

REGULATIONS AND CODE OF ETHICS

The Québec Singletrack Expérience (QSE) is sanctioned by the Fédération Québécoise des Sports Cyclistes (FQSC). The regulations of the FQSC are available (in French only) at <https://fqsc.net/reglements>. As a complement to the FQSC regulations, below are some specifics and the expected behavior of all participants at the QSE.

Our English may not be flawless, but the essential is there. Thank you for your understanding and your help to make us better.

Registration and mandatory meeting

- We can't wait to see you! The mandatory registration is at the Stéréo, near Espace 400e, 100 Quai Saint-André, Québec, QC G1K 3Y2.
- A mandatory meeting for all the participants will be held online on July 26th, 7:30 PM.

Eligibility

To be eligible, you must...

- Fill the FQSC questionnaire (Canadian residents only) ;
- Fill out and sign the medical questionnaire and the participant profile ;
- Fill out your bike registration form at the Spherik tent on day 0.
- Confirm that you have read and that you will respect the safety standards, the code of ethics (see below) and the obligation to always have the mandatory equipment (see below) with you on the trails.

2021 categories

Team:

- Open class

Solo:

- Women 18-44
- Women 45+
- Men 18-34
- Men 35-44
- Men 45-54
- Men 55+

A minimum of three (3) participants is required to open a category. If there are fewer than three (3) participants in a specific category, these participants will be registered to another category.

Code of ethics on the trails

- Greet and thank the volunteers as you ride by them. Without them, the QSE would not be possible!
- We ride for pleasure first and foremost. Be respectful, polite and courteous.
- The health of the Qué-Bikers is more important than your rankings. You will feel better about yourself and you will get much more recognition for helping someone than if you try to win the race by ignoring a participant who needs assistance.
- You **have an obligation to stop and help any person injured or in a dangerous situation**. Please notify a member of the medical team or the S'Quad as quickly as possible. If you stop to help with an emergency, the lost time will be compensated. A mechanic issue is not an emergency situation.
- Riders must always respect traffic regulations and follow the instructions of the police, officials and/or volunteers on the circuit.
- Always ride in control and take the time to look at signage... and landscape.
- At any time, you may come across pedestrians, other cyclists, cars, canoeists, trucks, etc. **You must always put safety above your race results**. That says it all!
- For the faster riders, please politely ask to pass when it is safe to do so and be patient. Remember to thank the riders who let you overtake.
- A technical descent is not a safe place to ask for the track... even if it is a timed descent.
- If you need to stop for repairs or any other reason, please move out of the way with your bike to leave a free track for other riders. However, you must always remain visible from the trail.
- Having a bad day can be a part of the journey. The definition of experience also includes that chapter.

Covid Requirements

- Complete the symptom self-assessment questionnaire and do not attend the event site if results are inconclusive or if a Public Health isolation order is received.
- Wear face covering at all times (from arrival at the event site to exit). Cyclists must wear their face coverings until authorized by the marshal to remove them before the start of the race. It must be put back on in case of a stop (fall, puncture, break, etc.). Have a face cover on you at all times, easily and quickly accessible.
- Respect the 2m physical distance at all times.

Medical / Safety

The safety of the participants is the TOP priority of the organizing committee. This is why :

- You must mandatorily fill out and sign the medical questionnaire and forward it by e-mail to the organization.
- The QSE reserves the right to pull any participant out of the competition under the recommendation of its medical team.
- Participants who have a special medical condition must supply their own medication and carry it with them at all times. (ex.: Epipen).

Camera and sleeveless jerseys

- Helmet-mounted and body-worn cameras are not recommended. It is suggested to mount your cam on your visor or on your bike.
- Sleeveless jerseys are not allowed.

Riding on roads, logging roads and the trails

- Riders must always respect traffic regulations and follow the instructions of the police, officials and/or volunteers on the circuit. We are not exclusive on the roads, logging roads and the trails.

Trash

- ZERO TOLERANCE! You can recycle it, you can compost it, you can put it in your pocket or in a bin... but you can never just toss it on the ground.

- Our lakes and rivers are precious. Washing your bike in a lake or a river is forbidden.

