

Canadian Volkssport Federation (CVF)
La Fédération canadienne volkssport (FCV)

Rules and Regulations Part 2 – Volkssport Programs
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PART 2 – VOLKSSPORT PROGRAMS

The organizers of all events, including walking, cycling, cross-country skiing, snowshoeing, swimming, ice skating, and inline skating must:

- Request sanction approval from Canadian Volkssport Federation (CVF), paying the appropriate sanction fee.
- Obtain local approval for organizing an event wherever required.
- Ensure that each participant signs a waiver prior to starting the event or be given a start card, which must be signed.
- Ensure that all maps and instructions are correct.
- If physically challenged participants complete one third (1/3) of the distance of an event on their own resources, they qualify for completion of the event, including the distance covered.

1. WALKING EVENTS

- As above, prior to starting the walk, all walkers must register, sign the waiver, pay the walk fee and, where available, receive the walk instructions.
- At a minimum, a 10 km route must be offered for each walk event; however, shorter distances, starting at 5 km, and longer distances may be offered. Participants may claim in their record books the actual distance they have walked, if the distance is no shorter or longer than the distance for which the event has been sanctioned.
- The fee for all sanctioned walk events may include necessary incidentals such as payment for a guide and bus transfers, but the maximum fee for the walk itself may not exceed \$2.
- For all group walks, the finish point should be kept open a reasonable time after the end of registration to allow participants to walk the trail at their own pace.
- Stickers or labels may be used for use in record books in place of stamps, if a club so wishes.
- Other general requirements are covered in Sections 8 to 21 of these rules.

1.1 Guided/Map Walks (GW/MW)

- Guided Walks and Map Walks take place on a specified day and use either a leader (a designated CVF member) or a map, or both, to guide participants on the predetermined route.
- If no map is given to walkers, the participants must start at the same place and cover the route as a group, with as many leaders and sweepers as are appropriate.
- If a map is used to guide walkers, the finish point must be left open until all walkers are accounted for, or until an announced closing time, which allows a reasonable time for completion of the trail. The map must clearly show the route and adjacent area and should include a written description of the route.

- At the completion of the route, or as soon as is practical in the circumstances, the leader(s) will stamp the participants' event and/or distance record books.
- The route need not be marked and a checkpoint is not required, although checkpoints are desirable if possible for longer Map Walks.

1.2 Multi-Day Walks

Multi-Day Walks are the same as guided or map walks but can be for up to and including five consecutive days with the same distance IVV certification stamp for each day. The same event stamp is awarded for each day that the participant completes the scheduled distance. All other rules applying to Guided/Map Walks apply to Multi-Day Walks.

1.3 More-Day Walks

- A More-Days Walk is an event (Guided/Map) that follows a continuous trail over two or more days with the finish point for each day different than the start point. The distance for each day must be at least 10 km.
- As with Guided Walks, if there is no map, the event leaders are obliged to ensure that participants stay together. In the case of numerous participants, it is recommended that several groups be formed, according to fitness.
- The same event stamp is awarded for each day that the participant completes the scheduled distance. The participant gets a distance stamp for the actual completed distance.
- All other rules applying to Guided/Map Walks apply to More-Day Walks.

1.4 Walking Day Event (Volksmarch) (W)

- A Walking Day Event is an event with an open start time, as well as a fixed time ending the event.
- The start and finish are from the same point.
- A souvenir award, unique to the event, may be offered to participants who have completed the designated trail and paid the appropriate fee.

1.5 Permanent Trails (Year-Round and Seasonal Events) (PT)

- A Permanent Trail, or PT, is an event that is open to participation either all year long (with possible exceptions for holidays or other locally required closings), or seasonally.
- Rules regarding preparing and filing a sanction request, route selection, description and rating, registration and signing the waiver, publicity, awards, and types of participation are the same as for all events.
- A trail is chosen and directions prepared (a map and/or written instructions) that will lead a participant around the route and back to the start point. A set of

instructions is located at the start point, normally a publicly accessible walk box, outlining how participants must register and sign the insurance waiver, as well as how they will receive credit for the event.

