

# - - - - - Regulation & Insurances of the Ardéchoise 2024 - - - - -

**Any REGISTRATION** signifies acceptance of these regulations. In the event of non-compliance with the regulations, the offender is liable to sanction or even exclusion.

## 1. ROAD RULES :

Events which take place on open public roads are subject to absolute compliance with the Highway Code. In the event of an offense, cyclists are solely criminally responsible for accidents of which they are the perpetrators or victims directly or indirectly.

## 2. WARNING/RECOMMENDATIONS :

Cycling on roads or paths, whether open or privatized, carries risks inherent to cycling, such as individual and collective falls. Each cyclist must constantly adapt their speed to traffic, weather and road conditions. Each cyclist is aware of their vulnerability and accepts the risks. A minimum of physical preparation, adequate equipment depending on the weather and the place, respect for the rules and civic behavior are the guarantees of a successful and festive Ardéchoise. The following are prohibited: unsporting and inappropriate behavior, disrespectful remarks, incivility, the use of doping products, the throwing of objects or waste, dangerous cycling, failure to respect marked routes or safety in general, the use or assistance of vehicles external to the organization, the failure of young participants to respect safety in the car parks and on the Saint-Félicien site.

## 3. SAFETY :

For all cyclists, wearing a helmet that complies with current regulations (**CE-EN1078 approved**) is mandatory on all circuits.

- On Saturday, all cyclists benefit from the following safety elements :

- . An opening motorcycle preceding the participants and a broom vehicle following the last cyclists.
- . Safety motorcycles and mobile or static technical assistants.
- . A rescue service (firefighters, first aiders, doctors) mentioned on the route map.

- Wednesday, Thursday, Friday :

. Cyclists are independent. L'Ardéchoise therefore does not provide medical or technical assistance or repatriation by broom car. Participants, still on the routes on Saturday, can benefit from assistance services but only on the routes served that day (refer to the road map that all cyclists must keep with them during their events.)

. They have the possibility of requesting traditional assistance by calling 112 or 15 or even 17 for the gendarmerie.

. They can contact local bicycle dealers and repairers, at their expense, in the event of technical problems.

**ELECTRICALLY ASSISTED BICYCLES** (VAE in french !) are authorized throughout routes in cyclotourist packages. **They are prohibited in cyclo sportive formulas.** "Speed bikes" are prohibited.

## 4. AGE REQUIRED FOR ACCOMPANIED MINOR PARTICIPANTS :

- 8 years old (7 years if licensed), for the "squirrel" (ADJ North) and "the frog" (ADJ south) courses.
- 10 years old for the other courses of the Ardéchoise Des Jeunes.
- 15 years old for Le Doux 87 km (1 day Saturday), Le Rhône 66 km or La Cance 93 km (1 day Wednesday).
- 17 years old for Les Boutières 127 km (1 day Saturday), Haut-Vivarais-Pays d'Ay 121 km and Pays d'Ay/Hermitage 129 km (1 day Wednesday), Gravel

## 5. SUPERVISION OF MINORS :

People under the age of 18 can participate under the following conditions :

- Parental authorization signed by all legal representatives.
- A medical certificate authorizing non-competitive cycling or a current license from the cycling federations .

- All minors must be accompanied by an adult.

- For groups of 2 to 9 minors, the number of accompanying adults must be 2. Beyond 9 minors, a new group is formed with the same conditions.

- For minors cycling within a cycling club affiliated to a federation (FFC, FFVélo, Ufolep...), they must be supervised on the day of the test by certified educators. The regulatory rules of their affiliated federation then apply.

## **6. REGISTRATION POSSIBILITIES :**

- By postal mail until Friday June 7 inclusive (postmark as proof)

- By internet, until Sunday June 9 at midnight

- On site, with extra charge, until the day before the event.

