



Secretary RLC Ski Championships 2013

1 Logistic Support Regiment
The Royal Logistic Corps
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Results at: www.skirlc.com



Reference: 1 LSR/3075

See Distribution

Date: 27 Aug 12

THE RLC SKI CHAMPIONSHIPS 2013 – COMPETITION INSTRUCTION

References:

- A. 2012DIN07-126 Army European Winter Activity Instruction.
- B. LANDSO 4407 Short-Term Loans of Clothing, General Stores and other equipments from Land Command Pools dated Jul 07.

INTRODUCTION

1. The RLC Ski Championships 2013 will be held at Ruhpolding, Bavaria, from Sunday 17 Feb to Friday 1 Mar 2013 and will be known as Ex SKI RLC 13. The objectives of the Championship are to:
 - a. Broaden the base of RLC Skiing by encouraging wider participation.
 - b. Raise the standard of Nordic and Alpine Skiing throughout the Corps.

AIM

2. The aim of this instruction is to provide guidelines on the preparation for and administration of the RLC Ski Championships 2013; this instruction is to be read and actioned in conjunction with Reference A.

GENERAL

3. **Entries.** Team Captains are to complete Annex A of this instruction and submit it electronically to the Secretary NLT 7 Dec 12; late entries may not be accepted. All entries will be confirmed in writing by way of return email.
4. **Priority of Entry.** The number of skiers should not exceed 200 in Nordic and 150 in Alpine races, therefore, control measures may have be applied by the Race Committee. Priority will be given to Units entering teams in both disciplines, then individual discipline entries and then B teams on a first come first served basis. The composition of teams allows for up to 6 competitors to register in each squad. The RLC Race Rules 2013 gives further guidance and criteria (paras 1.4. and 1.5. refer).
5. **Team Captains.** Units are to appoint a Team Captain, who should normally be an Officer/SNCO for each discipline, to be responsible for:
 - a. Co-ordination, control and management of teams and personnel.

- b. The completion of championship entry forms, staff and diplomatic clearances and, once at the championships, individual race entry proformas.
 - c. Attendance at Team Captains' meetings and the subsequent briefing of teams and sponsored personnel.
6. **Non Skiers.** All competitors must be capable of skiing in a safe and controlled manner over varied terrain in their chosen discipline. The Race Committee has and will prevent non skiers from racing.
7. **Race Rules.** The RLC Race Rules for 2013 will be distributed once they have been ratified by the Race Committee Sep 12. Of note, there will be an increase in individual prizes and medals available in each discipline. Team Captains must familiarise their team fully with the RLC and AWSA race rules prior to the competition. Particular attention should be paid to the eligibility of competitors for composition of teams and dress and equipment regulations for each skiing discipline.
8. **Provisional Programme.** The provisional programme is at Annex B, which is subject to change. All Alpine competitors will take part in the President's Race. Team Captains should not plan to disperse from the RLC Ski Championships 2013 before 0800 hrs on Fri 1 Mar 13 and are to book return ferries and factor this in to their transport plans.
9. **Race Locations.** Races will be conducted at the following locations:
- a. **Nordic.** Individual, Team relay and the Patrol races will be held in and around the Chiemgau Arena Complex and on the loipes in and around Ruhpolding.
 - b. **Alpine.** GS Seeding, Individual and Team GS, Individual and Team Slalom will be held at the Unternberg in Ruhpolding. The Individual and Team Super G will take place at Gotschen.
10. **Chiemgau Arena Complex.** The Chiemgau Arena is the German National Biathlon Stadium and Range Complex, situated a few kms south of Ruhpolding. Nordic races are usually based from there as part of the championships. The stadium is out of bounds to all Nordic competitors unless permission has been granted by Chief of Nordic Racing.
11. **Instructors.** Instructors will be provided for race training by the RLC Ski Team. Unit instructors may be asked to assist with training.
12. **Briefings.** The Team Captains' meetings will take place at 1800 hrs daily in the Race Office; followed immediately after by individual discipline briefings.
13. **Prize Giving.** The main prize giving will be held at 1900 hrs on Thu 28 Feb 13; additional prize giving's will be added to the programme during the course of the Championships.