Mandatory equipment

In addition to the FQSC standards, below is a list of the equipment that is mandatory at all times during the race for each of the participants:

- Certified helmet
- Closed handlebars extremities
- Whistle
- A minimum of 1.5 L of water at the start. Subject to change depending on temperature.
- Waterproof matches or lighter
- Raincoat or windbreaker
- Emergency food
- Emergency blanket
- Multi-function tool
- Quick link
- Spare tube
- Tire levers
- Pump or CO² cartridge with charger
- Hydroalcoholic gel

The participants may be controlled at any time. On Day 0, at registration, the participant must confirm, by signature, that they will always carry that equipment on the trails. Random verifications will be done.

Other suggested equipment

- Odometer or GPS
- Chain lubricant
- Long gloves (fingers covered)
- Hydration bag or back protection
- Protective glasses
- Chain tool
- Flashlight
- Swiss knife
- Deraillieur hanger
- Telephone
- Duct tape
- Sunscreen
- Bug repellent

- Ty raps
- Arm warmers
- Leg warmers

Identification of the participants

- Racers: Your bike plate must be installed at the front of the bike, and your bib number at your back – jersey or backpack. You will not be allowed to take the start of any stage without them. Riders: your bike plate must be installed at the front of the bike; you do not have to wear a bib number.
- You are not allowed to modify/cut nor add anything to the plates.
- The leaders will receive a "Leader" identification on a daily basis. The identification must be installed on the top portion of the number plate.

Start

- The start area opens 30 minutes before the start of each stage.
- According to your ranking on Day 1, you will be assigned to one of four group (corrals) for the rest of the week.
- The start areas will close 10 minutes before the start.
- The participants who are not in their respective corrals 10 minutes before the start of the race will have to start at the back of the pack.
- A pre-race meeting will be held 10 minutes before the start of each stage.
- Participants who, for any reason, cannot be at the start of the stage on time, must notify the race official to ask for a late start or an alternative.
- No participant may start after the official start of the stage without the approval of the race official.

Reporting at checkpoints and finish line

- All riders must report to each of the checkpoints, which may be anywhere along the circuit including at the feed zones. It is the responsibility of each participant to make sure that they have been properly checked in with the volunteer. If you do not show at a checkpoint, you will be considered as not having completed the stage.
- The team time is the time of the last member to cross the finish line.

Timing

- Results will show, on a daily basis, 3 stages times and rankings plus 3 cumulative times and rankings.
 1. Stage time and ranking / cumulative time and ranking;

2. Stage timed ascent time and ranking / cumulative time and ranking;
 3. Stage timed descent time and ranking / cumulative time and ranking.
- If the participant chooses the short course, a time penalty will be given.

Timed descent and timed ascent

- For the timed descent and timed ascent, the times and rankings are individual regardless of whether you are registered as a team or solo.

Dropping out or taking a rest day

- If you decide to skip a stage or to drop out of the competition, you must notify the team of officials as soon as possible.
- If a team member drops out of the competition, the other member may continue the competition, but will not be eligible for the Cumulative ranking.

Bike condition

- Your bike must be safe, according to FQSC rules and in good working order. A complete tune up is strongly suggested before the QSE;
- The ends of the handlebars must be closed;
- The common bike repairs on the circuit are the responsibility of the participants;
- A self-serve mechanics station for minor repairs or last-minute adjustments will be available at the start and finish areas of each stage;
- The participants must be prepared, equipped and able to make their own common bike repairs on the trails.

Bike logistics

- Each participant must fill out a bike registration form at the registration on Day 0. You need to ride the same bike on the six (6) stages, in exception of a major bike break, under the approbation of the official;
- For Qué-Bikers with the Full Service package, bike logistics is managed 100% by the QSE. On Day 0, you will hand your bike, ready for the start of stage 1, to the logistics team that will hand it back to you at the start of stage 1;
- At the end of each stage, after washing your bike and doing your own necessary maintenance, you will hand it back to the logistics team until the morning at the stage site. After handing your bike to logistics, you will not have access to your bike before the next morning at the stage site;

- If you bought the Wash and Lube package, at the end of each stage, leave your bike to the mechanical services who will take care of it until next morning;
- Every morning, at the stage site, self-service tools, pumps and lubricants are available. At the end of each stage, you will find: brushes, soap, garden hose, pumps, lubricants and self-service tools at the bike wash;
- At the end of each stage, if needed, you may leave your bike with the mechanical services if you need any repairs, at your expenses;
- If you have a basic package, you must manage your own bike logistics. You have access to the bike washing stations and supplies, self-service tools and mechanical services.

Enjoy your Québec Singletrack Expérience!