- For the Ardéchoise for young people, deadline May 31

PLEASE NOTE: No registration will be taken on site on the day of the event

## **7. REGISTRATION AND THE INCLUDED PACKAGE :**

Registration is firm and final and cannot be refunded, unless the cancellation option is chosen and you meet the compensation conditions.

**The package includes :** Participation in the chosen event; the bike frame plate, a jersey, assistance, first aid and supplies on Saturday June 15 on the 6 courses in 1 day ; a hot meal tray on arrival on Saturday June 15 until 8:00 p.m.; bicycle locker; a diploma to download from [ardechoise.com](http://ardechoise.com) ; participation in the drawing for prizes offered by our partners (obligatory presence during the drawing with ID).

The package can be collected at the Saint Félicien gymnasium from Tuesday to Friday.

. On Saturday, several refreshment stations offering dried fruits, cakes and energy bars, cold meats and cheeses are on the maps and the roadmap. More than thirty water points are also present on all of the routes, the main ones are marked on the road map. On Saturday June 15, it is possible to purchase meal for companions at the restaurant. price of €13.

. On Wednesday, Thursday and Friday, cyclists are independent. However, many villages provide food supplies on their own initiative.

## **8. CANCELLATION :**

Reimbursement is only possible if you subscribed to the cancellation guarantee at the time of registration and you meet the conditions (available on our website).

## **9. TIMES FOR SATURDAY, JUNE 15 :**

Saturday times are as follows :

DEPARTURE :

. at 6:45 a.m. sharp for participants in the Granfondo UEC European Championships.

. 7:00 a.m. for all other cyclists

. 7:30 a.m. for cyclotourists and e-bikes until 8:30 a.m. sharp.

For security and organizational reasons, no departure, whatever the formula, can take place after 8:30

The start of the Gravel race is given from 7:00 a.m. to 9:00 a.m. at the Dienne park.

## **TIME BARRIERS :**

They will be held by FFC marshals :

. 10:30 a.m. at Lamastre.

. 11:15 a.m. at Cheylard.

. 12:30 p.m. at Col de Mézilhac.

. 2:00 p.m. at Col du Gerbier de Jonc.

. 3:30 p.m. at Chanéac (D278/D378 crossroads), beyond this time, detour via the Limis road.

. 4:30 p.m. at the exit of Saint-Martin-de-Valamas.

. 5:45 p.m. at a place called Freydaparet (crossroads D9/D214)

- . The time taken for cyclosporists (excluding the UEC Granfondo European Championships) is taken at the Buisson pass. The return downhill to St Félicien must be done without excessive speed.
- . Registration of starters takes place at the actual start line. It is imperative to cross this line to be classified and have your diploma.
- . Checks are carried out on the different courses, in order to ensure perfect conditions for regular racing and your safety. Any competitor not following the entire course will not be classified.

**Any participant exceeding these time barriers has two solutions :**

- 1. Take the broom vehicle, after having returned its frame plate to the race marshal or another member of security.
- 2. To continue his journey, he must first communicate his frame number to the race commissioner or to a broom vehicle volunteer. Once this formality has been completed, he continues his journey under his own responsibility and no longer benefits from medical, technical or repatriation assistance from the organization.

**10. IMAGE RIGHT :**

Acceptance of these regulations necessarily implies that the cyclist gives his consent to the Ardéchoise and the media covering the event, to use his image for all photos and videos taken on Tuesday June 11 to Saturday June 15.

**11. PARKINGS :**

In Saint-Félicien, short-term parking E1 is reserved for collecting bibs and dropping off luggage, from Tuesday to Friday. Otherwise, it is obligatory to park your vehicle in the signposted car parks provided. Shuttles connecting the car parks to the Ardéchoise site are available on Saturdays from 6:15 a.m. to 9:15 p.m.

----- **SPECIFIC REGULATIONS** -----

----- **A. 1 DAY WEDNESDAY (ARDÈCHE VERTE)** -----

**A.1 THE FORMULA :**

Ardèche Verte is a cyclotourist tour on 4 routes. It is carried out on Wednesday independently (drink, food and assistance).