ADMINISTRATION

14. **Unit Actions and Funding.** Units are responsible for the finance and administration of their teams; estimated costs are at Annex C. As a guide the following administrative action is required:
- a. **Staff and Diplomatic Clearance.** Reference A details the procedure to be followed when applying for Staff and Diplomatic Clearance. In summary:
 - (1) Staff Clearance (SC). Non BA (G) and BA (G) Units/Individuals are to apply for SC in Germany by submitting staff clearance requests to HQ 1 (UK) Armd Div (G7 PD).

- (2) Diplomatic Clearance (DIPCLEAR). This is to be applied for as directed by Reference A.
- b. **Authority to Travel.** Comprehensive details on the procedures to be carried out when travelling to and from the RLC Ski Championships 2013 are covered in Reference A.
- c. **Competitors Accommodation.** All competitors' accommodation must be booked through the Secretary using the form at Annex A. The procedure is as follows:
- (1) Team Captains book with the Secretary by 7 Dec 12 and pay in full all entry and accommodation fees; these are non refundable under any circumstance.
 - (2) Team Captains confirm in writing with the Secretary by 11 Jan 13 the split between male and female skiers; this is not to change the overall number of the team.
 - (3) All accommodation must be booked through the Secretary, not Ruhpolding. Neither Ruhpolding, nor the Accommodation SNCO will take accommodation bookings or accept changes; they must be made in writing to the Secretary.
 - (4) Teams that are competing in Ex RUCKSACK 2013 immediately prior to Ex SKI RLC 13, should be prepared to move accommodation on 17 Feb 13 into other accommodation in Ruhpolding. This is at the direction of Ruhpolding not the Secretary.
 - (5) Team Captains must arrange liability insurance to cover any last minute cancellations, including cancellation for operational commitments and to cover any damages that may be caused to the accommodation during their stay.
 - (6) In order to ensure a smooth and accurate handover and takeover of accommodation is achieved between teams and the landlord, it is strongly advised that units arrive with a digital camera. Digital pictures should be taken of any damages noted at the point of takeover and presented to both the house owner and the accommodation SNCO. This will hopefully remove the potential for teams being billed for damages that were not of their doing. Any damages that occur will be the responsibility of the Team Captain and as such, liability insurance is advised.
 - (7) **VIP/Visitors Accommodation.** Team Captains of participating units are responsible for booking accommodation and the transportation to and from airports for their Commanding Officers, RSM's and visitors. A list of the preferred hotels used in Ruhpolding are listed at Annex D.
- d. **Early Arrivals / Late Departures.** Early arrival accommodation will be available for Ex SKI RLC teams this year. RLC teams competing at Ex RUCKSACK 13 are to book accommodation through Ex RUCKSACK as usual. Units that intend to remain after the RLC Ski Championships 2013 has finished, must indicate this on their entry form (Annex A).
- e. **CILOR.** CILOR is authorised in accordance with Reference A. Depending on the overall value of the CILOR, the application may well be subject to 3CR (Comprehensive Commitment Control Regime). Once in receipt, authority and SC details are to be forwarded to the appropriate Log Sp (Fd Svcs) Branch. CILOR will not be authorised without authority and SC. Applications are to be submitted on Annex F to Reference A at least 4 weeks in advance. BA (G) units are to apply to HQ UKSC (G) (Log Sp (Food Svcs)) and Non-BA (G) units are to apply to Fmn HQ for onward submissions to HQ UKSC (G) (Log Sp (Food Svcs)). Units should grant field conditions for the duration of the Championships. Units/Individuals are reminded that on the day of arrival (Sunday), most supermarkets and shops will be closed.

f. **Transport.** Units should provide civilian transport for both Nordic and Alpine teams; military vehicles will not be authorised. Vehicles must be equipped with snow chains and follow local regulations for winter driving, appropriate tyres fitted etc. In case of venue changes, they require vehicle insurance to enter Austria. On entering Austria, a vignette is required. Heavy fines are imposed for non-compliance.

