

EUROPEAN SAUNA MARATHON
02.02.2019 RULES

1. At least one of the team members has to have the smartphone, by which the interactive map of saunas can be at registration downloaded.
2. The team must register orienteering chip at the arrival and the departure the sauna spot. Orienteering chip will be given at the registration. The sauna owner confirms visiting ice holes and hot tubes by providing special bonus paper.
3. The team must pay the deposit of 35 EUR for tracking wristband at the registration. The deposit will be returned as soon as the undamaged wristband is returned. Deposit money will be not returned, if the wristband is damaged.
4. All team members must be in the sauna for at least 3 minutes.
5. All team members have to go in a hot tub, team's overall time will be reduced by 10 minutes.
6. At least one of the team members has to go to the ice hole, team's overall time will be reduced by 10 minutes.
7. Time penalty of 30 minutes will be given per each sauna and marked sauna spot on the sauna map that is not visited.
8. Teams with 4 members who make it to the finish at 17.30 can participate in the ranking list. Teams that come late will listed as "enjoyers" and they will not be on the ranking list.
9. Signing a registration form confirms that you are medically fit to participate in the sauna marathon.
10. Sauna owners and organizers are not responsible for competitors' injuries and any health problems during the competition and will not compensate for any injuries or health damages.
11. Sauna owners are not responsible for your personal belongings, which are left unattended.
12. Drunk competitors are not allowed in the saunas! Do not take glass bottles and alcohol with you in the sauna.
13. Do not violate the Estonian traffic laws. Our good cooperation partner the police will take care of your safety.

The registration is open at Otepää Cultural Centre (Virulombi 2, Otepää) at 9.00 – 11.30 a.m on February 2, 2019.