

# PTL® 2024

## SELF-ASSESSMENT FORM

TEAM NAME

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

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### THE PTL®

The PTL® is an event run in autonomy in the middle and high mountains, **without assistance**, 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 acknowledge having acquired, prior to the challenge, a genuine capacity for personal autonomy in the mountains, enabling me to manage the issues inherent to this type of challenge	Yes	No	Yes	No	Yes	No
I am aware that the challenge takes place without external assistance, except for that provided by the organization at refuges and life bases	Yes	No	Yes	No	Yes	No
I have thoroughly read the <b>regulations</b> relating to it	Yes	No	Yes	No	Yes	No
I have watched, in full, the film of the 2023 PTL® (viewable <a href="#">here</a> )	Yes	No	Yes	No	Yes	No

## COMMUNICATION

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**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 is fluent in French, English or Italian (the languages of the organization). A good level of expression and understanding, including on the telephone, is required and will be checked at the race bibs distribution. The PTL® Committee has the right to prevent a team from starting the race if the aforementioned condition is not fulfilled.**

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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I am aware that teams lacking sufficient proficiency to communicate with the organization in the three mentioned languages (French, English, Italian) will be excluded from the competition without a refund of the registration fees	Yes	No	Yes	No	Yes	No
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## SKILLS REQUIRED

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**1****2****3**

### 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

I am familiar with techniques for navigating exposed terrain that necessitates the use of safety equipment (helmet, harness, and safety lanyard, etc.)

I am aware that the permanent carriage of suitable safety and clothing equipment is essential for my safety

I am aware that the deterioration of my physical and mental capabilities (lack of sleep, injuries, etc.) significantly increases the risks of falls throughout the entire course

I am comfortable with the use of a [GPS beacon](#)

### First aid

I know the necessary actions to take in case of an accident in the mountains (alert transmission, securing and sheltering, etc.)

I am familiar with mountain first aid techniques and proficient in the use of the contents of my first aid kit.

I am aware that mountain rescue access can be challenging and may involve significant delays in my evacuation.

**SKILLS REQUIRED****1****2****3****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, other walkers and volunteers of the event

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

I am acquainted with the precautions to take in the presence of livestock guardian dogs in alpine areas

**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
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**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)**