g. **Driver Fatigue.** Team Captains are to ensure that vehicle drivers are sufficiently rested prior to driving. This is particularly relevant at the end of the Championships when units are about to embark on the long journey back to the UK and northern Germany. Team Captains should plan return journeys and ferry crossings judiciously and appropriately. To reiterate the point made in para 7, teams will not be released from the RLC Ski Championships 2013 before 0800 hrs on Fri 1 Mar 13.

h. **Fuel.** There are no facilities to draw fuel from nearby barracks; therefore Fuel Agency Cards are required by all units. There is an Aral garage in Ruhpolding and a Shell garage in Traunstein (20 km from Ruhpolding).

i. **Competition Fees.** All fees must be paid in advance prior to 7 Dec 12 by bank transfer, with the paying unit name clearly identified on the transfer. All transactions are priced in Euros; cheques are not to be sent due to fluctuations with the Forces Fixed Rate. There is no facility to exchange Sterling at the Race Office. Fees for Ex SKI RLC 2013 are as follows:

- | | |
|-------------------------------|-------------------------------|
| (1) Team Accommodation | €17 per person per night. |
| (2) Team Entry | €180 per Team per discipline. |
| (3) Individual Entry | €60 per individual entry. |

The details required for the bank transfer are as follows:

RLC Ski Championship Account 1 Log Sp Regt RLC
Sparkasse Bank
Langertsweg 24
Gutersloh
33330

Konto Nr: 13000873
BLZ: 478 500 65
IBAN: DE04 4785 0065 0013 0008 73
SWIFT-BIC: WELADED1GTL

j. **Insurance.** All participants must have personal accident and personal liability insurance. Units may wish to consider the services of Towergate Wilsons, an Army Winter Sports Association prime sponsor. Their bespoke insurance packages are likely to cover the generic needs of Unit teams and individuals, encompassing our military and competition requirements. Details will be available from +44 (0)116 240 7773 (quoting AWSA) and there is also an electronic link on the AWSA website: www.awsa.co.uk. The following must be considered by Team Captains:

- (1) The policy must include ski racing.
- (2) German insurance policies (e.g. Deutsche Ski Verband) are not suitable as they are designed to provide top up cover for German nationals.
- (3) Medical insurance, including Helicopter Medical Evacuation (HME) cover, is mandatory for all skiing in Austria.

(4) The MOD will not accept liability for any injury sustained whilst free skiing.

k. **Ski Equipment Hire.** Skis and equipment may be loaned in accordance with Reference B, or hired in Ruhpolding at discounted rates. All Ruhpolding ski hire must be supported by a deposit to ensure that all hire equipment is returned on time and in good order. Ski hire is available from the following locations in Ruhpolding:

(1) **Alpine Skis** – Ski Alm Westernberg (Herr Jörg Spitzl).

(2) **Nordic Skis** – Sport Plenk.

l. **Ski Lift Passes.** Alpine ski lift passes will be resourced by the Race Committee and will be provided at a concessionary rate for training and racing. Financial allowance should be made for the purchase of ski lift passes, particularly if racing is moved away from Ruhpolding, as there may be an increase in costs.

m. **Medical.** A Medic and Physiotherapist will be available during the championships to provide first aid and sports injury aftercare. All personnel **must** be in possession of a European Health Insurance Card (EHIC).

n. **Prizes.** All trophies that were won at the RLC Ski Championships 2012 must be engraved and returned in the original box to the SQMS, SSgt Hall, at the start of the Championships.

o. **Registration.** The Race Office (follow signs to Rathaus) will be open for registration from 0900 hrs on Sun 17 Feb 13. For input into SatNav systems, the address of the Race Office is:

Schulgasse
Ruhpolding
83324 Germany

15. OTHER

a. **Opening Ceremony.** At the request of the Burgermeister of Ruhpolding, an Opening Ceremony will take place in Champions Square on the evening of Mon 18 Feb 13; details will be issued at the Team Captain's brief on Sun 17 Feb 13. All teams are to bring with them a standard on which they are to mount their Regimental Flag/Emblem, to be paraded at the ceremony as they march on.

