



SPEED SKI INFORMATION AND GUIDELINES FOR BRITISH FIS LICENCE HOLDERS 2020/2021

For those of you who are new to racing at this level we hope the following information proves useful and answers any questions you may have. To seasoned campaigners there is also **new information for you**, as well as reminders of procedures.

1. RESPONSIBILITIES

In taking out a FIS licence you have agreed to certain obligations, which are mandatory for participation in FIS competitions. These include:

- a) *Signing of the FIS Waiver (Athlete's Declaration) - an acknowledgement of the risks that can exist in competitive skiing.*
- b) *Completion of Certificate of Health medical declaration form by a qualified medical practitioner which certifies that the athlete has had an appropriate evaluation of their medical health, and agreement that you will inform GBS should any change to your health occur during the season.*
- c) *Agreement that you will always be covered with necessary, valid medical insurance for racing (at least £1,000,000).
Your club affiliation to your Home Nation provides you with £1M public liability cover for racers who are resident in the UK (SSE also provide the same cover to those residing outside the UK) - your registration is not valid unless you are BASS registered.*
- d) *Agreement that you will abide by FIS policy relating to Drugs and Doping.*
- e) *Reading and understanding the FIS Rules.*
- f) *Agreement to the GBS Refund Policy for FIS Licence Holders*
- g) *Agreement to GBS FIS Licence Code of Conduct*

2. RACE PROGRAMMES

The FIS Calendar, containing listings of events throughout the season, can be found on the FIS website - www.fis-ski.com

3. RACE CANCELLATIONS / CHANGES

GB Snowsport (GBS) will sometimes be notified by the race organisers about any changes to the published programmes, so the key message is **stay in touch** - *organisers only have a 48-hour limit to cancel an event.*

4. ENTRIES, QUOTAS AND TIMESCALES

Entries to all races listed in the FIS calendar will be made by GB Speed Ski. Only selected athletes will be entered into World Speed Ski Championships. You must complete your request to enter a race 10 days prior to the Team Captain's Meeting on



the first day of the event, not the specific race. If you have any queries in relation to your race entries, please contact Millar Reid on Scotsspeed@aol.com.



We regret that we cannot take race entry requests by telephone.

FIS RACES

Entry requests should be processed, no later than 10 days before the day of the team captain's meeting on the first day of the event, not the specific race.

RACE MEETING REPRESENTATION

Team Captains' Meetings take place in the afternoon or evening before the race to determine the programme and start list. There should be no more than two people at these meetings to represent the whole GB Speed Ski entry although this is not always possible.

You should make every effort to have a presence at the race meeting; organisers do have the right to remove racers from the board who are not represented. You can represent yourself or your coach can represent you. Please ensure you arrive at least 10 minutes before the meeting begins. If you are unavoidably detained en route, it is vital that you phone the race office to confirm your participation. Race office numbers are listed on the FIS calendar and you should take a note of the number before you travel. Speed Ski GB / GBS takes no responsibility for racers being withdrawn from the start list if you are not represented at the Team Captain's Meeting.

GB SNOWSPORT REFUND POLICY

GB Snowsport operates a **RESTRICTED REFUND** policy for FIS Licences.

FIS Licences: When you are selecting your FIS licence type, please ensure that you meet all of the necessary criteria and require the licence that you are applying for. If you make a mistake and either apply for the wrong licence in error or do not meet the criteria for the licence you have applied for, you may as a result be granted a licence which is of a reduced cost from the original fee paid, in this case the difference will be refunded after deduction of administration fees of 10 percent.

6. CHECKING FIS ENTRIES

Due to computerisation by both FIS and GBS, GBS are able to obtain full listings of licence holders who:

- make double entries
- do not show up for events
- do not start second run

This information will be used in the implementation of any disciplinary sanctions.

DOUBLE ENTRIES AND WITHDRAWALS

It contravenes FIS rules to enter more than one race on the same day and double entries that we identify will not be made by GBS. It is also important that withdrawals and cancellations should be communicated directly to GBS as quickly as possible. Repeated breaches of these regulations, shown up by the FIS Database, will result in disciplinary action.

All FIS licence holders are expected to have read and be bound by the International Ski Federation (FIS) rules (www.fis-ski.com), the rules of the competition entered for and GBS FIS licence information and guidelines.

SANCTIONS

The following sanctions may be imposed by GBS for infringements of the above:

- Actions or behaviour that are considered breaches of discipline.
- Suspension of licence for a period relative to the seriousness of the incident.

7. RACE RESULTS

Please visit the FIS results database at www.fis-ski.com

8. SPONSORSHIP

FIS provide guidelines relating to sizes and style of permissible commercial markings. Different rules will apply at Olympic Winter Games. Details will be published annually on the FIS website and further information on the GBS website, although if in doubt you should contact the GBS office. Extract from [FIS Rules](#):

2.5 Helmets and Headgear

2.5.1 Helmets and headwear may carry two commercial markings of the manufacturer with a maximum size of 15 cm², one on each side, placed above or below the ears. The front of helmets and headwear may only be used for the emblems of national teams, and sponsors, subject to art. 2.5.2 and 2.6.

2.5.2 The front (middle) of helmets and all headwear worn in competition and within the competition area, to include flower and prize-giving ceremonies, interviews etc., must carry the identification of the National Association with a minimum size of 6 cm².

2.5.3 Helmets and headgear worn in competition may carry the name of an athlete. The athlete name with a maximum size of 20 cm² must be placed at the back of the helmet or, on the rear of a hat/headband for Cross-Country, Nordic Combined, namely when a helmet is not worn. The athlete name can only consist of the full name of the athlete in a standard font and size defined by FIS which will be the same for all athletes (currently font Arial and size max. 20cm²).

9. DRUGS AND DOPING

Racers are forbidden to take drugs and are bound by the doping regulations of FIS. It is your duty to comply with these rules. You may be asked to submit to a drugs test at any time, both in, or out of competition. If you refuse a test, for whatever reason, it will be considered a positive test.

GBS has adopted the UK Anti-doping rules and policies. These can be found at <http://www.ukad.org.uk/>.

If you are taking any medication or homeopathic or herbal remedies, please check with UK as many over the counter preparations can result in a positive test. If in doubt **a)** ask, **b)** don't take it. Please also note that changes have been made to the Therapeutic Use Exemption (TUE) form and the beta-2 agonists by inhalation form. There is a new TUE form that replaces the Abbreviated TUE, which is now no longer in use. All TUE



forms now have an expiry date - lifelong TUEs no longer exist. Please check the expiry date on any existing TUE certificates that you hold.



10. INJURIES AND INJURY STATUS

When a FIS competitor injures him/herself and applies for the single penalty, the National Association (GBS) must apply to FIS as soon as possible for approval using the official form and submitting a medical certificate. It is the responsibility of the athletes to inform GBS of their injury.

The application of injury status is valid for one season and you must be inscribed on the FIS list for your injury status to be active e.g. if you are injured near the end of the season then you should renew your FIS licence for the following season and apply for continued injury status.

You can only apply for injury status up until 30th April 2021.

For more information about going on Injury Status, please speak directly to the Head Speed Ski Coach, Millar Reid scotsspeed@aol.com.

If you have any queries please do not hesitate to contact fislicence@gbsnowsport.com regarding your licence, or raceentry@gbsnowsport.com for race entries.

We wish you luck and a very successful season!