the rope net. Surmounting the rope net and then rappelling using FAST ROPE.
- **Task 4:** Climbing a secured route on a fixed rope while wearing a weighted vest.
- The competitors are belayed with the ferrata set on the fixed black rope throughout the entire ascent.
- The competitors are belayed with the ferrata set for the whole time while climbing the rope net and rope ladder using the lugs of the rope net and the rope links of the rungs on the rope ladder.
- In the situation where the rope net and the rope ladder are equipped with a fixed black rope, the competitor **must use this rope** for belaying with the ferrata set **as the first priority**.
- Before rappelling down the FAST ROPE, the competitor must secure himself with a ferrata set in the place as designated by the organizer. Prior to starting the FAST ROPE rappelling, each competitor is always unlocked by the organizer.
- While rappelling on inclined ropes, each competitor is always belayed by the organizer.
- The direction of movement between the individual parts of the ropeway is marked by the organizer.
- The team's finish time is the moment at which all team members are in the finish area.
- The start and finish areas will be visibly marked.

***Should a competitor fail to observe safety regulations, the referee is entitled to forbid them to do any task.***

***Rating and ranking:***

The ranking is decided by the following criteria:

1. All tasks completed.
2. Resulting time of the team.
3. Sum of final times achieved by individual competitors.

Rated survival activity, rating range: 100 – 1 point.

***Time limit:*** 12 minutes.

### **8) Rated Survival Activity “KNIFE THROWING, AXE THROWING AND ARCHERY”**

***Compulsory equipment:*** knife, axe and bow with arrows (supplied by the organizer), starting number.

***Course:*** All team members shall do all disciplines: i.e. knife throwing, axe throwing and archery. Knife and axe throwing will be done together at 1 target (a wooden log 40-50 cm in diameter), at a distance of approximately 3m. Archery takes place separately at a target with circles, at a distance of 10 m. Before the rated throws and shots, each competitor may try 2 training throws with knife and axe and shoot 2 unrated arrows.

***Regulations:***

- First 2+5 knife throws, then 2+5 axe throws. Simultaneously with the knife throws, 2+5 arrows are shot with the bow.
- **Hits are counted if the knife, axe or arrow is driven into the targets and subsequently removed from the target by the competitor.**
- The team scores 10 points for each knife hit.
- The team scores 12 points for each axe hit.
- Archery points are the sum of target hits (as indicated on individual target rings).
- The ranking is calculated by the sum of the points achieved by all team members.
- In case of equal points achieved by several teams, the better circle (or higher number) in archery decides the ranking.

***Rating:*** Rated survival activity, rating range: 100 – 1 point.

***Time limit:*** 12 minutes.

### **9) Rated Survival Activity “FIRST AID ON THE BATTLEFIELD”**

***Scenario:*** The forward defensive position is under mortar fire which threatens the whole area. It is necessary to assess the situation on the spot, treat life-threatening injuries and prepare for transport those soldiers who urgently need medical treatment.

**Team compulsory equipment:** Individual First Aid Kit (IFAK). Other medical supplies will be provided by the organizer. The organizer will provide personal protective equipment and evacuation and transport stretchers, i.e. SKED and UT 2000.

**References:** We recommend treating the wounded according to Tactical Combat Casualty Care – Combat Life Saver (TCCC-CLS) Guidelines (see Annex 1).

***Task regulations - providing 1st aid:***

- The wounded person must be treated in such a way as to avoid any deterioration in their health. If the activities of the competitors endanger the life of the wounded person, the discipline shall be rated as failed.
- The treatment must be carried out in such a way as to minimize the risk to the rescuers.
- The wounded will be dressed in a work uniform adapted for first aid training.
- Some of the injuries and symptoms are imitated by camouflage. Other findings are reported by the referees if the competitor focuses on them during treatment.
- The discipline ends when the team reports readiness to evacuate the patient or when the time limit expires. Medical and non-medical skills will be considered in the rating.

**Rating:** Rated survival activity, rating range: 100 – 1 point.

**Time limit:** 12 minutes.

## **31/1/2024 WEDNESDAY EVENING - STAGE II TECHNICAL MEETING**

Attended by team leaders, the meeting takes place in the hotel lounge (VZ Ovčárna) at 21:30hrs. The attendees will receive unofficial results of Stage I. The official results will be publicized on the board in the hotel lobby by 24.00 hrs. Protests against the results of Stage I may be submitted at the competition office by 07:30 hrs. the following morning. The teams will receive information on Stage II.

