

Guidelines

of the International Federation of Popular Sports (IVV)
by resolution of the Congress of Delegates in Rio de Janeiro/Brazil
on the 25th of November, 2016

INTRODUCTION

According to § 3 of the IVV statutes the following guidelines are enacted:

The International Federation of Popular Sports e.V. (IVV) offers the following events:
Walking - Cycling - Swimming - Aqua walking - Skiing - Skating – Inline skating - Rowing –
Canoeing - Kayaking - Popular Sports Olympiad.

Through the promotion of popular sports the IVV pursues only non-profit goals. It pursues no economic, profit-oriented goals.

The following has to be respected at all IVV-Events in member countries and single member clubs:

- Participation is open for everybody; activities are entirely non-competitive, without time limits or goals.
- The priority is physical activity in fresh air for all segments of society.
- The aims of nature conservancy and landscape protection have to be respected.
- Given national demands on ecology have to be respected.
- Participation of young people and families has to be promoted.
- Creation of international friendship.

Participation in events entitles the participant to receive the international IVV Award.

A) General Principles for IVV Events

The following general principles for the organization of IVV events are valid for all IVV popular sports offered.

1. Each event has to be announced as IVV event. Events can only be organized after being sanctioned by the respective member country.
2. The IVV Presidium is responsible for all concerns of a single member club, e.g. sanction of all events and announcement, setting of entry fee.
3. Each organizer is obliged to insure the event against liability claims of a third party, and local laws have priority.
4. Each organizer is obliged to obtain local approval for the event organization.
5. For each event an announcement has to be made. The design is basically left to the organizer. The organizer is obliged, however, to display the IVV-Emblem at the front page of the announcement, to mention the given permit number and further informa-

tion according to the requirements of the member countries or of the IVV-Presidium for single member clubs. Organization of further details is up to the member country concerned.

6. Each organizer must provide IVV participation books for sale according to the standards of the respective member country.
7. At each event entry fees can be collected from the participants. A distinction has to be made between fees for participants who want to receive only an IVV stamp and fees for participants who want to receive the stamp and the award for their participation. Further details are subject of the member country.
8. Awards at events are not acceptable if they offend common decency or damage the reputation of the IVV. Specific rules regarding kind of awards are subject to the member countries.
9. Event start and finish times have to be calculated so that all participants can do the planned activity in a reasonable time. Further details are subject to the member countries.
10. For active event participation the purchase of a start card or registration at the organizer is necessary. The start card must be presented personally at the check points to receive a control stamp. Participants who present more than one start card have to be dismissed.
11. At all events according to IVV and member country standards the organizer must ensure by suitable measures (e.g. control, self-control) that the participants follow the Rules correctly. When organizing events the organizer is responsible for following the guidelines.
12. When stamping the IVV-participation book the persons responsible must verify that the participant completed the event successfully.
13. It is recommended to put up signs for the participants to find their way and to mark the distance at the event by oneself according to the requirements of the member countries and local situation.
14. Medical Service must comply with national, legal requirements.
15. At public sports events the participant can be given one stamp per event day and kind of event.
16. Participants have no claims of any kind against organizer or third parties at event cancellations because of acts of nature beyond control or reducing the event offer (e.g. dangerous weather conditions).
17. Proper event organization has to be checked by the member countries, or if the organizer does not belong to a national association, by a delegate of the IVV Presidium. The respective member country decides on irregularities of organizers in connection with the IVV Guidelines or if the club does not belong to a national association the IVV Disciplinary Board will fill in. The respective member country decides on irregularities of participants in IVV events going against general principles of sport, or if the participant belongs to a country where no national association exists, the IVV-Disciplinary Board will fill in.

B) Kind of Events

Currently, the International Federation of Popular Sports e.V. (IVV) offers the following kinds of events:

- I. Walking
- II. Cycling
- III. Swimming – Aqua walking
- IV. Skiing - Snow shoeing
- V. Skating
- VI. Inline skating
- VII. Rowing - Canoeing – Kayaking

The following guidelines regarding the different kinds of sports are authoritative for member countries and single member clubs.

The rule of further details is up to the respective member country. The IVV Presidium decides for single member clubs.

I. Walking

The range of activities is:

Walking day(s) – guided walks/walking weeks – permanent trails

To promote popular sports special forms of events can be announced, e.g. Public Sports Olympiad, World-Walking-Day, Young-Walkers-Tour, Walking-World-Championship, Walking Journeys and Cups offered, like World Cup or Europe Cup.

1. Walking Day(s):

The start at a Walking Day has to be open over an extended period of hours (e.g. start from 7 am to 1 pm). The end of the event has to be determined so that every participant can cover the announced distance in a non-stressful and reasonable time.

Additionally, the following have to be considered:

- a) At a walking day the minimum distance is 10 km; minor distances (starting at 5 km) and longer distances can be offered.
- b) The 10 km distance and shorter distances are to be family-friendly and handicapped accessible, as far as possible considering the area.
- c) Special mountain tours are to be announced as such.
- d) If a walking event takes place on two or more consecutive days, different walking distances can – but don't have to – be offered.
- e) The distances indicated in the announcement have to be precise. To cut the distance is only permissible in case of very difficult weather or trail conditions.
- f) A check point should be planned every 5 km.

- g) It is recommended to provide non-alcoholic beverages (e.g. tee) free of charge on the course.