**A.2 DEPARTURE :**

Participants leave between 7 a.m. and 9 a.m. sharp on Wednesday, they must pass under the starting gate, located at the Saint-Félicien exit, road of Vaudevant D115.

----- **B. 1 DAY SATURDAY (“L’ARDECHOISE”)** -----

When registering, you will opt for the cyclosporist formula or the cyclotourist formula

**B.1 THE CYCLOTOURIST PACKAGE :**

It is open to the age conditions mentioned in §4

**B.2 THE CYCLOSPORTIVE FORMULA :**

It requires the obligatory provision of proof : photocopy of the 2024 license for licensees, a medical certificate less than one year old on the day of the event explicitly mentioning "the aptitude for the practice of the competitive cycling. The medical certificate valid for 3 years is only valid in the case of license renewal.

**Failing this or if the proof is non-compliant, the participant will be registered as a cyclotourist.**

The cyclosporist formula is prohibited for cyclists under 18 years of age. However, a junior category is organized exclusively on the Boutières course, 134 km for young people born before December 31, 2007 (parental authorization must be attached). FFC licensees benefit from comprehensive insurance coverage

: individual liability + personal accident of their license. The cyclo sportive formula has three classifications: scratch, by category and by team.

### **B.3 PRIORITY BIBS :**

Priority bibs will be allocated by the organizer on request, and with regard to the results achieved in cyclo sportive events listed on the FFC calendar, or of any European federation recognized by the UEC.

### **B.4 MODIFICATION / REPLACEMENT :**

You must Contact Ardéchoise: [inscriptions@ardechoise.com](mailto:inscriptions@ardechoise.com)

### **B.5 PRIVATIZATION OF ROADS :**

Ensured by the national gendarmerie, marshals and security motorcycles and vehicles of the organization. By Prefectural decree, only cyclists regularly engaged in Ardéchoise will be able to travel on privatized roads on Saturday June 15, 2024 from Saint-Félicien to Cheylard (crossroads D578/D120) - from the crossroads D120/D478 (Saint Julien d'Intres) to the entrance to Saint-Agrève (crossroads D120/D21), place called Freydaparet (crossroads D9/D214) upon arrival at Saint-Félicien.

On privatized roads, any U-turn by bicycle is strictly prohibited, before the broom vehicle accompanied by the gendarmerie passes.

### **B.6 FOLLOWING CAR :**

For safety reasons, following cars are prohibited. Any participant with a support car will be disqualified by a commissioner.

### **B.7 MEDICAL ASSISTANCE :**

It is coordinated by Dokever and provided by SDIS 07, SAMU 07, UDPS, emergency doctors on motorbikes, and a medical helicopter. The medical profession has full authority to stop a participant if it deems it necessary.

### **B.8 TECHNICAL ASSISTANCE :**

Technical assistance is provided by local bicycle dealers. Labor is free, parts are invoiced and paid on site or at the gymnasium stand on the Ardéchoise site.

## **----- C. ARDÉCHOISE GRAVEL -----**

**C.1.** The Ardéchoise Gravel is a non-timed event. It will take place on roads open to traffic and paths (mainly tracks). Respect for the Traffic Laws and nature are therefore essential.

**C.2.** The event will be held on Saturday June 15, starting and finishing in St Félicien.

**C.3.** Departure will be free between 7 a.m. and 9 a.m. from the Dienne park in St Félicien

**C.4.** The routes are not signposted, progress will be made by following a GPS track to be downloaded from [ardechoise.com](http://ardechoise.com) before departure.

**C.5.** It is mandatory to have a charged mobile phone in working order during the entire test.

**C.6.** 3 solid and liquid supplies will be positioned on the courses in St-Jeure-d'Ay (Grand course), Satillieu (all courses), and Lalouvesc (all courses).

