

PTL® 2023

SELF-ASSESSMENT FORM

TEAM NAME

		1	2	3
PARTICIPANTS	Surname	_____	_____	_____
	First name	_____	_____	_____
	Gender	_____	_____	_____
	Age	_____	_____	_____
	Nationality	_____	_____	_____
	Place of residence	_____	_____	_____

THE PTL®

The PTL® is an event run in autonomy in the middle and high mountains, of about 300km and 25000m of ascent to be covered in 152:30 in teams of 2 or 3 inseparable people. It includes technical passages and other risks: steep slopes, without paths, scree, névés etc. The route is not way-marked. Competitors must be able to master the necessary techniques to tackle this environment, and know how to use different orientation methods. They must be ready to confront natural difficulties (cold, heat, fog, rain...), a lack of sleep, eating related problems and be capable of being supportive of the team and of others should the need arrive.

I am fully aware of the specificities of this event	Yes	No	Yes	No	Yes	No
I have thoroughly read the regulations relating to it	Yes	No	Yes	No	Yes	No
I have watched, in full, the film of the 2022 PTL® (viewable here)	Yes	No	Yes	No	Yes	No

COMMUNICATION

Having the ability to interact with the organization team during the event (race hq, volunteers, rescue teams...) is essential to ensure the safety of participants.

That is why it is mandatory that at least two members of the team are fluent in French, English or Italian (the languages of the organization). A good level of expression and understanding, including on the telephone is required. **The ability to speak those languages will be tested at the race pack collection; if a team does not meet the required level, they will be excluded from the event.**

I am fluent in at least one of the 3 languages of the organization (French, English, Italian)	Yes	No	Yes	No	Yes	No
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SKILLS REQUIRED

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Knowledge

I understand the dangers related to hiking in the mountains, notably, linked to technical difficulties, altitude and weather conditions.

I understand the difficulties relating to walking on glaciers

I understand the reflexes I should have in case of an accident in the mountains

Experience

I am capable of using a GPS to find my way hiking during the day, night and/or in fog.

I am capable of using a map and compass to find my way hiking during the day, night and/or in fog.

Wearing crampons, I walk confidently on glaciers or névés

I am at ease on aerial passages and/or on ridges.

I am at ease on equipped mountain sections (hand-rails/ chains, peg type steps, ladders etc.)

I move with ease where there are no paths and/or across stone fields

Environmental and behavioural experience

I respect the mountain flora and fauna

I respect the inhabitants, farmers, guardians and other walkers

I leave no trace of my passage (Papers, waste, excrement ...)

Members of the organization and race stewards will be inspecting the most difficult sections of the course, especially during the first day of the race. Teams that are considered to have a low technical level that is inconsistent with the experience mentioned in the self-assessment form will be excluded from the event once they are taken to safety. The organization will not refund the teams excluded from the race their registration fee.

I have read and understood that the teams that experience technical difficulties on difficult sections of the race will be excluded from the event once they are taken to safety.

Yes

No

Yes

No

Yes

No

RECORDS

1

2

3

PTL®

Yes

No

Yes

No

Yes

No

Year

Ultra-Endurance trail races

(UTMB®, Tor des Géants, Diagonale des Fous...)

How often do you practice?

Main references :

Mountain qualification

(guide, leader...)

Yes

No

Yes

No

Yes

No

Titre :

Serious hikes on foot or ski

(ex TMB - Haute Route...)

How often do you practice?

Main references :

Mountaineering / Climbing

How often do you practice?

Main references :

Orienteering courses, Multi-sport treks , Other...

Main references:

MOTIVATION OF THE TEAM

We fully approve, without reservation, to the selection criteria required. We commit on the reality of the information supplied and also respect the organisation's freedom of decision when selecting candidates.

SIGNATURES (name, surname)