

ICE RACE



Interlaken  Thun

Regulations

1. Tour operator

Honu SUP Center
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2. Key data

Date: Saturday, May 8th 2022 / Sunday May 9th 2022
Track: 18 Kilometer (SUP, Kayak, Outrigger, Relay/Team, Team boats)
37 Kilometer (Rowing)
Start: 18 km: Interlaken, Neuhaus / 37 km: Thun, Strandbad
Finish: Thun, Strandbad

3. Categories/Participants

The original route of the ICE Race leads from Interlaken to Thun and measures 18 kilometers. On Sunday May 8th 2022 the SUP Technical Race for all SUP's will take place. Kids and youths can participate in the SUP Races Kids Juniors A and Juniors B. The participants in rowing start at the Strandbad Thun and complete the circuit of 37 kilometers.

18 Km: Interlaken - Thun
ca. 1.5 Km: SUP Technical Race → qualification for world championship!!!

In addition, the 18-kilometer course can be completed in teams of 3 people (at least 1 woman). Here it does not matter which sports equipment is used. A mix is also possible.

Example: person 1 = SUP
person 2 = Kanu
person 3 = Outrigger

The following categories will be held and scored:

Category	Gender	Minimum Age	Boards
SUP	m/w	2005	up to max. 14'0" allowed
Single kayak	m/w	2005	-
Outrigger Single	m/w	2005	-
Kayak canoe two-man	mixed	2005	-
Outrigger two-man	mixed	2005	-
Crew boats	mixed	2009	-
Team relay	mixed, mind. 1 women	2009	-
SUP technical race	m/w	2004	up to max. 14'0" allowed
SUP Race, Junior A	m/w	2005-2007	up to max. 14'0" allowed
SUP Race, Junior B	m/w	2008-2011	up to max. 14'0" allowed
SUP Race, Kids	m/w	2012-2015	Only inflatable

4. Registration

We recommend participants to register online early. The online registration is open until April 23, 2021 at 24h00.

On-site registration is possible on Friday, May 7th, 2021 at the Event Village (Strandbad Thun) or on Saturday, May 8th, 2021 at the start in Interlaken, Neuhaus.

4.1 Registration fees

Category	18 kilometer		4.5 kilometer		On-site reg. (Ex. SUP: 35.- + 10.- + 10.- = 55.-)
	Online reg. until 14 days before the event	Last minute reg. until 3 days before the event	Online reg. until 14 days before the event	Last minute reg. until 3 days before the event	
SUP	CHF35.00	+CHF 10.00	CHF25.00	+CHF 10.00	+CHF 10.00
Single kayak	CHF35.00	+CHF 10.00	CHF25.00	+CHF 10.00	+CHF 10.00
Outrigger Single	CHF35.00	+CHF 10.00	CHF25.00	+CHF 10.00	+CHF 10.00
Kayak canoe two-man	CHF45.00	+CHF 10.00	CHF35.00	+CHF 10.00	+CHF 10.00
Outrigger two-man	CHF45.00	+CHF 10.00	CHF35.00	+CHF 10.00	+CHF 10.00
Crew boats	CHF80.00	+CHF 10.00	CHF60.00	+CHF 10.00	+CHF 10.00

Team relay	CHF60.00	+CHF 10.00	-	-	+CHF 10.00
Category	Entry fee				
	Online reg. until 14 days before the event	Last minute reg. until 3 days before the event			On-site reg.
SUP technical race	CHF20.00	+CHF 5.00			+CHF 5.00
SUP technical race, Junior A	CHF10.00	-			-
SUP technical race, Junior B	CHF10.00	-			-
SUP technical race, Kids	CHF10.00	-			-

Rental equipment

Rental equipment can be reserved at the Honu SUP Center in Thun. Per SUP a flat rate of CHF 50.00 will be charged. There is only a limited number of SUP available!

SUP accessories (leash, restube, life jackets) can be rented for a fee of CHF 10.00 each (included in SUP board rental).

Reservations via mail (info@honu.ch) possible (while stocks last).

4.2 Refund entry fee

A medical certificate must be submitted for a refund of the entry fee.

If a race has to be cancelled for an important reason (withdrawal of a permit by the municipality, cancellation of the race due to force majeure, etc.), no refund of the entry fees will be made.