**C.7.** Medical assistance will be permanently present at these 3 supply points. In the event of a problem, outside of these points, the alert must be given to the race PC at 04 75 06 19 22

**C.8.** For your safety, passage controls will be carried out at different points throughout the routes.

**C.9.** The routes used can be of different types and are subject to bad weather. Caution must be exercised on all routes.

**C.10.** Each participant must plan for the possibility of small repairs to their bike.

**C.11.** It is reasonable to choose your route according to your current physical abilities. Before confirming your choice of route, it is essential to carefully assess its level of difficulty in terms of distance and elevation.

**C.12.** The routes used are likely to be frequented by other users (pedestrians, cyclists, joggers, etc.), participants undertake to respect these audiences by warning them and adapting their speed when crossing and overtaking.

**C.13.** Participants undertake to respect the sites and routes taken, as well as their surroundings (private property, crops, etc.)

## ----- **D. ARDÉCHOISE in 2, 3 or 4 DAYS** -----

### **D.1. THE FORMULA :**

The Ardéchoise in several days is a cyclotourist tour with stages on the route of your choice. It is carried out independently (drink, food, mechanical and medical assistance, repatriation). It is only on Saturdays on the 1-day courses that refreshments, assistance and relay points for the traveling broom vans are set up by the organization. The Ardéchoise in several days is open to all cyclists born before December 31, 2007.

### **D.2 REGISTRATION POSSIBILITIES :**

With accommodation: superior comfort formula: March 1, 2024 latest deadline, subject to availability. Formulas A and B : April 1, 2024, latest deadline, subject to availability.

### **D.3 MODIFICATION / REPLACEMENT :**

Contact Ardéchoise: [contactpj@ardechoise.com](mailto:contactpj@ardechoise.com). In the event of replacement, send a letter accompanied by the form completed by your replacement and €10 administration fee.

### **D.4 CONTROLS :**

Departure : cyclists must pass under the departure gate from **7 a.m. to 9 a.m.** sharp. On the courses: they pass through the checkpoints of their course. Cyclists leave at their convenience from their accommodation. Those registered in 3 days + Ardèche Verte with 4 accommodations: depending on their place of accommodation, these cyclists will pass the Ardèche Verte arrival check on Wednesday or the 3 Day departure check on Thursday at their convenience.

### **D.5 ACCOMMODATION :**

No reservation without registration. The accommodation option is offered within the limits of places available in superior comfort formulas, A or B (in the event of unavailability in the chosen formula, a supplement may be requested). Cyclists are placed in the order of arrival on their registration form depending on the route chosen and the organization of baggage transport.

### **D.6 GROUPS :**

Cyclists wishing to be accommodated in the same place must send their registrations in the same envelope indicating the group leader (the same for internet registrations). The price includes: half pension (meals, night and breakfast lunch) (bed sheets provided, towels not provided) for 1 to 4 nights depending on the formula chosen.

Accommodation options A or B are distinguished only by the number of people per room.

The routes cross very heterogeneous areas in terms of accommodation, The stage is located on or off the route within a radius of 20 km.

2 days stage : 1 night at the halfway point of the chosen route.

3 days stages: 2 nights at 1/3 and 2/3 of the route.

4 days stages: 3 nights at 1/4, 1/2 and 3/4 of the route.

3 days stages + Ardèche Verte and 4 accommodations : 4 nights including Tuesday and Wednesday in the same accommodation within a 25 km radius around Saint-Félicien village. Thursday and Friday at 1/3 and 2/3 of the chosen route. In the event that all these possibilities are exhausted, the Ardéchoise will contact you to offer you other alternatives (distance, route).

#### **D.7 SUPERIOR COMFORT FORMULA :**

This formula only offers hotels or guest rooms rated at least 3 stars. In the event that there is no longer availability, lower category accommodation will be offered to you. The price includes : refreshment on arrival in the accommodation, half pension, bed sheets and towels.

