

Reino Keski-Salmi LOPPET

1. **NO SKATING.** This policy will be enforced.
2. **SELF-SEDED START** Please line up according to your ability.

Classes B – K (34 km, junior 17km, & senior 17km)	10:00 am Sharp
R30 (recreation), A3 & A4 (ages 8 –13)	10:05 am Sharp
R17 & R10 (recreation)	10:10 am Sharp
A1 & A2 (ages 7 & under)	10:15 am Sharp
3. Skiers will be timed according to the class in which they are registered.
4. Loppet skiers taking 2 ½ hours or more to complete the first lap (18 km) will not be permitted to start the second lap. They will be directed to the bib collectors at the finish line.
5. Any loppet skier arriving at the upper aid station after 1:30 will be directed, via Larch Hills Road, to the bib collectors at the finish line.
6. Return your race bib at the finish line where you will receive your ticket for a hot lunch.

PLEASE REPORT TO THE BIB COLLECTORS AT THE FINISH AREA IF YOU DO NOT COMPLETE THE COURSE

NOTE: TOURING SKIERS MAY BE USING THE TRAILS DURING THE LOPPET.
WE ASK THAT YOU SKI WITH COURTESY.

Emergency Assistance

- There is a radio located less than 1.8 km from any point on the 17 km course.
- Radio operators are noted with **R** on the maps and identified on the course by a red circular sign with a letter **R** on it.
- A skier with a radio will ski the 30 km course as sweeper.

If you become ill or sustain injury, seek assistance from the nearest controller. Remain with the controller until they arrange to escort you off the hill.

If you should encounter a skier in need of medical assistance on the course:

1. Provide comfort, and if qualified, provide first aid/CPR as required until another skier arrives.
2. One of you stays with the downed skier while the other proceeds to the closest radio location. Take note of the location of the downed skier from nearby kilometer or trail signs and relay as much pertinent information to the radio operator as possible. Appropriate assistance will move to action as soon as the call comes from the radio operator.

PARKING at Larch Hills

Please follow the directions given by the Parking Officials
LEAVE EARLY TO ALLOW FOR TRAVEL AND PARKING

APRES SKI

Complimentary at Salmon Arm's SASCU Recreation Center

2 – 4 pm	Swim and Hot Tub	
4:30 pm	Appy Hour	
5:30 pm	Awards	
6:30 - 8 pm	Mingle and Visit	pizza & beverages available for purchase