

TRADITIONAL IVV VOLKSSPORTING EVENTS

I. GENERAL

Traditional sanctioned volkssporting events are those events conducted by Member Clubs, Regional Directors, State Organizations, and the AVA National Office, following the guidelines below.

II. POLICY

A. Traditional Walking Events include names such as: Volksmarch, Walk, Volkswalk, Traveling Guided Walk, and Guided Walk. Night Walking Events are also known as Night Walks and Evening Walks.

1. Traditional Walking Events: Sponsoring clubs must offer a short distance trail at an event. Minor distance and longer distance trails can be offered in addition to the short distance trails. Clubs may allow participants to walk trails multiple times the same day for added distance credit at no additional charge. The distance requirements are:

a) A minor distance walk is a minimum of 5 kilometers (km) and less than 9 km. This distance trail may be walked twice to meet the short distance requirement.

a) A short distance walk must be a minimum of 10 km and less than 20 km in length. A checkpoint must be located on the short distance trail.

b) A medium distance walk must be a minimum of 20 km and a maximum of 30 km in length.

c) A long distance walk must be more than 30 km and must be approved by the AVA National Office.

d) A marathon must be 42 km in length.

2. Guided Walking Events: Clubs conduct these events using one or more designated guides familiar with the predetermined route. Clubs normally do not mark the route nor provide maps and directions. The guides must be familiar with the route or carry a map or directions of the route. All participants should start at approximately the same time. The club may form several groups, depending upon their abilities and distances intended. Guides must carefully watch the slowest participants to ensure they are not left behind. Use of a rear sweep guide is required.

3. Traveling Guided Walk events allow a club to hold multiple guided walks on different routes in their area when there aren't sufficient year-round or seasonal events close by and they do not expect enough participation to cover the sanctioning costs of normal guided walks. Events may be offered with the following conditions:

a) The club will receive an IVV stamp that they may use for the rest of the year at multiple guided walks. The participation fee will be the same as usually paid for IVV credit. Each event must be sanctioned.

b) The IVV stamp for Traveling Guided Walk (TGW) events may be

renewed for subsequent years by sanctioning a Traveling Guided Walk for the next year and paying the current fee.

c) Traveling Guided Walk events may not be held on currently sanctioned year-round or seasonal walk routes and clubs must not eliminate current year-round or seasonal walk routes.

4. Night Walking Events. Clubs may use a marked route, written and map route directions, or guides. They should only offer a short distance but may include a minor distance. Clubs may suggest flashlights and methods of insuring the return of participants.

B. Bicycling Events are also known as Volksbikes and bike events.

1. A minimum 10 km trail is required. Clubs are encouraged to offer longer distances (recommended distance is 25 km). A shorter trail should be offered in conjunction with a longer distance trail. A checkpoint must be located on the 13 km trail. Permitting a 13 km trail to be biked twice in lieu of a 25 km trail is not allowed. Participants may use tandem bicycles but may not use motorized vehicles. Helmets must be worn by all participants.

Bike Events of Extended Distances allow a club to sanction completed railtrail, canal towpath, or similar off-road bike paths as an Extended Distance Bike Event. If the trail length is 10 km or longer, an out and back 10 km bike ride can be done from each end, assuming there is a trail head at each end. If the trail is even longer, participants may be able to do multiple out and back bike rides by starting at trail heads in the "middle". If there is a network of trails, with different names, originating from a single place (e.g., the train station in Xenia, OH), the event qualifies. If there is a network of connecting trails in an area that allows for a loop(s), the event qualifies, if reviewed and approved by the Regional Director. The club only has to identify at least one recommended start point which is where the start box is or driving directions provided from the start box to the start point. Directions for at least a 10 km bike ride must be provided. In the promotional literature, the club can provide a website for the trail that identifies available trail heads and provides driving directions to them. Participants may take event credit for each day they ride but must pay the Traditional Event paidparticipant fee for each day they ride.

2. Guided Bike events allow a club to have multiple bike events when they do not expect to have enough participation to cover the sanctioning costs of normal traditional bike events. The events may be offered with the following conditions:

a) The club requests that their first event be sanctioned by going to the system and selecting "Guided Bike" instead of Year-Round Bike or Seasonal Bike. The rest of the data is entered the same as it is for any other bike event.

b) There is a Guided Bike fee (See Appendix B) charged after sanctioning the first event; there is no sanctioning fee for subsequent events. The club will receive an IVV stamp that they may use for the rest of the year at multiple bike events. The participation fee will be the same as usually paid for IVV credit. Each event must be sanctioned.

c) There must be guided bike events with one person in front who

knows the route and a person performing duties as the rear sweep. The two should be in communication with each other.

C. Cross-Country Skiing Events are also known as Volksskis and Skiwanderings. Cross-country skiing events must offer a minimum 10 k trail. Trails of 5 km and longer are permitted.

1. Participants may walk the event for event and distance credit, if necessary, and the route is safe for walkers.

D. Snowshoe Events are also known as Snowshoes and Snowshoe wanderings. Snowshoe event distances must be adapted to snow and terrain conditions (no minimum distance). If there is no snow, participants may walk the event for event and distance credit if the sponsoring club deems the route safe for walkers.

E. Swimming Events are also known as Volksswims and swim events. Swimming events will have a minimum distance of 300 meters although clubs may offer several distances. The sponsoring club must comply with the following:

1. Swimming pools are the preferred location. Clubs may use shallow or slow-moving waters. They may not use water with undertows or strong currents.
2. The depth of the water must allow participants safe movement of their limbs using a variety of strokes. Resting places must be at reasonable distances. This includes a depth where participants can stand or walk the event.
3. Participants can receive only IVV Event credit for these events. They will receive no distance credit for a swimming event.

F. Boating Events include canoeing, kayaking and row boating. The minimum distance for boating events is 1500 meters, but the course may be completed more than once to achieve the event's specified distance. The sponsoring club must comply with the following:

1. Boating events must be conducted in a controlled water environment like a reservoir, a lake, a river with negligible current, or other acceptable venue.
2. The course must be an out and back course so the event finishes at the point at which it started.
3. Each participant must wear a life jacket, and
4. The presence of a certified lifeguard and course marshal is required.
5. Participants can receive only IVV Event credit for these events. They will receive no distance credit for a boating event.