#### **D.8 TRANSPORT OF LUGGAGE :**

This service is exclusively intended for cyclists hosted by Ardéchoise.

One luggage = 1 single bag, completely closed (nothing must protrude).

Weight and dimensions:

- 2 days baggage : maximum 7 kg / 50 x 35 x 30 cm.

- 3-days luggage : max. 9 kg / 60 x 35 x 30 cm.

- 4-days luggage : max. 10 kg / 60 x 35 x 30 cm.

- Luggage 3 days + Ardèche Verte and 4 accommodations : maximum 10 kg / 60 X 35 X 30 cm.

Failure to comply with these rules will result in refusal of baggage handling.

#### **D.9 DROP OFF :**

After collecting your bib, you can drop off your luggage at the party room of Saint-Félicien village from Tuesday to Friday. See schedules on program p.8/9. At your accommodation locations, luggage must be made available to carriers from 7:30 a.m. Luggage 3 days + Ardèche Verte and 4 accommodations: on Tuesday evening, cyclists take their luggage directly to the accommodation.

On Thursday morning at the accommodation, the luggage must be available to the carriers from 7 a.m.

#### **D.10 COLLECTION :**

At the accommodation, your luggage will be available no later than 6 p.m. Saturday from 12 p.m. to 8 p.m. luggage at the party room of Saint-Félicien village depending on the arrival of the carriers.

### **----- E. ARDÉCHOISE FOR YOUNG PEOPLE -----**

#### **E.1 GENERAL :**

For age and support conditions, refer to §4 and §5 of the general regulations. It is imperative that the young person is guided by their guide on a course adapted to their age, level and physical capacity. .

Accompanying person, when receiving your bib: it will be imperative to sign the accompanying person's chart which recalls your commitment as a supervisor, so that the young people ride in complete safety.

#### **E.2 DEPARTURE AND ARRIVAL :**

Reception from 7:00 a.m. for checking the equipment with the accompanying persons and depositing the lunch basket in the minibus provided for this purpose. The arrival will be in the same area as the departure area, where a snack offered by the Ardéchoise awaits you. You will be given the diploma and finisher medal. You can also enjoy the various fun activities offered to all young participants until 4:30 p.m.

#### **E.3 RIGHT OF PERSONAL PORTRAYAL :**

The registration of a minor child results in the authorization given to the Ardéchoise to use their image during commercial actions and for communication materials specific to the organization.

#### **E.4 MANDATORY INSURANCE :**

All children and accompanying persons must be insured for civil/individual accident liability.

#### **E.5 SECURITY :**

The highway code and basic safety rules must be respected during the event, namely : **wearing a helmet is compulsory for all cyclists** - do not ride head-on - ride well to the right of the road - suggest a queue order group - On descents, a companion must be in front to set the pace of the group and one behind to ensure safety - allow time for breaks to eat (drinks/bars) - only stop off the road - have a cell phone per group of three (accompanying person) in the event of a mechanical or other incident.

### **----- F. INSURANCES AND GUARANTEES -----**

#### **F.1 THE CIVIL LIABILITY OF L'ARDÉCHOISE IN ITS QUALITY AS ORGANIZER OF THE RACE :**

It only takes effect on the official route and for the duration of the event, for participants regularly registered for the current year's event and checked at the start and until the finish, the official scores being taken as proof.

#### **F.2 THE CIVIL LIABILITY OF THE ORGANIZER IN THE CONTEXT OF THE BIKE STORAGE ORGANIZED ON SATURDAYS FROM 11 A.M. TO 8 P.M.**

The total value of personal effects other than bicycles left at the specific Saturday locker must not exceed €100, this locker does not take valuable items.