2. Guided Walks/Walking Weeks

Members of an association will guide a walk on one day.

During walking weeks daily guided walks can be offered as well as all other sports described in the IVV – Guidelines.

Details to be obeyed:

- a) Each member club of a member country can execute a guided walk/walking week. Approval will be given upon written (or electronic) application by the respective member country. For countries where no national member association exist written motions for organizing guided walks/walking weeks can be forwarded to the IVV Presidium for approval.
- b) With respect to the general rules of the IVV Guidelines and the guidelines of the member countries the organizer will determine location, meeting point, common start time, number of participants and distance.
- c) The distance shall be 10 km. Minor walks (starting at 5 km) and longer walks can be offered.
- d) Slower participants have to be respected. With greater participation more groups have to be set up.

3. Permanent Walks

A permanent walk is a fixed trail which usually can be walked on year round. The organizers of the currently existing round and long distance hiking trails (RWW) can stick to the present form or convert them into single permanent walking trails.

Details to be obeyed:

- a) Each member club of a member country can establish one or more permanent walking trails. Approval will be given upon written (or electronic) application to the respective member country.
- b) With respect to the general rules and the IVV-Guidelines as well as the guidelines of the member country, the organizer will determine location and start time.
- c) The distance shall be 10 km. Minor distances (starting at 5 km) and longer distances can be offered.
- d) The member countries may establish precise check points to ensure proper walking. This may be self-monitoring, restaurant, prominent spot etc.
- e) The participant shall receive information on the trail upon buying a start card and/or registration. It has to include details on trail description, trail markings and method of checking.
- f) One IVV event stamp can be given per day; but in any case, the kilometer valuation for the distances actually walked will be given. The number of participation stamps will be subject to the respective member country and has to be disclosed in writing to the IVV Head Office.

- g) In case an organizer leaves his RWW in the existing form, the participant will be given an event stamp per stage of the trail and an entry of the actually walked kilometers. The regulation of further details is subject to the national member countries.

II. Cycling

The options are: Cycling day(s) – permanent cycling trails.

1. Cycling day(s)

The Guidelines for walking days generally apply according to B) event options I.1. Details to be obeyed:

- a) The cycling trail has to be at least 10 km. Longer distances are possible.
- b) The kilometres will be recorded in separate record books for the IVV – cycling badge.

2. Permanent Cycling Trails

A permanent cycling trail is a fixed trail which usually can be cycled individually year-round. The organizers of the currently existing round and long distance cycling trails (RWW) can stick to the present form or convert them into single permanent cycling trails.

The Guidelines for permanent trails generally apply according to B) event options I.3. Details to be obeyed:

- a) The distance has to be at least 10 km. Longer distances can be offered.
- b) The member countries may establish precise check points to ensure proper cycling. This may be self-monitoring, restaurant, prominent spot etc.
- c) In case an organizer leaves his RWW in the existing form, the participant will be given an event stamp per each 40 km of the trail and an entry of the actually cycled kilometers. The regulation of further details is subject to the member countries.

III. Swimming – Aqua walking

Additional details to be obeyed:

1. The swimming/aqua walking distance has to be at least 300 m. Longer distances can be offered.
2. The distance has to be chosen in respect to type, depth and temperature of water.
3. Preference has to be given to public baths. Avoid deep water and speedy current.
4. No kilometre credit will be given at public swimming/aqua walking events.

IV. CROSS-COUNTRY SKIING/SNOWSHOEING/CROSS-COUNTRY SKIING WEEKS

The Guidelines for walking days generally apply according to B) event options I.1. Details to be obeyed:

1. The cross-country skiing distance has to be at least 10 km; minor distances (starting at 5 km) and longer distances can be offered.
2. It is recommended to simultaneously offer a walk.
3. In case the organizer only offers a cross-country skiing/snowshoeing event and the weather conditions (e.g. lack of snow) do not allow for it, a walking trail has to be offered.
4. For cross-country skiing weeks the guidelines for guided walks/walking weeks apply according to B) I.2.
5. All participants have to be equipped with the necessary protection gear.

V. ICE SKATING

Details to be obeyed:

1. The distance has to be at least 400 m. Longer distances can be offered.
2. All participants have to be equipped with the necessary protection gear.
3. No kilometer evaluation will be given.

VI. INLINE SKATING

Details to be obeyed:

1. The distance has to be at least 10 km. The combination with optional walking trails is not permitted.
2. Selecting the trails the special requirements of Inline Skating have to be considered.
3. At Inline Skating no kilometre credit will be given.
4. All participants have to be equipped with the necessary protection gear.
5. The organizer has to ensure sufficient safety measures.

VII. ROWING/CANOEING/KAYAKING

The range is: Rowing, Canoeing and Kayaking

In detail the following has to be considered additionally:

1. The minimum distance has to be at least 1500m. Longer distances are possible.
2. The course can be chosen by the organizer so that it may be completed more than once to achieve the event's specified distance.
3. Boating events must be conducted in a controlled water environment like a reservoir, a lake, a river with negligible current.
4. The course must be an out-and-back course so the event finishes at the point at which it started.
5. Each participant must wear a life jacket.
6. The presence of a certified Life Guard is required.
7. Course Marshals are required as security for the participants.
8. Only IVV event credit will be given.