- Each PT will operate on a calendar year or portion of that year. Clubs do not have to begin the event at the first of the year.
- Participation reports must be filed with CVF's office by January 31 of the following year for year-round PTs or 30 days after completion for seasonal PTs.
- The event certification of a PT will be one event stamp only per each half year. Multiple entries of distance can be recorded in the distance books, i.e., each time the participant completes the walk. (See Section 18).
- The rules for mail-in PTs are the same as for all PTs, with the exception that, instead of the registration information being in a publicly accessible walk box, the information is located on a national or regional website.

1.6 Round and Long Distance Walks (RLDW)

Round and Long Distance Walks (RLDW) are a group of walks that total a minimum of 80 km and are comprised of a number of walks done in stages. They provide the opportunity for exploration of areas not normally covered in regular walk events. The rules applied to RLDWs are generally the same as for all walks; however, RLDWs must also adhere to the following:

- There is no time limit for completion of the walk.
- The complete distance is done in stages with each segment of the walk no more than 25 km. The segments can be done in any order.
- Trail options include a) long, continuous loop, crossing over itself if necessary or desired, or b) segments that start and finish at the same invariable point (flower-petal model).
- PT start/finish locations may be used for the RLDW with the agreement of the clubs involved.
- No segment of the walk can use in its entirety a trail that is designated as a PT.
- RLDWs may be established and run by any CVF member club, regional association, affiliate member or regional director.
- A sanction is given after a full description of the walk is approved by the CVF Board of Directors.
- The sanction fee is the same as regular PTs.
- Prior to starting the walk, all walkers must register, sign the waiver, pay their fees and receive the walk package containing the instructions and maps for all walks and recording sheet with place for the date completed for each segment of the walk.
- The fee to the walker is a maximum of \$2 times the number of segments comprising the walk; for example, if the walk is made up of 8 segments, a maximum of \$16 could be charged.

- The contact person for the walk is responsible for the stamp; however, the stamp and associated walk instructions may be located in a publicly accessible walk box similar to ones used for PTs.
- An event credit for every 20 km completed will be placed in the IVV record book for events each time the RLDW is completed. If the walk is abandoned, the number of 20 kms completed is the number of stamps placed in the IVV event record book.
- When the walk is completed, the total distance credit is noted in the IVV distance record book. If the walker abandons the walk before completion, the distance credit is given for the actual kms for the segments completed.

2. CYCLING EVENTS

2.1 Cycling Day Events

- The process for a Cycling Day Event is the same as that for all events except for distance.
- The minimum distance for a Cycling Day Event is 10 km. Longer distances up to 100 km are possible.
- Certification of distance for a Cycling Day Event must be put in a bicycle distance book. One bicycle event/distance stamp may be put in a regular walking event/distance book once each half year unless the participant has a bicycle distance book.
- All participants must be equipped with the necessary protective gear in accordance with provincial law.

2.2 Permanent Cycling Events

- The minimum distance for a Permanent Cycling Event is 10 km. Longer distances can be offered.
- The rules are the same as those for Cycling Day Events.

2.3 Round and Long Distance Cycling Events

- Round and Long Distance Cycling Events (RLDCE) are a group of Cycling Days that are of a minimum of 200 km in length and are comprised of a number of Cycling Days done in stages. They provide the opportunity for exploration of areas not normally covered in regular Cycling Events.
- All RLDW regulations and guidelines under Section 1.6 apply with the appropriate changes from Walks to Cycling Events and the following differences:
- Minimum distance is 200 km.
- Each stage of the RLDCE should be not more than 50 km.

- An event credit stamp per each 40 km completed will be given. If the RLDCE is abandoned, the number of 40 km completed is the number of stamps placed in the IVV event record book.
- When the RLDCE is completed, the total distance credit is noted in the IVV bicycle distance record book. If the cyclist abandons the RLDCE before completion, the distance credit is given for the actual km cycled.
- Certification of distance for an RLDCE must only be put in a bicycle distance book.

