

# CHALLENGE THE SHIELD 3-HOUR RULES & REGULATIONS

(updated March 1, 2020)

1. Teams must follow all race instructions, mapped instructions and information provided at the pre-race briefing. Failure to follow instructions may result in disqualification.
2. All team members must be within verbal range AND visual sight of each other at all times.
3. All team members must visit each checkpoint (CP) together. At each checkpoint, all team members must be within 5m of the CP flag (close enough to touch it in 2 steps).
4. Teams are not allowed to check-in at the finish with the Sport Ident Timing Chip until all team members have crossed the finish line.
5. Out of bounds is marked with purple hatched areas on the map and/or the purple residential symbol and/or purple X's on roads. These areas are either private land or environmentally sensitive areas. Teams found taking short cuts through out-of-bounds areas will be disqualified.
6. Required gear must always be carried. Personal gear must be by carried by every individual themselves. A time penalty for incomplete gear will be served on the race course.
7. Respect public and private property.
8. Race numbers must always be worn on the outside layer AND be visible.

# CHALLENGE THE SHIELD 3-HOUR REQUIRED GEAR

(updated March 1, 2020)

All participants must carry mandatory personal and team gear. This is the minimum gear required. A gear check may be made on the course. Failure to have all required gear will result in a time penalty.

## EACH PERSON MUST CARRY OR WEAR:

emergency blanket, permanent pen, whistle, 500 ml (or more) water bottle or equivalent, race maps (provided), pair of gloves, synthetic long-sleeve top, synthetic full-length bottoms, and toque.

## EACH TEAM MUST ALSO CARRY:

1 x Sport Ident timing chip (provided in race kit), 1 x first-aid kit (including at least: 1 roll gauze, 1 roll adhesive tape, 5 regular bandages, scissors and 5 anti bacterial towelettes), cell phone, compass

\*\*Teams that choose to use a fat bike or mountain bike must also wear a bike helmet while riding bikes.

## RECOMMENDED ADDITIONAL GEAR:

fleece shirt, pair of sturdy shoes or boots, pair of gaiters, food such as gels or energy bars