



Race of the Integrated Rescue System

Proposition

Event Organizer: ONeSA Sokolov, civic association
Co-organizers: Fire and Rescue Corps of the Karlovy Vary Region
Police Force of the Czech Republic
Regional Emergency Medical Services of the Karlovy Vary Region

Subjects of Competition: Competitors will run on the track which must overcome difficult obstacles in the form of wading in the water, swimming under the logs, crawling in the mud, going over the mounds field, by bridging the river Eger, climbing ropes, the passage of concrete rings, climbing over tires

Date: May 19th, 2012
Place: Sokolov, South Quarry (Jižní lom) – [see the attached map](#)
Participants:
Fire and Rescue Corps of the Czech Republic
Fire and Rescue Corps of companies
Fire and Rescue Service - Railway and Infrastructure Management
Military Fire and Rescue Brigade
Police Force of the Czech Republic
Municipal Police
Emergency Medical Service
Mines Rescue Service
Air search and rescue service
Water Rescue Service
Canine Rescue Brigades Union
Mountain Rescue Service of the Czech Republic
Prison Service of the Czech Republic
Customs Administration
Military forces of the Czech Republic
and other safety and rescue and guests
pupils and students of primary, secondary and higher vocational schools
with a focus on safety, security, defense or health

The Race is all about participation, relax and with a meeting of people from one large branch

OBSTACLES

1. **?**
2. **?**
3. **?**
4. **Rat Channel** – pass through the concrete rings in the direction of the race
5. **Leap Into The Unknown** - jump off the end boards into the ditch and continue outwards in the direction of the race
6. **Mangle** - crawl through concrete circles and continue in the direction of the race under / over logs
7. **Vietcong** - crawl through the entrance to the east of the obstacles under sail
8. **Michellin Hill** - climb over a pile of tires in the direction of the race, without any manipulation with the tires
9. **Two Towers** - climb the ladder to the top and crawl through the center into the water
10. **Allergy mountain** - climb the pagoda in the direction of the race through the highest peak
11. **At Jožin's** – pass through wetland in the given direction
12. **Phoenix Tunnels** - overcome the tires in the race direction, the adults continue to turn and crawl back through
13. **Bloody Back** - crawl under barbed wire in the race direction
14. **Running through the woods**
15. **Rubber Field** - jump over the center of tires in the direction of the race
16. **Baxter's triple jump** - jump over two logs and joined tires
17. **Running over the blind shoulder of the river Eger** and running along the ridge
18. **Running over the blind shoulder of the river Eger**
19. **Nuselák** - bridge climb
20. **Snake's Nest** - crawl under the hoses on rubber waist
21. **Sloth** - climb up the rope, arms and legs at the rope level, start and finish on pallets
22. **Rubber Wall** - climb through a rubber wall
23. **Rubber Wall** - climb through a rubber wall
24. **Luck of the Hell** - slip through the slide into a blind river shoulder, climb the bridge and continue in the direction
25. **Crossing the river Eger**
26. **Antonínská Pits** - to overcome the 1st pit through a log trap and the 2nd through the pontoons or alternatively swim across the two pits
27. **Crossing the river Eger** and back

Route length is approximately 1.7 km. On average, able-bodied athlete is able to pass it running (walking) at the time of about 20 minutes.

RULES FOR OVERCOMING OBSTACLES:

Organizer of sport event “Bahňák” – the race IZS sets up the following rules to overcome the obstacles:

- I. Competitor during the race cannot get off the marked route, otherwise he/she will be disqualified.
- II. The slower rider must make a path to a faster racer and allow him to overtake safely.
- III. Each competitor has in total 3 attempts to overcome the obstacles. After exhausting the third attempt he/she will be disqualified.

- IV. There is only one member of the team who holds the chip. He must cross the finish line as the last one (of the team). Otherwise, the target time will not be counted and the team will be disqualified.
- V. Before the race even in the course of his competitor must not consume alcohol, or other addictive drugs.
- VI. Competitors will set off chronologically according to their starting numbers. Each competitor must be ready on time at the starting area. The competitor not ready when it starts will be disqualified.
- VII. The timing chip is individual and non-transferable (except for the teams). Each competitor is obliged to hand it over immediately after the race to the referee, or timekeeping operation unit.
- VIII. If the competitors stops before reaching the target, he/she must immediately leave the track and if possible without delay to attend to the nearest referee.

ENTRY FEE PAYMENTS:

ADULTS

- For online registration (by the May 4th 2012) the price is of 300CZK (~12 €)
- registration on the race day registration the price is of 400CZK (~16 €)

CHILDREN

- For online registration (by the May 4th 2012) the price is of 100CZK (~4 €)
- registration on the race day registration the price is of 150 CZK (~6 €)

EQUIPMENT: We recommend you bring sports gloves, sturdy shoes and clothes that you can miss after the: It is also ideal to use clothing with logos or names of the sending organization. Bring your clean clothes for changing after the competition. Organizer will provide showers and restrooms.

HEALTH MEASURES:

Each competitor is required to hold and present a valid health insurance identification card. Health service during the competition is provided by the event organizer.

Each competitor is responsible for his/her health either individually (or this responsibility is on the sending organizations). For health state of competitors under 18 years of age the responsible is the legal representative or the sending organization. Competitors fill in on the registration day of the event an "*affidavit of fitness to compete.*" Competitors under 18 years of age to the presence of competitors come accompanied by a legal representative (mother / father / person assigned by the court) that fills the "*affidavit*".

SAFETY MEASURES:

The organizer is responsible for the security measures at the competition sites. Organizer strongly recommends that competitors use protective equipment (helmet, gloves, sturdy shoes, pads on the joints and spine, etc.) and leaves to any competitor considering the amount of personal risk and the decision whether to use protective equipment. Furthermore, the organizer recommends the additional insurance against injury.

Each competitor participates at own risk

TIME SCHEDULE:

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|-------|--|
| 09:00 | Presentation of children followed by adult competitors |
| 10:30 | Start of the child competitors |
| 11:30 | Midday break + audience award |
| 12:30 | Start of the adult competitors (women, men and subsequently the competing teams) |
| 15:30 | Competitors evaluation |
| 17:00 | Concert + fun program until early morning |

The Schedule will be adjusted according to the number of competitors and needs of organizer

RACE CATEGORIES

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|----------------------|--|---|--|
| Children | 1 st category 8-12 years 2 nd category 13 – 17 years 3 rd category – 3 member teams | Adults | 1 st category: men 2 nd category: women 3 rd category: 3 member teams |
| REFRESHMENTS: | | The organizer provides free food and drinks for competitors and organizers | |
| OTHER: | | The organizer provides parking places in the vicinity of the race (see the Photo-documentation) | |