3. CROSS-COUNTRY SKIING EVENTS

- The process for a Cross-Country Skiing Event is the same as that for all Events and for Walking Day Events, except for distance, nature and condition of trail(s).
- The minimum distance for a Cross-Country Skiing Event is 10 km. A shorter distance (5 to 9 km) and a longer distance up to 40 km can also be offered.
- Other distances will be considered by the CVF Board after presentation of the request by a member club.
- In conjunction with a Cross-Country Skiing Event, a Walking, Snowshoeing, or Skating Event is allowed as long as the start and finish point of these activities takes place in the same spot, time, and date.
- It is recommended to simultaneously offer a walk, in case the weather does not allow for cross-country skiing.
- All participants must be equipped with the necessary protection gear.
- Certification for a Cross-Country Skiing Event is recorded in regular distance and event books.

4. SWIMMING – AQUA WALKING EVENTS

- The process for a Swimming – Aqua Walking Event is the same as that for all Events, except for distance.
- The minimum distance for a Swimming – Aqua Walking Event is 300 meters. Longer distances up to 2000 meters can be offered.
- The distance has to be chosen in respect to type, depth and temperature of the water. Preference has to be given to public pools. Avoid deep water and swift currents.
- Other distances will be considered by the CVF Board after presentation of the request by a member club.
- Approval will be granted only on confirmation that life-saving equipment and personnel are at the location of the event and for its duration.
- Certification of a Swimming – Aqua Walking Event will be made only in the event record book. Distances are not recorded.

5. SNOWSHOEING EVENTS

- The process for a Snowshoeing Event is the same as that for all events, including walking events, except for distance, nature and condition of trail(s).
- The minimum distance for a Snowshoeing Event is 10 km. A shorter distance (5 to 9 km) and a longer distance up to 20 km can also be offered.
- Other distances will be considered by the CVF Board after presentation of the request by a member club.
- In conjunction with a Snowshoeing Event, a Walking, Cross-Country Skiing, or Skating Event is allowed as long as the start and finish point of these activities takes place in the same spot, time, and date. It is recommended to simultaneously offer a walk in case the weather conditions, such as lack of snow, do not allow for snowshoeing.
- All participants must be equipped with the necessary protection gear.
- Certification for a Snowshoeing Event is recorded in regular distance and event books.

6. ICE SKATING EVENTS

- The process for an Ice Skating Event is the same as that for all events, including walking events, except for distance.
- The minimum distance for an Ice Skating Event is 400 meters. Longer distances up to 40 km can also be offered.
- Other distances will be considered by the CVF Board after presentation of the request by a member club.
- In conjunction with an Ice Skating Event, a Walking, Snowshoeing, or Cross-Country Skiing Event is allowed as long as the start and finish point of these activities takes place in the same spot, time, and date. It is recommended to simultaneously offer a walk in case the weather conditions, such as the ice condition, do not allow for skating.
- All participants must be equipped with the necessary protection gear.
- The skating route must be separate from the walking route wherever possible.
- When choosing routes for ice skating, the particular demands for ice skating must be considered.
- Certification of an Ice Skating Event will be made only in the event record book. No distance stamp will be given for Ice Skating, except that once each half year, an ice skating distance stamp may be put in a regular distance record book for a minimum of 5 km or more.

7. INLINE SKATING EVENTS

- The process for an Inline Skating Event is the same as that for all events, including walking events, except for distance.
- The minimum distance for an Inline Skating Event is 10 km. Longer distances up to 50 km can also be offered.
- Other distances will be considered by the CVF Board after presentation of the request by a member club.
- In conjunction with an Inline Skating Event, a walk is allowed as long as the start and finish point of these activities takes place in the same spot, time, and date.
- All participants must be equipped with the necessary protection gear.
- The organizer must ensure sufficient safety measures.
- The inline skating route must be separate from the walking route.
- When choosing routes for inline skating, the special requirements for inline skating must be considered.
- Certification of an Inline Skating Event will be made only in the event record book. No distance stamp will be given for inline skating except that once each half year, an inline skating distance stamp may be put in a regular distance record book for a minimum of 10 km or more.

