



GRAND PARADIS VANOISE NATURE TREK

T5V (5 Valleys Trail) Ethical Charter

Under the banner of the Interreg-ALCOTRA programme of cross-border cooperation, the Grand Paradis Vanoise Nature Trek, which brings together 5 municipalities (2 French + 3 Italian), is an international course set in 2 national parks and created to promote the regions concerned. The 5 Valleys Trail (T5V) is an integral part of the Nature Trek project.

The aim of this charter is to define the codes of conduct to be observed by the organiser of the trail, the runners and also all visitors and hikers to minimise the impact on the environment and, more generally, on the region.

I – The Organisation Charter

The organisers of the T5V trail commit to apply the principles and recommendations aimed at the responsible and ecological development of the event during its conception, promotion, running and aftermath.

Article 1: Limiting the production and controlling the distribution of hard-copy communication
The organisers of the trail will pay attention to the means of communication used in the preparation and organisation of the race :

1. Favour paperless communication: internet, social media, e-mails, SMS
2. Minimise the number of posters and paper prospectuses
3. Entries exclusively by electronic means
4. Limit the use of all paper in the organisation:
 - Only print when necessary and then favour double-sided and black and white printing wherever possible
 - Recycle used paper
5. Use ecological publicity media: re-usable banners (without dates)

Article 2: Ensure purchases and waste are effectively managed

In the general organisation of the event, efforts will be directed at the use of environmentally friendly and, wherever possible, recyclable equipment and products.

1. Make maximum use of washable crockery and re-usable tablecloths
2. Purchase responsibly (shopping, equipment, trail runners' clothing etc.):
 - Buy as many loose products as possible or in bulk packs (limiting excessive packaging)



- Optimise quantity control to avoid wastage.
 - Favour products which limit non-recyclable packaging
 - Shop locally as much as possible: textiles made in France or Italy, use eco-conscious brands, local service providers
3. Favour sustainable catering
 - Carefully assess quantity requirements to limit food waste
 - Use non-perishable foodstuffs so that any leftovers will keep
 - Use produce with short supply chains for feeding stations and meals: local farms /restaurants
 - Favour seasonal, organic produce
 - Favour working with businesses, producers and restaurateurs holding an environmental sustainability label specific to the protected areas concerned: *Esprit Parc National* (Vanoise National Park) and *Label Qualité* (Gran Paradiso Park)
 - Limit the use of plastic bottles
 - Donate the leftovers to charities, who can come and help themselves
 4. Set up a system to sort waste: glass, compostable material, paper, recyclable items, organisers' and runners' batteries and to manage the waste circuit.
 5. Use eco-cups in feeding and watering stations instead of disposable plastic goblets.
 6. Favour using recycled, second-hand and rented equipment or good quality equipment to avoid frequent replacement.
 7. Make sure resources are used responsibly:
 - Use dry toilets if possible
 - Use «tap water» when possible to limit the use of plastic bottles.

Article 3: Limiting the ecological footprint of transporting people and merchandise

The trail organisers will set up suitable environmentally friendly transport systems.

1. Encourage the use of public transport:
 - Inform participants and the public about public transport facilities through the web site.
 - Choose a place which is accessible by public transport.
 - Set up shuttle buses between nearby railway and bus stations and the starting point of the trail, add the event to a car-sharing site.
 - Plan car parks where « park & ride » systems can be set up.
 - Set up advance publicity to encourage participants and volunteers to use soft mobility to reach the site
 - Set up a car-sharing system for volunteers, organisers and participants
 - Make the event as car free as possible on the day.
2. Use electric vehicles (cars and bikes) to meet the organisation's needs and for coming and going on the day)
3. Provide bikes (electric) for getting to the various cheering points



Article 4 : Organisation during the event

The trail organisation will attend to the organisation and the reception of the participants and visitors. There are several points to watch:

1. Limit/ monitor runners' and volunteers' « welcome bags »:
 - Don't wrap gift products in plastic
 - Take care over the choice of welcome gifts: Favour products that are useful and reusable: buff, cap, gloves...)
2. Set up an eco-responsible sponsors' village:
 - Offer environmentally friendly stalls and brands
 - Plan for stalls to raise awareness (nature protection organisations, workshops for children)
 - Find ways to avoid creating needless waste (staff badges, bracelets etc.)
3. Avoid setting up the sponsors' village in protected areas. Advertising is forbidden in these areas.
4. Look out for aerial shots being taken (notably by drones), as these are also forbidden in protected areas.
5. Limit the noise levels from sound systems. Sound systems are forbidden in protected areas.
6. Plan any spectator areas in the least sensitive areas (refuges, car parks, major cols).

Article 5 : Logistics

During and after the race, the set-up and operational logistics must be planned in such a way that no trace is left after the trail is over.