## **STAGE II 1/2/2024 THURSDAY**

**4<sup>th</sup> day of competition**

### **4<sup>th</sup> day of competition – organization:**

The competition is composed of two parts. The first part is made up of the primary discipline and an inserted rated secondary discipline. The primary discipline will take place in the cross-country skiing area of the Petrovy Kameny (formerly named Kurzovní) Mountain Hotel and the secondary disciplines in its vicinity.

Before the competition starts, the competitors will store all their indispensable equipment in plastic bags (to be supplied by the organizer) and put the skis in their own bags and bring them to the designated area behind the VZ Ovčárna hotel (**the time will be specified at the Stage II technical meeting**).

## **Primary Discipline – “TWO-LAP BIATHLON RELAY RACE”**

**Individual compulsory equipment:** cross-country skis and sticks, battledress uniform, starting number.

First lap: biathlon individual relay race.

Second lap: 3-member team biathlon race.

**Course:** The race will commence by a mass start of competitors wearing blue numbers in the area near the mountain hotel Petrovy kameny. Competitors run out upon the start command. The starting position (row) will be specified upon the ranking resulting from the final times of the 3rd day of competition. The competitors wearing red and black numbers start only after taking the baton in the place indicated within the starting area. The track is marked with colored flags, in complicated sections and downhill parts with a tape. **The race is run on a three-kilometer loop, one race lap consists of two finished loops.** Track referees are posted along the entire length of the loop. Part of the race is the added secondary discipline “Dummy grenade throwing for precision and shooting with a laser rifle”.

### ***Regulations:***

- Starting number order: **blue - red - black.**
- The biathlon relay race is a two-lap competition. Each team member runs the first lap individually. After the last team member runs into the finish, the team still will have to complete the second lap together
- The relay handoff takes place in the designated area.
- During each lap (always after the completion of the first three-kilometer loop) the competitors will complete the added secondary discipline “Dummy grenade throwing for precision and shooting with a laser rifle”.
- The competitor may hand over the baton only after completing the discipline “Dummy grenade throwing for precision and shooting with a laser rifle”.
- The time spent in the areas designated for dummy grenade throwing for precision and shooting with a laser rifle is included in the team's total running time of the race.

Should a defect be found on ski equipment, the competitor is allowed to change the skis, boots or sticks in line with the regulations (see ski equipment defect – Stage II)

**Rating:** The time of the last team member in the finish is the team's finish time. Rating range: 200 – 1 point.

**Time limit:** 180 minutes.

## **10) Rated Survival Activity – “DUMMY GRENADE THROWING FOR PRECISION AND SHOOTING WITH A LASER RIFLE”**

**Dummy grenade throwing for precision – Course:** Four vertical targets (circle shape, diameter 1.2 m) are located in the designated area. The weight of the rubber grenades is 350 g. The targets are approximately 15 m from the throwing line. When doing the task, each competitor, with the skis on their feet, throws three grenades in the first and three grenades in the second lap, i.e. 6 grenades in total.

**Regulations:**

- The referee shall rate the competitor's throw as successful if the grenade hits the target or touches it.
- Target hit by bouncing off the ground is rated failed.
- If more competitors or teams are simultaneously in the grenade throwing area, the discipline shall be completed in the order as specified by the chief referee at the area. The racers may start to do the task after being registered by the referee and taking over the grenades.
- Time loss is not measured.

**Shooting with a laser rifle – Course:** 5 shooting stations with laser rifles and biathlon targets are located in the marked area. The targets are 10 m away from the firing line. Each competitor will shoot 5 rounds per target in the first and second round - 10 shots in total. In the second round the team shoots together from one shooting station. The competitors shoot standing with skis on their feet without support.

**Regulations:**

- Target hit = green light on, target miss = red light on.
- If the target is not hit, the competitor must complete a penalty lap. The number of penalty laps is equal to the number of misses.
- The length of the penalty lap will be up to 100 meters.
- If more competitors or teams are simultaneously in the shooting station, the discipline shall be completed in the order as specified by the chief referee at the area. The racers may start to do the task after being registered by the referee.
- Time loss is not measured.
- Competitors must observe safety precautions and follow the instructions of the referee at the station.