b. **Weapons / Ammunition.** Weapons, magazines, and ammunition for the Military Patrol Race will be provided by 1 Logistic Support Regiment RLC. Competing teams are to bring rifle cleaning kits with them in order to facilitate weapon preparation and cleaning.

c. **Dress.** With the exception of the Military Patrol Race, no military clothing is to be worn. Team Captains are to ensure that competitors are suitably clothed for events; alpine skiers will require a hat and goggles in case of severe weather. All teams are encouraged to bring fancy dress that will be utilised during fun ski events and at social functions.

d. **Media.** Media coverage will be arranged by 1 Logistic Support Regiment RLC. There will be opportunities for Home Town stories to be arranged

e. **President's Supper.** It is planned to hold a President's Supper on Wed 27 Feb 13. Dress is casual. The Regimental Sergeant Majors' Supper will be held on the same evening.

f. **Discipline.** All personnel are ambassadors for the Army and the RLC while in Ruhpolding, therefore the highest standards of behaviour are expected. A discipline letter will be issued with the Championship Welcome Pack on arrival.

g. **Nominal Rolls.** Team Captains are to complete the Team Nominal Rolls and Athlete's Arrival Proforma, attached at Annex E & F respectively, and hand them in at registration on Sun 17 Feb 13.

COMMAND AND CONTROL

16. **Contact with the Race Committee.** Contact details are as follows:

| | |
|----------------------------|--|
| Chairman Ex SKI RLC 13 | Lt Col LJN Daley RLC CO 1 LSR RLC Email (DII (F)): 1LOGSP-RHQ-CO Mil Tel: 94873 2620 |
| Secretary Ex SKI RLC 13 | Maj A Moore RLC OC 2 CS Sqn 1 LSR RLC Email (DII (F)): 1LOGSP-2-OC Mil Tel: 94873 2853 |
| SQMS (Stores and Admin) | SSgt Hall QM Dept 1 LSR RLC Mil Tel: 94873 3766 |
| Regt Acct (Finance) | Regt Acct 1 LSR RLC Mil Tel: 94873 2462 |

17. **Competition Results.** Race results will be published at www.skirlc.com

18. **Race Office.** The Race Office will be situated next to the Rathaus in Ruhpolding. The telephone number is 0049 (0) 8663 419801 and will be manned from Sat 16 Feb 13.

SUMMARY

19. The RLC Ski Championships have grown from strength to strength over the years and have become one of the largest attended sporting spectacles in the Corps and the British Army. Your continued support of these championships is welcomed and appreciated. If anyone has any questions regarding the contents of this instruction or requires any assistance, they are to contact the undersigned.

{Original Signed}

A MOORE
Maj
For Chairman RLC Skiing

Annexes:

- A. Entry Proforma.
- B. Provisional Programme.
- C. Breakdown of Costs.
- D. Accommodation for Commanding Officers and Visitors.
- E. Team Nominal Rolls.
- F. Athlete's Arrival Proforma.

Distribution:

External:

Action:

HQ 1 (UK) Armd Div – Log Sp Br
HQ 3 (UK) Div – Log Sp Br
HQ RLC TA
1 Log Sp Regt RLC
2 Log Sp Regt RLC
3 Log Sp Regt RLC
4 Log Sp Regt RLC
5 Trg Regt RLC
6 Regt RLC
7 Regt RLC
9 Regt RLC
10 QOGLR RLC
11 EOD Regt RLC
12 Log Sp Regt RLC
13 Air Asslt Sp Regt RLC
17 Port and Mar Regt RLC
19 Light Bde CSS Bn
23 Pnr Regt RLC
24 Regt RLC
25 Trg Regt RLC
27 Regt RLC
29 Regt RLC
20 Log Sp Sqn RLC
44 Log Sp Sqn RLC
Scot Tpt Regt RLC (V)
Welsh Tpt Regt RLC (V)
150 Tpt Regt RLC (V)
151 Sp Regt RLC (V)
152 Tpt Regt RLC (V)
155 Tpt Regt RLC (V)
156 Tpt Regt RLC (V)
158 Tpt Regt RLC (V)
159 Sup Regt RLC (V)
160 Tpt Regt RLC (V)
162 Mov Regt RLC (V)
165 Port Regt RLC (V)
166 Sup Regt RLC (V)
168 Sup Regt RLC (V)
Cat Sp Regt RLC (V)
BFPO London
Def School of Tpt
Cdo Log Regt RM
Sp Bn HQ ARRC

