GENERAL RULES FOR EVENTS

I.   GENERAL

The American Volkssport Association (AVA), as a member of the International Federation ofPopular Sports (IVV), sanctions volkssporting IVV events in the United States. All events willhave unrestricted registration and are open to everyone.

II.   POLICY

A.   Noncompetitive volkssport events are conducted by Member Clubs and are intended to provide stress-free activity for everyone. Events are without competition andcompetitive time keeping of IVV participants will not be allowed.

B.   All AVA sanctioned volkssport events may be co-sponsored and conducted witheither for-profit groups or non-profit groups provided all AVA policies and requirements are met prior to sanctioning the event which must be reviewed by the CEO.

     1.   A non-profit or for-profit organization must provide that the organization iscovered by insurance in their name or as an additional insured as they cannot beincluded on AVA's insurance.

     2.   Disclaimers must be attached to all club advertisements of the co- sponsored event on any web-based site, printed forms, and brochures statingthat the organization is not affiliated with the AVA, also holds the AVA and its subordinate clubs harmless for any incidents arising from their activities. The entity's tax ID number, legal name and address must be listed.

     3.   The entity is responsible for separation of accounting and funds from the AVA club for the event, and will provide proof upon request by the AVA, within 14days after the event. For-profit entities may not retain any net profits from the event. Non-profits must provide proof that they are eligible to receive tax deductible donations.

C.   Clubs may offer a volkssporting IVV event one day or on two or more consecutive days. Except for Year Round, Seasonal, All-Season Cross-Country Ski events, and approved special events, clubs may not sanction volkssporting IVV eventsfor more than seven consecutive days.

D.   The AVA will not sanction events on aircraft, trains, buses, or other multiple passenger conveyances except cruise ships. This should not be interpreted to precludethe use of tandem bicycles in sanctioned bicycle events.

E.   Clubs may conduct volkssport IVV events only after the AVA has sanctioned them. Neither the AVA nor IVV will list an unsanctioned event in its Calendar of Events.A club must agree to the following requirements as a condition for

an event sanction:

1. A club must prepare and distribute event information free of charge. Within the event's brochure, written directions adequate to find the event's StartPoint will be included for those who are unfamiliar with the area. An area map may be included if deemed necessary by the club.

2. Clubs are encouraged to provide for pre-registration of participants. Clubswill establish pre-registration fees and day-of-the-event fees; however, the fee forIVV credit-only will be no more than the current amount shown in Appendix B (AVA fee structure). Clubs may determine the fee for participants who do not want the event award or IVV credit. If the club holds an event in a facility (such asa state park) or with a sponsor charging an entrance, participation, donation, or use fee, the club will note the required fee in the event brochure

3. On the day(s) of an event, traffic routes to the start point will be clearlymarked. The start point will be easily identifiable with the IVV logo displayed.

4. The start/finish area should have free water, garbage containers and restrooms available. If restrooms are not available at the start/finish, a notice will be placed in the event information. The club should ensure that restroom facilitiesare available approximately every ten kilometers along the selected trail.

5. If the actual length or rating of the trail is different from that advertised, the club will place a sign at the start showing these differences. The club mustaward any additional distance.

6. Clubs must set start times and finish times so that each participant cancomplete the offered distance without stress.

> a) Clubs must offer continuous start times for all events. Start times for all events, except swimming, should be at least three hours (e.g., 8:00
> a.m. to 11:00 a.m.). They may shorten this time to allow for such factorsas a night walk or extreme weather conditions. If the club offers more than one distance, they may shorten the length of the start time for the longer events.

> b) Except swimming events, clubs must offer participants a minimumof three hours after the close of the start point to complete a short- distance event. The club must offer at least six hours to complete a medium-distance event and nine hours to complete a long-distance event.

> c) For swimming events, clubs must offer participants at least onehour after the close of the start point to complete the distance.

7.	Event trails will be clearly marked. The markings will be distinctive and easily recognizable by the participants. Alternatively, they must provide the participant a map and/or directions for the route. For Year-Round Events and Seasonal Events, the participant shall be provided with written directions and a

map description of the route.

8.	Clubs must secure and maintain at the start area the original, signed Waiver of Liability forms as required. These original signed Waivers are to beretained on file by the club for seven years after the last day of the event.

9.	Clubs will use start cards to record participation, to control distribution ofevent awards, and to control the issuance of IVV credit. Start cards must show the participant's name and registration status. Participants paying a fee to participate will be registered as;

	a)	receiving an IVV award which includes IVV credit,

	b)	receiving IVV credit only, or

	c)	not receiving either (called non-IVV participants).

Clubs will issue start cards for pre-registered participants only to the individual named on the card. Participants must obtain a start card each time they go out on the trail. The only exception is if the participant is completing the same shortwalking trail twice on the same day instead of the club providing a medium distance walk.

10.	Clubs will use manned checkpoints to monitor and help participants if necessary. Clubs will mark start cards at the checkpoints with any kind of stamp or punch. Self-checkpoints may replace manned checkpoints if the club has another means of monitoring participants. For long distance events, to include marathons, clubs will establish manned checkpoints no more than six kilometers apart. Additionally, for long distance walks, to include marathons, telephone and/or radio communication must be available between manned checkpoints and the start/finish area.

11.	During all events, medical assistance will be reasonably accessible. Forlong distance events, including marathons, medical assistance must be readily available and must be directly accessible by telephone and/or radio.

12.	Free water should be provided at each checkpoint or participants must berequired to carry water. The club will note any requirement for the participant to carry water in the event brochure. For long distance events, to include marathons, AVA recommends that clubs make available, free of charge, a non- sugared, sodium-restricted

drink. Clubs should consider hot drinks or soups when the temperature is less than 40 degrees F. They must ensure that there aregarbage containers available at all checkpoints where possible.

13.   IVV Record Books and New Walker Packets must be available for purchase at all Traditional Events except Year-Round and Seasonal Events. Clubs may also sell items that are necessary for the comfort of the participants,items that promote volkssporting IVV events, and refreshments.

14.   A club may set up one or more workers' events to allow workers to become acquainted with the start/finish and the trail. These events can also allow

them the opportunity to earn the award and IVV event and distance credit for theevent. However, the IVV Certification Stamp may be placed in a worker's event and/or distance book only on the day of the actual sanctioned event.