**Rating and ranking:**

The ranking is decided by the following criteria:

1. The total of all successful hits in both disciplines, i.e. "dummy grenade throwing for precision and shooting with a laser rifle".
2. In the event of a tie in the total points, the better result of the number of successful hits in the discipline "Shooting with a laser rifle" will be decisive.

Rated survival activity, rating range: 100 – 1 point.

**Time limit:** None.

The organizer reserves the right to postpone the start times of some teams. Start times of teams may be reconsidered at the technical meeting on 31st January in the evening, as some teams may withdraw from the competition.



**Recommended procedure for providing advanced first aid on the battlefield for graduates of the Combat Life Saver (CLS) Course**

**In compliance with the Tactical Combat Casualty Care (TCCC) Guidelines for Medical Personnel 15 December 2021 and TCCC Skills List 1 September 2023**

This recommended practice was developed in agreement between the Chief of Emergency Medicine of the ACR and the CLS Training Centers.

**Care Under Fire (CUF)**

1. Return fire and take cover.
2. Direct or expect casualty to remain engaged as a combatant if appropriate.
3. Direct casualty to move to cover and apply self-aid if able or when tactically feasible, move or drag casualty to cover
4. Try to keep the casualty from sustaining additional wounds.
5. Casualties should be extracted from burning vehicles or buildings and moved to places of relative safety. Do what is necessary to stop the burning process.
6. Stop life-threatening external hemorrhage if tactically feasible:
  - a. Direct casualty to control hemorrhage by self-aid if able
  - b. Use a CoTCCC-recommended limb tourniquet for hemorrhage that is anatomically amenable to tourniquet use.
  - c. Apply the limb tourniquet over the uniform clearly proximal to the bleeding site(s). If the site of the life-threatening bleeding is not readily apparent, place the tourniquet “high and tight” (as proximal as possible) on the injured limb and move the casualty to cover.
7. Airway management is generally best deferred until the Tactical Field Care phase.

***Tactical Field Care (TFC)***

1. Establish a security perimeter.
  1. If there are multiple casualties, triage them and prioritize treatment. Immediately disarm the casualty with a disturbance of consciousness (change in behavior or impaired coordination of movement or speech) and remove communication equipment.

Provide care to the wounded according to the MARCH PAWS algorithm

**3. M - Massive Hemorrhage**

**Actively search** (by sight and touch) for all sources of unrecognized hemorrhage and stop it!

- If a tourniquet was not used for limb bleeding or traumatic amputation, place it directly on the skin 5-8 cm above the bleeding area towards the heart. If the bleeding does not stop, apply the second tourniquet next to the first tourniquet.

- If you have a junctional tourniquet, use it to stop massive bleeding in junctional areas! Until the tourniquet is ready, apply Combat Gauze or an alternative dressing to stop bleeding.
- For bleeding where a tourniquet cannot be used, apply Combat Gauze to the wound until bleeding stops!

*Alternative hemostatic adjuncts:*

- CeloxGauze or
- ChitoGauze or
- XStat™ (best for deep and narrow wounds in the groin and armpits).
- Hemostatic dressings should be applied with at least 3 minutes of direct pressure (optional for XStat). XStat is not to be removed in the field, but additional XStat, other hemostatic adjuncts, or trauma dressings may be applied over it.
- iTCLAMP (may be used alone or in combination with a hemostatic dressing or XStat), do not apply in or near an eye.

Each of these adjuncts works differently, so if one fails, it is possible to remove it and use another.

#### 4. A – Airway management

a) Situation 1 - Unconscious casualty without airway obstruction:

- tilt the head and lift the chin.
- apply nasopharyngeal airway.
- after completion of treatment, place the casualty in the recovery position **if permanent monitoring is not possible.**

b) Situation 2 - Casualty with airway obstruction or impending airway obstruction:

- If conscious, have the wounded person assume the position that best protects the airway (sitting, leaning sideways, leaning forward).