Info:

RHQ RLC
President RLC WSA
Secretary RLC WSA
Secretary ASBC
Secretary BA (G) Sports Board
Secretary AWSA
HQ 1 (UK) Armd Div – G7 PAT
156 Tpt Regt RLC (V) - CO
BFG - PRU – CO

Internal:

Action:

Regt Acct
RFM

Info:

CO
Regt 2IC
QM
Adjt
RAO
HQ Sqn 2IC
RSM

(TO REACH THE SECRETARY BY 7 DEC 12)

ANNEX A TO
1 LSR/3075
DATED 27 AUG 12

TEAM ENTRY PROFORMA – EX SKI RLC 2013

| | |
|---|-------------------------------------|
| To: Secretary RLC Ski Championships Maj A Moore RLC OC 2 CS Sqn 1 LSR RLC Email (DII (F)):1LOGSP-2-OC Mil Tel: 94873 2853 | Unit: |
| | Address: |
| | Tel No/ Fax No/ SMA / Email: |
| | POC Rank & Name: |

| Ser | Entry | No | Entry Fees € | Accn Fees € ¹ | No of Persons | | Arr Date | Dep Date | Remarks |
|-----|-------------------|----|-----------------|-----------------------------|---------------|--------|-------------|-------------|---------|
| | | | | | Male | Female | | | |
| 1 | Alpine Teams | | | | | | | | |
| 2 | Nordic Teams | | | | | | | | |
| 3 | Alpine Individual | | | | | | | | |
| 4 | Nordic Individual | | | | | | | | |
| 5 | Totals | | | | | | | | |

Remarks/Comments/Additional Team Information:

It is requested that the following individual(s) be affiliated to our Unit:

| Ser | Number | Rank | Name | Unit | Discipline | Remarks |
|-----|--------|------|------|------|------------|---------|
| | | | | | | |

Note. This form can be emailed. Entry and accommodation fees, payable with this entry form are non-refundable and must be paid by bank transfer to:

RLC Ski Championship Account 1 Log Sp Regt RLC
Sparkasse Bank
Langertsweg 24
Gutersloh
33330

Konto Nr: 13000873
BLZ: 478 500 65
IBAN: DE04 4785 0065 0013 0008 73
SWIFT-BIC: WELADED1GTL

I confirm that the bank transfer was sent as directed on: _____

¹Dates for Accn 17 Feb – 1 Mar 13 (12 Nights) @ €17 pppn.

(TO REACH THE SECRETARY RLC SKI CHAMPIONSHIPS BY 7 DEC 12)

PROVISIONAL RACE PROGRAMME

1. The provisional race programme for the RLC Ski Championships 2013 is as follows:

| Ser | Date | Alpine | Nordic | Remarks |
|------------|---------------|--------------------------------------|--|--|
| 1. | Sun 17 Feb 13 | Registration | Registration | 1800hrs Team Capt's Meeting |
| 2. | Mon 18 Feb 13 | GS Race Training | Race Training | 2000hrs Opening Ceremony |
| 3. | Tue 19 Feb 13 | GS Race Training | 7.5/5 km Sprint | Individual Combination Event (Nordic) |
| 4. | Wed 20 Feb 13 | Seeding GS | Race Training | |
| 5. | Thu 21 Feb 13 | Individual GS | 15/10 km Classic | Individual Combination Event (Alpine) |
| 6. | Fri 22 Feb 13 | Team GS | 10/7.5 km Mass Start | PM – Nordic Nightmare Party |
| 7. | Sat 23 Feb 13 | Floodlit Challenge | Floodlit Challenge | PM – Alpine Adventure Party |
| 8. | Sun 24 Feb 13 | Slalom Training | Range Practice Course Walk | |
| 9. | Mon 25 Feb 13 | Ind & Team Super G Prize Giving 1 | 4x5 km Relay | |
| 10. | Tue 26 Feb 13 | Individual Slalom Prize Giving 2 | Military Patrol Race Prize Giving 2 | Prize Giving Champions Square |
| 11. | Wed 27 Feb 13 | Team Slalom | Military Patrol Race | President's Supper (For CO's) RSM's Supper |
| 12. | Thu 28 Feb 13 | President's Race | President's Race | Prize Giving 1900hrs All CO's and RSM's to compete |
| 13. | Fri 1 Mar 13 | Dispersal | Dispersal | |