#### **F. 3 THE CIVIL LIABILITY OF THE ORGANIZER FOR BICYCLES OR GOODS ENTRUSTED TO THE ORGANIZATION IN THE CONTEXT OF THE TRANSPORT OF BAGGAGE OR IN BALAGE CARS.**

The damage must be reported and noted as soon as the sweeper vehicle arrives. Apart from these situations, cyclists are responsible for their property (bike or personal effects) and must be covered by their own insurance, particularly in accommodation even if it has a security room.

#### **F.4 DAMAGE TO PROPERTY :**

Non-licensed participants or licensed participants not insured by their federation benefit from the "Damage to Participants' Property" guarantee for their equipment and personal effects used during the Race during an accidental event. The ceiling of this guarantee is €600 with a deductible of €150.

#### **F.5 INDIVIDUAL ACCIDENT :**

According to article L321.4 of the Sports Code, our duty of information prompts us to advise you to take out insurance from the insurer of your choice guaranteeing the payment of capital in the event of bodily injury due to an accident. occurred along the route of the event. It is up to the participants to insure themselves for this type of damage. Licensees must check with their federation that they are sufficiently covered. Otherwise, it is in their interest, as well as for non-licensees, to take out the insurance of their choice or the "I.A. Sport +" formula with MAIF (consult all the guarantees on our site [www.ardechoise.com](http://www.ardechoise.com)).

#### **F.6 CANCELLATION GUARANTEE :**

You can subscribe to the cancellation guarantee, the conditions of which are: accident, illness, refusal of paid leave, transfer, death of a loved one (ascendant or descendant, spouse, brother or sister).

The seriousness of the illness or accident must be noted by a competent authority who will issue a medical certificate of contraindication to cycling. Only people who subscribed to the "cancellation guarantee" at the time of registration can request a refund of their registration (less the administration fees and the amount of the cancellation guarantee).

Conditions for compensation: Any request for reimbursement must be sent to us accompanied by a medical certificate or other supporting document, no later than June 10, 2024, postmark as proof, to the Ardéchoise Cyclo Promotion 1 place des Myrtilles 07410 ST-FELICIEN or by email [inscriptions@ardechoise.com](mailto:inscriptions@ardechoise.com)

#### **F.7 CANCELLATION OF THE EVENT :**

The automatic postponement must be confirmed. In the absence of confirmation, the amount will be considered as waiver of debt, with the possibility of obtaining a tax receipt on request.

The duty of information incumbent on us requires us to ask you to validate and sign the accreditation letter, which stipulates all your obligations.

#### **G. ELECTRICALLY ASSISTED BICYCLES (VAE in french) :**

**G.1.** VAEs are authorized on all routes, but only in cyclotourist formula.

**G.2.** VAEs evolve without technical assistance, particularly with regard to battery autonomy.

**G.3.** Competitors must provide the necessary devices for recharging their bike during the day and for their accommodation if they are competing over several days. They are the only ones who know the technical capabilities of their bike, and must therefore judge whether this will be necessary.

**G.4.** Participation may be requested by accommodation providers, or throughout the course in the event of battery recharging. This participation is capped at €3. It must be paid directly to the structure concerned. No payment is included in the registration for this point.

#### **GENERAL DATA PROTECTION REGULATION :**

Concerning cyclists who register for Ardéchoise 2024, except in the case of a confidentiality agreement with a partner, the Ardéchoise Cyclo Promotion association:

Do not distribute your data;

- Keeps your data for 7 consecutive years after your last participation;

- Displays 5 days before departure those registered for the edition: surname / first name / category / city / country\*;

- Written on the handlebar plate : name / first name / category / city / country\*\*;

- Broadcasts exclusively the classification of cyclosportifs on Dauphiné Libéré news paper and other media;

- Give your data to "Rescue" if necessary.

\*if you wish to remain anonymous, please indicate this in writing on a plain paper attached to your registration

\*\*if you wish to remain anonymous, simply hide your first and last name using a black marker.

----- L'Ardéchoise 1 place des Myrtilles - 07410 SAINT-FELICIEN - 04 75 06 13 43 -----