*Or if unconscious:*

- tilt the head and lift the chin.
- apply nasopharyngeal airway.
- after completion of treatment, place the casualty in the recovery position.
- **if previous treatment maneuvers fail, hand the injured person over to a paramedic as soon as possible!**

#### 5. R – Respiration/Breathing

a. Tension pneumothorax can occur with chest trauma (sometimes even not completely visible). A soldier with a chest injury, worsening respiratory distress, and signs of shock may have tension pneumothorax. A soldier who has symptoms of tension pneumothorax, needs you to **perform a chest puncture on the side of the injury!** Puncture with the specified cannula (10-14G width, 3.25" length) in the second intercostal space in the mid-clavicular line (puncture should be directed externally from the nipple and heart) or in the anterior axillary line in the fifth intercostal space. If the initial NDC (needle chest decompression) does not improve the symptoms of tension pneumothorax, perform a second NDC on the same side of the chest at either of the two recommended points not used previously. Use a new needle for the second attempt. If the initial NDC was

successful but symptoms later reappear: perform another NDC at the same site that was used previously. Use a new needle for the repeated NDC. If it is not possible to perform puncture in this area, do it in the anterior axillary line in the 4th-5th intercostal space.

b. Apply a chest cover with a flap to all open and/or penetrating chest wounds. If a chest cover with a flap is not available, use a non-permeable cover. Expect the possible development of tension pneumothorax when applying any cover to open or penetrating chest injuries. If respiratory distress or unconsciousness develops, release the cover. If there is no resolution of discomfort, perform a chest puncture on the side of the injury as described above. After examining the anterior chest, examine the posterior chest wall and the back and then place the casualty on a stretcher (or other means of transport) with an insulating pad.

## 6. C – Hemorrhage

- a) **Check every tourniquet that has been applied!** Detect the wound! Decide if the injury is so severe that the use of a tourniquet is necessary. If possible, any tourniquet that has been applied over the uniform should be replaced with a tourniquet placed directly on the skin 5 - 8 cm above the wound towards the heart. If the wound bleeds even though the tourniquet is already applied, place a second tourniquet above it (side by side) closer to the heart.
- b) Use a permanent marker to clearly mark and reveal all locations where the tourniquet is placed (**record all tourniquet relocations, replacements and removal times on the TCCC Casualty Card**).
- c) If time and the tactical situation permit and when the anticipated transport time to a medical facility is more than 2 hours, the tourniquet should be replaced by a pressure dressing.
- d) Never release the tourniquet if the casualty is in shock, the wound cannot be monitored and the extremity is amputated. *Never release a tourniquet that has been in use for more than 6 hours!*
- e) **Evaluate shock symptoms** (change in state of consciousness without head injury and/or absent wrist pulse).
  - a) If shock is not present and the wounded soldier is conscious and can swallow, allow him to drink. Keep checking if shock is not developing.
  - b) If the wounded is in shock, hand them over to a paramedic as soon as possible.

## 7. H – Hypothermia/head injury Prevention of hypothermia

- a) Protect the wounded soldier from inclement weather as much as possible. If possible, let them have their personal protective equipment on.
- b) If possible, change the wounded soldier into dry clothing and place him on a padded surface.
- c) Use an active heating blanket to warm the torso (not directly on the skin) and wrap the casualty in an impermeable outer HPMK (Hypothermia Prevention and Management Kit) bag.
- d) If you do not have this special equipment available, use what you have to keep the casualty dry and warm (Blizzard Survival Blanket, dry blankets, raincoats, sleeping bags...).

## e) Penetrating injuries of the eye

If a penetrating eye injury is suspected or obviously present:

- a) Perform a rapid field visual acuity test and record the result.
- b) Cover the eye with a solid eye shield (NOT soft gauze).
- c) Ensure the administration of an antibiotic - Combat Wound Medication Pack (CWMP). If the injured person can swallow, ensure that they have taken an *antibiotic* tablet. If they cannot swallow, hand them over to the paramedic for administration of antibiotics into the muscle.

## PAWS

### **8. P - Pain and Relief from pain:**

Pain is a subjectively perceived sensation and everyone perceives it differently. Pain on the battlefield can be categorized as mild, moderate and severe.

If the casualty can swallow, check if they have taken pain relief tablets from INLEK - CWMP - Paralen 500mg 2 tbl., Apo-Meloxicam 15mg 1 tbl.

If they rate the pain, before taking the tablets, as mild or moderate this is sufficient.

### **9. A – Antibiotics:**

- a. For any open wound in combat, take antibiotics as specifically recommended.
- b. CWMP – Moxifloxacin 400 mg 1 tbl.

### **10. W – Wounds**

- a. Actively search for other wounds.

Expose the wounded person sensibly when suspecting the presence of a concealed wound according to the surrounding weather conditions and tactical situation.

