PTL® 2027
SELF-ASSESSMENT FORM

TEAM NAME

PARTICIPANTS

	1	2	3
Surname			
First name			
Gender			
Date of birth			
Nationality			
Place of residence			

THE PTL®

The PTL® is an unassisted, self-supported mid- and high-altitude mountain race of 300km with 25,000m of elevation gain, that must be completed within 151:00 hours by a team of 2 or 3 people.
The course is unmarked and includes difficult and risky technical sections such as steep slopes, off-trail navigation, rockfalls and snow-fields. Participants must master the necessary techniques for facing these challenges and be familiar with orienteering methods. Runners must be prepared for difficult natural conditions (cold, heat, fog, rain, etc.), sleep deprivation, nutritional issues, and must ensure team solidarity and helping others when needed.

	1	2	3
I confirm that I have previously acquired a genuine level of personal autonomy in the mountains, enabling me to handle the challenges inherent to this type of event.	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No
I am aware that the event takes place without outside assistance, except for that provided by the organization at the refuges and checkpoints.	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No
I have thoroughly read the regulations relating to this event	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No
I have watched the film of the 2024 PTL® (watch here)	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No

COMMUNICATION

Being able to communicate with the organization during the race (Race HQ, volunteers on the course, rescuers, etc.) is essential to ensure participant safety.
Therefore, it is mandatory that at least two team members are proficient in either French, English, or Italian (the official languages of the organization). A good level of communication and understanding, including by phone, is required and will be checked during the race bib collection.

Summary of levels :

https://www.service-public.fr/particuliers/vosdroits/F34739 (Français)

/www.fluentin3months.com/cefr-levels/ (English)

French level	A1	C1	C1
English level	C1	C1	C1
italian level	C1	C1	C1
I acknowledge that teams lacking sufficient language proficiency in at least one of the three languages (French, English, or Italian) will be excluded from the race, without refund of the registration fees.	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No

PAST EXPERIENCE

	1	2	3
Have you participated in a PTL before? Year ? Completed: Yes / No ? If no, how many kilometers did you complete ?			
What are the most difficult ultra-trails you have participated in?			
Have you climbed mountains? If so, share your experiences. Describe your most challenging mountain experiences.			
Do you have shared mountain experience with your teammates? If so, for how long?			
What mountain hazards have you encountered before? Where and when?			
Have you been on a glacier or snowfield and used crampons before? If so, where and when? If not, do you have concerns about such terrain?			
I know how to move in exposed terrain requiring safety equipment (helmet, harness, lanyard, etc.). Please explain in which context you have used these items before.			

	1	2	3
Have you ever spent several days in the mountains with very little sleep? Deterioration of physical and mental capacity — through sleep deprivation, injuries, etc.— significantly increases the risk of falling or getting lost along the route			
Are you comfortable with aerial sections or ridge passages? What experience do you have?			
What via ferrata have you completed? If none, which one will you complete before the event ?			
Do you have any professional qualifications in mountain sports? If so, which ones?			

By signing this experience questionnaire, you guarantee:

- That you are comfortable using a GPS device, importing and following a GPX route, using a compass for orientation, and reading a map. These requirements will be checked during pre-race registration in Chamonix.
- That you have the experience and skills to navigate in off-trail mountain terrain, including on scree.

☐ Yes ☐ No ☐ Yes ☐ No ☐ Yes ☐ No

The organization will be on site at certain critical points of the course, particularly on Day 1. Teams that are deemed technically unfit, or whose skills are inconsistent with the experience mentioned in this self-assessment form, will be disqualified from the event after being safely extracted. Failure to carry the mandatory equipment listed in the rules will also result in exclusion. No refunds will be provided in such cases.

I understand that teams deemed to be technically unfit for difficult sections will be excluded from the race after being safely extracted.

☐ Yes ☐ No ☐ Yes ☐ No ☐ Yes ☐ No

FIRST AID

	1	2	3
I commit to reading the e-learning first aid module provided by the organization once my registration is validated.	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No
I understand that rescue team access in the mountains can be complicated and may lead to significant delays in evacuation.	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No
What is the first thing to do in case of an accident in the mountains?			

	1	2	3
Have you completed a first aid course? If so, which one?			

ENVIRONMENTAL PRACTICES AND BEHAVIOR

By registering for the PTL® participants commit to respecting the environment and the natural areas they cross during the event. Specifically:

- It is strictly forbidden to leave any waste (gel tubes, paper, organic waste, plastic packaging, etc.) on the course

- All participants must retain their waste and packaging until they can dispose of it in the designated trash bins at checkpoints or the villages on the route. The organization encourages runners to carry a waste pouch for this purpose.

Disposable cutlery, cups, and bowls will not be provided at checkpoints. This is to reduce plastic consumption by runners and volunteers. You are encouraged to bring your own utensils if you wish to eat hot meals at the checkpoints.

TEAM MOTIVATION

We fully agree with the selection criteria. We commit to providing truthful information and to respecting the organization's decision in selecting the teams.

SIGNATURES (name, surname)			