1. Be familiar with the regulations in the natural areas the event passes through.
2. Contact the managers of the natural areas the event passes through (if there are any) and other users to notify them and to coordinate the various activities (sports, hunting, forestry and agriculture...)
3. Adapt and confirm the course with the managers of the natural areas it passes through, avoiding natural areas which are sensitive for flora and periods which are sensitive for fauna (reproduction, nesting, feeding etc.)
4. In protected areas, favour the use of marshals stationed at intersections, rather than fixed signposts. The use of markers that can be reused from year to year is essential. Favour wooden signs over plastic. Do not use tape or paint that is not biodegradable.
5. Ban all motor vehicles from the perimeters of the trail course other than for organisational purposes.
6. In protected areas, flight is prohibited below 1,000 metres from the ground notably for the delivery of equipment and people (except for aid provided by the appropriate, trained services). The use of drones is also prohibited notably for filming or sound recording.
7. Make sure the trail course stays on existing footpaths.
8. Ensure there is a meticulous clean-up after the trail:
 - Leave nothing on the course (even if the signs are wooden)
 - Plan for sweepers to collect any waste left on or around the trail course.
 - Ensure that the feeding areas are left clean after being dismantled



- Check that the sponsors' eco-village area is left clean and has not damaged the countryside after being dismantled
- 9. Avoid siting the feeding and/or waste disposal areas in protected areas, except in the immediate vicinity of refuges or car parks.
- 10. Take care not to waste energy.
- 11. Plan periods for switching on lighting and electrical equipment.
- 12. Avoid using generators.

Article 6 : Set up a system for raising awareness of the environment

The organisers will raise the participants' and visitors' awareness of and respect for the environment in which they find themselves as best they can.

- 1. Appoint a member of the organisation committee to represent the « Sustainable Development » initiative.
- 2. Make the volunteers and colleagues aware of eco-responsible practices.
- 3. Inform the public and make them aware of the systems in place.
- 4. Draw up and distribute the «eco-participant » charter.
- 5. Make a point of honour of not disturbing the local flora and fauna:
 - No shouting
 - No motors
 - Stay on the marked paths (to protect plant species)
 - Leave nothing behind
 - The use of sound equipment and outdoor music systems, notably by spectators, is prohibited in protected areas
- 6. Spread awareness of the n°1 objective:
 - Put up signs stating what is prohibited, recommended and what constitutes good conduct
 - Clearly explain why these regulations are in place
 - Appoint people to check that these regulations are being respected
- 7. Use the toilets installed at various locations
- 8. Plan for making runners aware that they will pass through sensitive protected areas, advise them of the rules and penalise those who leave the marked paths, including if they abandon the race, and those who do not comply with the regulations.
- 9. Write into the event's regulations a specific paragraph about respecting the environment (disqualification, penalties)
- 10. Make volunteers aware of the same issues of preserving protected areas and allow enough people for a full clear-up (including any signs) straight after the end of the event if possible.
- 11. Show appreciation for the volunteers' commitment through: a meal, thanks, a souvenir photo...
- 12. Encourage participants and the public to respect local populations, property owners and other people using the site
- 13. Inform local residents of the event.



II – The Trail-runner's Charter

All entries entail full acceptance of this charter in its entirety.

« I understand that by entering this trail, I am taking part in an event the purpose of which, beyond being a sporting event, is to promote “eco-responsible” values.

I will therefore adhere to the values explained in this charter with which I have familiarised myself. »

Article 1 : Respect for nature

Out of respect for nature and the environment, the trail-runner undertakes to:

1. Take care of their waste :
 - To sort their waste and dispose of it in the collection points
 - To throw nothing away in the countryside (or in the eco-village, or on the course)
 - To only use eco-cups for drinking water
 - To limit waste produced as a result of their participation in the trail (equipment, foodstuffs etc.)
2. To take care of the place through which they are running :
 - To stay on the trail course, and at least on the marked paths if they abandon the race
 - Not to gather flowers or any other plant species (they could be a protected species)
 - Not to camp around the course
 - Not to start fires
 - Dogs are prohibited, even on a lead, to preserve the peace of the wildlife

Article 2: Respect for the values of the sport

The runners undertake to take part in the trail with respect for nature, other runners, visitors, the local population and themselves.

They undertake:

- Not to cheat before, during or after the race
- To come to the assistance of any competitor or volunteer in difficulty and to notify the rescue services of any injured person as quickly as possible
- To be pleasant to the local population who are hosting the event
- To comply with the organisation's rules
- To observe fair-play so that the event runs smoothly

Article 3: Sustainable means of transport

To take part in the trail, the runner is able to make an effort for the environment through their own logistics as they prepare for the race. Specifically, they can:



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1. Use car-sharing as much as possible to come to the event
2. Favour public transport
3. If using a private car, adopt a gentle and environmentally friendly style of driving,

III – The Walker's Charter

Any person taking a walking path, wherever it may be, is asked kindly to abide by the measures outlined in this charter.