- b. Examine and cover with gauze any wounds you find.
- c. Evisceration of the abdomen - rinse with clean (and preferably warm) liquid to remove gross dirt. Cover the exposed bowel with an impermeable and non-adherent material
- d. Burns
  - a) Cover burned areas with sterile dry dressings. Always take care to prevent hypothermia. Always administer analgesics according to pain.
  - b) Facial burns are often associated with inhalation injury. There is a risk of airway obstruction with an inhalation injury, so check the injured person frequently and always hand them over to a paramedic as soon as possible.

### **11. S – Immobilization/use of splints**

- a. Apply the splint to the broken limb and check the pulse at the wrist or ankle before and after placing the splint.
- b. Use a traction splint for a fracture of the long bones of the lower limbs if you have it available and know how to manipulate it.

**12.** Communicate with the wounded at all times. Encourage him, reassure him that you'll take care of him. Be supportive. Explain what you're doing!

### **13. Cardiopulmonary resuscitation (CPR)**

CPR is not initiated for battlefield casualties who have penetrating (open) torso injuries or are hit by a pressure wave while unresponsive to any stimuli, not breathing even after insertion of the nasopharyngeal airway and head tilt, have no palpable pulse and show no other signs of life.

### **Tactical Evacuation Care (TEC)**

1. Monitoring of the wounded – continue to check the condition and monitor the wounded  
(Provide the same care during evacuation as in the Tactical Field Care phase.)
  2. EVAC REQUEST – use 9–line request (Monitor the wounded with chest and abdominal injuries very carefully because of the possible development of tension pneumothorax, especially during evacuation by airlift or in mountainous terrain.)
3. Finish MIST report
  - a. M – mechanism of injury
  - b. I – injuries
  - c. S – symptoms
  - d. T – treatment
4. Preparation of the wounded
  - a. Stretcher preparation
  - b. Preparation of equipment for evacuation
  - c. Wrapping the wounded
  - d. Ensuring aids and tool
5. Complete TCCC Casualty Card (DD Form 1380) Record the care you provided.
6. Take safety measures at the evacuation point in accordance with the unit's standard operating procedures.

A ranking -based chart to award points. 1 - 100 poits

pořadí	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
1	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
2	83	83	83	82	81	80	80	78	77	76	76	75	75	90	75	75	52	50	1	
3	76	76	75	74	73	75	72	72	71	67	67	67	63	75	52	50	48	1		
4	72	72	72	70	68	70	66	68	68	57	58	57	53	50	48	2	1			
5	69	68	67	68	58	67	58	58	58	52	50	48	48	20	2	1				
6	68	67	58	58	55	59	54	53	52	47	42	39	23	2	1					
7	56	58	55	56	52	54	50	48	46	42	34	18	2	1						
8	53	56	52	53	49	49	46	43	40	37	18	9	1							
9	50	53	49	50	46	44	42	38	17	18	9	1								
10	47	50	46	47	43	39	38	17	8	9	1									
11	44	47	43	44	40	30	17	8	2	1										
12	41	44	40	41	37	17	8	2	1											
13	38	41	37	38	17	8	2	1												
14	35	38	18	17	8	2	1													
15	32	15	10	8	2	1														
16	28	9	5	2	1															
17	17	4	3	1																
18	5	3	1																	
19	3	1																		
20	1																			

A ranking -based chart to award points.

1 - 200 points

pořadí	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	
1	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200	200	1
2	166	166	166	164	162	160	160	156	154	152	152	150	150	180	150	150	104	100	100	1	
3	152	152	150	148	146	150	144	144	142	134	134	134	126	150	104	100	96	1			
4	144	144	144	140	136	140	132	136	136	114	116	114	106	100	96	4	1				
5	138	136	134	136	116	134	116	116	116	104	100	96	96	40	4	1					
6	136	134	116	116	110	118	108	106	104	94	84	78	46	4	1						
7	112	116	110	112	104	108	100	96	92	84	68	36	4	1							
8	106	112	104	106	98	98	92	86	80	74	36	18	1								
9	100	106	98	100	92	88	84	76	34	36	18	1									
10	94	100	92	94	86	78	76	34	16	18	1										
11	88	94	86	88	80	60	34	16	4	1											
12	82	88	80	82	74	34	16	4	1												
13	76	82	74	76	34	16	4	1													
14	70	76	36	34	16	4	1														
15	64	30	20	16	4	1															
16	56	18	10	4	1																
17	34	8	6	1																	
18	10	6	1																		
19	6	1																			
20	1																				