BREAKDOWN OF COSTS

1. **Accommodation.** Teams will be accommodated in self catering accommodation at a rate of approximately €17.00 per person, per day (12 nights = €204 per person).
2. **Entry Fees.** Fees are €180 per team (€360 for one Nordic and one Alpine team) entry and €60 per individual entry.
3. **Ski Lift Passes.** Units should budget in the region of €20 per person per day for Alpine ski lift passes (10 days = €200). Prices may increase if racing & training takes place outside of Ruhpolding, due to weather conditions.
4. **Ski Equipment.** Teams can hire ski equipment locally at concessionary rates. The cost of ski hire is expected to be in the region of €120 per person.
5. **Insurance.** Insurance is mandatory and the cost varies depending on the policy. As a minimum, the policy must include racing cover and personal liability.
6. **Miscellaneous Costs.** Teams should budget no less than €100 for incidental expenses such as waxes.

**APPROPRIATE ACCOMMODATION FOR COMMANDING OFFICERS AND VISITORS TO THE
RLC SKI CHAMPIONSHIPS**

1. **Hotel Ruhpoldinger Hof.**
 - a. Tel: 0049 (0) 8663 1212.
 - b. Fax: 0049 (0) 8663 5757.
2. **Hotel Zur Post.**
 - a. Tel: 0049 (0) 8663 5430.
 - b. Fax: 0049 (0) 8663 1483.
3. **Hotel Wittlesbach.**
 - a. Tel: 0049 (0) 8663 1255.
 - b. Fax: 0049 (0) 8663 2916.
4. **Tourist Information.**
 - a. Tel: 0049 (0) 8663 8806.
 - b. Fax: 0049 (0) 8663 8820.

This accommodation is to be booked by the relevant Team Captains for visitors.

RLC SKI CHAMPIONSHIPS 2013 – ALPINE/NORDIC² TEAM NOMINAL ROLL

TEAM:.....

| SER | NUMBER | RANK | SURNAME | CHRISTIAN NAME | REMARKS |
|-----|--------|------|---------|----------------|---------|
| 1* | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
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| 7 | | | | | |
| 8 | | | | | |
| 9 | | | | | |
| 10 | | | | | |

NB. *denotes Team Captain and include captain's mobile phone number in the remarks column.

Vehicles

| SER | VRN | MAKE | MODEL | COLOUR | REMARKS |
|-----|-----|------|-------|--------|---------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |

Unit Visitors

| SER | RANK | SURNAME | APPT | FROM | TO | ACCN |
|-----|------|---------|------|------|----|------|
| 1 | | | | | | |
| 2 | | | | | | |

² Delete as appropriate.

RLC SKI CHAMPIONSHIPS 2013 – ATHLETE’S ARRIVAL PROFORMA

Team: _____

- **Categories** – to be shown on the following order. (Athletes are male unless shown “F”).
 - **F = Female**
 - **S = Senior or J = Junior or V = Veteran or Y = Youth**
 - **N = Novice**
 - **T = TA (Not Reg Army PS)**
 - **(i.e. FJNT = Female Junior Novice TA)**
- Skier is a **Novice**, if not on skis before **1 Jul 12 (Both Nordic and Alpine)**
- Skier is a **Junior**, if born in or after **1992 (Nordic) 1993 (Alpine)**
- Skier is a **Senior**, if born in or before **1991 (Nordic) 1992 (Alpine)**
- Skier is a **Veteran**, if born in or before **1978 (Both Nordic and Alpine)**

| Rank | Surname, First Name | Cat | Corps | DOB | Alpine | Nordic | Comb |
|------|---------------------|-----|-------|-----|--------|--------|------|
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