5. Race

5.1 Bib number

The clearly visible wearing of the start number/lycra is obligatory. Rowing boats will additionally receive a number for the boats. If a hydration pack, life jacket, etc. is worn, the start number/lycra must be worn over all equipment. An amount of CHF

30.00 will be charged for the loss or missing return of the lycra. An amount of CHF 10.00 will be charged for missing boat-numbers at rowing.

Finisher prices can only be guaranteed if the start number is returned.

5.2 Timing

The chip located in the lycra measures the time of each participant. An amount of CHF 80.00 will be charged for the loss or missing return of the chip.

5.3 Material

Only the boards/boats intended for the category may be used. Exceeding the maximum board length and to undercut the minimum board weight of 10 kg is prohibited and leads to disqualification.

No foreign aids may be used. This includes motors, wind devices (e.g. sails) and help from second persons (except team). No two-hulls are allowed (e.g. catamarans).

6.3.1 SUP Guideline

In the categories SUP 18 km, SUP Technical, SUP Sprint, Juniors A+B only boards of a maximal length of 14'0" are allowed. The Kids Races are to be completed on Inflatable SUPs only. All SUP Boards are obliged to weigh at least 10 Kg.

5.4 Start signal

Two minutes before the start, a triple horn sounds.

One minute before the start, a double horn will sound.

Within the last sixty seconds the starting signal can be given at any time.

In the event of a repeated early start, disqualification will result.

5.5 Drafting

Drafting is only allowed internally in the categories. Women and men are treated as a separate category. This prohibits drafting of women behind men or vice versa as well as e.g. juniors behind adults, SUP behind canoe, etc..

5.6 Board contact

Board contact is allowed. Willful obstruction such as pushing or blocking will be penalized and may result in disqualification.

5.7 Stand-UP

Stand-up means paddling while standing up. After a fall, a maximum of five paddle strokes may be made while sitting or kneeling. Prolonged paddling in a sitting or kneeling position will result in disqualification.

5.8 Leash/Vest

Category SUP: a leash and a life jacket/assist (restube allowed) must be worn.

Category canoe, kayak, outrigger: a life jacket must be worn.

Category Rowing: Each boat carries lifejackets (acc. BSG / BSV), a ladle and a waterproof packed mobile phone.

5.9 Finish line

Category SUP, Kayak, Outrigger: The chest to cross the finish line first counts.

Category Rowing: The first stem ball to cross the finish line counts.

5.10 Disqualifications

Disqualified participants will be notified by the escort boat and taken out of the race. Disqualifications or demotions will be announced in any case before the ranking announcement.

5.11 Competition judges

There will be three judges at each race.

5.12 Protest

Protests can be initiated up to a maximum of 30 minutes before the ranking announcement by submitting CHF 100.00 to the competition judges. If the protest is successful, the amount of CHF 100.00 will be refunded.

6. Doping

Doping is contrary to the fundamental principles of sport and medical ethics and is therefore prohibited. Doping is the use of aids in the form of substances or methods that are potentially harmful to health and/or can enhance physical performance. Moreover, doping is also the presence of a prohibited substance in the body of an athlete or the confirmation of its use or the use of it.

Proven doping leads to disqualification.

7. Media rights

The media rights and copyrights (pictures, video recordings) of the event are held by the tour organizer.

8. Conditions of participation

8.1 Liability

The tour organizer declines any liability. All participants contest the races in their own responsibility and must be privately insured against accidents. The tour organizer, event organizers and sponsors disclaim any liability for participants.

With the registration the participants accept the announcement and the liability exclusion of the organizer for damages of all kinds. The participants cannot make any claims against the organizer as well as against the event sponsors and their representatives for damages and injuries of any kind that may occur to them as a result of their participation.

8.2 Security

With their registration each participant declares:

- That they have the necessary physical and mental conditions for participation in this competition.
- That they follow the safety regulations
- That they are obliged to help other participants in distress.
- That the data filled in at the registration is true
- Their consent that the organizer may use the data for events
- Their consent to provide their right in pictures - especially photos, videos and other forms of communication - to the organizer without service in return
- That they read and understood the regulations

8.3 Covid-19

The national and cantonal regulations will decide on the implementation of the event at the appropriate time. Depending on the current situation, an appropriate protection concept may apply. Corresponding measures will be communicated on the website at an early stage. If the organization decides not to hold the ICE Race 2022 due to Covid-19, the registered participants can choose whether they:

- postpone the starting place until 2023
- make a (partial) donation to the organization
- would like to have the entry fee refunded minus a processing fee of CHF 10.00