8. PUBLICITY ANNOUNCEMENT

A publicity announcement must be made for each event either on a national or regional website or through the use of a brochure. The announcement should contain the following information, where feasible and applicable:

- Day(s) and date(s) of the event(s)
- Name of the community where the event(s) will be started/held
- Type of event(s)
- Name of sponsoring club
- Trail rating
- Address of the start/finish point
- Name and telephone number of contact person
- Times of registration opening and closing

9. EVENT SANCTIONS

- A proposed event will be sanctioned by CVF when the appropriate fees have been paid and the application form has been received.
- Clubs are authorized to sponsor fund-raising events, at no cost other than the insurance fee. These events are not to be held within 50 km of a club without the consent of the local club. When a club applies for sanction of fund-raising events, it

must indicate that the event fee is waived and who is to be the recipient of the funds. The club will submit financial reports to the CVF office, if requested to do so.

- The CVF logo may be used only for events sanctioned by CVF to advertise an event and its associated activities and/or in association with directions to the location of such an event or the route to be followed.
- Where a regional association has been formed and recognized by CVF, it may be granted authority to issue all event sanctions for events held in its area of jurisdiction, with the exception of those sponsored by affiliate members. Notification must be made to CVF of the appropriate name and contact information of the person appointed to act on behalf of the regional association.
- When a new club is chartered and located more than 50 km from an existing club or a dormant club is re-activated, that club shall be allowed 10 scheduled events per year and 2 PT/Seasonal PT events free of sanction charges for the two-year period following the charter or re-activated date.

10. IVV CERTIFICATION STAMP

- The IVV certification stamp is provided by CVF. However, if a club so wishes, stickers or labels or electronic stamps may be used instead. The terms “stamps, electronic stamps, labels, stickers” are used interchangeably in these rules.
- Certification of distance of a Cycling Day Event must be recorded in a bicycle distance book. One bicycle distance stamp may be put in a regular distance book every half year unless the participant has a bicycle distance book. Distance is not recorded for a Swimming – Aqua Walking Event. No distance stamp will be given for an Ice/Inline Skating Event, except that once every half year, a skate distance stamp may be put in a regular distance record book.

11. START/FINISH POINT

- The start/finish (S/F) point for a PT should be, if possible, a place of business that is open during daylight hours each day of the week. For all other Volkssport events, the S/F point should be open during the announced hours of the event and have adequate parking. For Guided/Map walks, the S/F point need only be a location with adequate parking. Consideration should be given for washroom facilities. Where possible, the S/F point should be marked with appropriate signs to ensure participants can find the event.
- The business that will be conducting the day-to-day functions of the PT should be willing to work with and follow the procedures applied to the event and be willing and able to work with participants. The club is responsible for seeing that the event is conducted in accordance with these procedures and CVF Rules and Guidelines.

12. REGISTRATION

- Registration is the payment of money and sign up for each participant. The start/finish (S/F) personnel should handle the money, awards, IVV credit and IVV

book sales. The club and/or business should establish a system both for financial accounting and recording the participation.

- Each participant upon registration must be requested to sign a registration sheet, with waiver, or given a start card, and be provided with any special instructions concerning the trail as are necessary. Participants should be made aware of the location of any checkpoints, if any, as well as the time the registration desk will close.

13. START CARDS

- Start cards can be used in the place of registration sheets and may be used to certify distances where control points are in place.
- Each start card given to a participant shall contain the statement of “Waiver of Liability” as shown in Section 14.

14. WAIVER

- There are two versions of the recommended waiver. The first is to be used for single events. The second can be used as an annual waiver. The clubs will need to fill in appropriate information, such as club and event name, and dates. A Word version of these waivers can be obtained from the CVF office.

