



FAMARA
TOTAL

Guide of good practices for participants

FAMARA TOTAL 2018

1. You must take active part on every environmental activity that could be programmed by the race's organisation team and follow the environmental rules that the organisation sets.
2. We recommend that you use public transport to go to the beginning of the race track. We must all collaborate together to reduce the use of fuel, diminishing contamination and smog.
3. Plastic cups and disposable packages will not be allowed in the personal provisioning points, so each participant must bring their own reusable container to transport and consume liquids that they can take with themselves during the race. By doing so, we will avoid littering and contaminating the environment.
4. Stick to the road marked by the organisation and try not to divert from it in order not to damage the terrain, the flora or fauna of the place. Also, try not to step on particularly fragile or already deteriorated areas.
5. Do not get out of the road if you find yourself with other participants in a particularly narrow stretch that does not allow you to pass them. Wait till the road gets wider so that you do not cause any damage to the area surrounding the track.
6. Avoid causing noise, rising your voice or using sound devices that could disturb the conditions of the environment in which the race takes place. We will be in a particularly sensitive area for birds and this type of noise can be damaging for them.
7. Do not throw any litter to the ground, including any gel packaging or any other type of product you need to consume during the race. If you need to get rid of any kind of rubbish, wait till you reach any of the personal provisioning points along the track or till you find any of the members of the volunteering staff that could help you.
8. Try not to cause damage to any plant or animal that you could find in your way during the race; try to avoid them without getting out of the marked road if you can.
9. Additionally, do not leave any marks or signs on the terrain or any other element of the environment.
10. Inform the volunteers or staff of the organisation of any illicit action or activity made by other participants or spectators that you witness during the race.