14.1 WAIVER TO BE USED FOR SINGLE EVENTS

CANADIAN VOLKSSPORT FEDERATION- WAIVER OF LIABILITY (EVENT NAME) (EVENT NUMBER)

CLUB NAME: _____

I have read this Waiver, which covers my participation in this Event, which is organized by (*name of club*) under the Canadian Volkssport Federation ("CVF"). In consideration of my signing this Waiver and thus being permitted to take part in this Event, I agree to save harmless and keep indemnified CVF, its members, officers, directors, their agents and club volunteers (collectively "Volkssport") from and against all claims by me and all claims brought on my behalf. This includes, but is not limited to, actions for damages, costs and expenses in respect to injury to my person or death, or loss or damage to my property arising out of or caused by my participation in this Event, even if that injury to my person or death, or loss or damage to my property, has been contributed to or caused by the negligence of "Volkssport". I understand and agree that this Waiver is binding on me, my heirs, executors, and assigns.

SIGNATURE

PRINT NAME

DATE

EMAIL

PHONE NUMBER

Please sign and turn in at a walk or to a club officer

14.2 ANNUAL WAIVER

CANADIAN VOLKSSPORT FEDERATION- ANNUAL WAIVER OF LIABILITY

CLUB NAME: _____

I have read this Waiver, which covers my participation in all Volkssport Events ("Events") taking place from (*mm/dd/yy to mm/dd/yy*) and that are organized by (*name of club*) under the Canadian Volkssport Federation ("CVF"). In consideration of my signing this Waiver and thus being permitted to take part in these Events, I agree to save harmless and keep indemnified CVF, its members, officers, directors, their agents and club volunteers (collectively "Volkssport") from and against all claims by me and all claims brought on my behalf. This includes, but is not limited to, actions for damages, costs and expenses in respect to injury to my person or death, or loss or damage to my property arising out of or caused by my participation in these Events, even if that injury to my person or death, or loss or damage to my property, has been contributed to or caused by the negligence of "Volkssport". I understand and agree that this Waiver is binding on me, my heirs, executors, and assigns.

SIGNATURE

PRINT NAME

DATE

EMAIL

PHONE NUMBER

Please sign and turn in at a walk or hand in to an officer of the club

For mail-in walks the following should be included on the relevant websites:

"By downloading these instructions you and all members of your party are agreeing to our terms, which include signing our waiver *before* you start your walk."

15. COURSE MARKING

For all group events other than Map Walks, clubs must make every effort to post trail markers along the trail or to provide printed instructions and a map.

16. IVV ACHIEVEMENT AWARDS

- CVF will administer the IVV achievement awards in Canada and records of achievements by individual participants will be kept by CVF after initial presentation for redemption.
- A passport will be issued for each participant upon redemption of the first IVV record book. The passport will contain the passport number and include dates and certified levels of the various achievements.

17. IVV RECORD BOOKS

- Record books or insert cards should be available at the start point of all scheduled events.
- For PTs/Seasonal PTs, there should be a contact person identified who can provide information on how to obtain books and cards.

18. FREE EVENT AND DISTANCE STAMPS

- CVF permits free event and distance credit stamps to all NEW participants in record books designated as "FREE."
- Participants may participate in up to five (5) events at no cost.
- Once completed, these free books should be stapled into regular event and distance books and count toward the first level (10 events/500 km) only.

19. TRAIL RATING

- The following two-part rating system was designed to indicate to Volkssporters an estimation of the difficulty of a trail for a CVF sanctioned walk in Canada. The event sponsor or organizer would decide what rating to assign the trail(s). The first part uses a number to refer to the difficulty of the incline while the second part uses a letter to refer to the nature of terrain.

Part 1 – Incline	Part 2 – Terrain
1. very little hill or stair climbing	A. almost entirely on pavement, probably suitable for a baby stroller
2. some moderate hill or stair climbing	B. a significant part of the walk takes place on well-groomed trails with very little more difficult terrain
3. some significant hill or stair climbing	C. a significant part of the walk takes place on somewhat difficult terrain (rocky/rooted paths)
4. a great deal of significant hill or stair climbing	D. a significant part of the walk takes place on very difficult terrain
5. many steep hill or high altitude trails	E. the majority of the walk takes place on very difficult terrain

- Extreme weather conditions could also raise the difficulty of the routes; thus Volkssporters should take caution under certain weather conditions.