

# GREEN AND RESPONSABILITY CHARTER

## RUNNER, WALKER AND RIDER

Tous conscients que le déconfinement, depuis le 11 mai 2020, devra se faire dans le respect strict des règles transmises par le gouvernement et de nos valeurs environnementales, l'objectif de cette « Charte éco-responsable du coureur connecté » est d'encadrer le déroulement du « 7 Sommets Challenge® ».

**Each participant of the 7 summit challenge will undertake to :**

- ⊗ Ride, walk or run alone or respecting the social distancing of 1 m at minimum between others participants and not exceed the limit of 10 persons when you participate with a group of friends.
- ⊗ Not participate to the challenge if you have symptoms of COVID-19.
- ⊗ Not participate to the challenge if you had suffered from COVID 19 symptoms less than 14 days (you will have to stay at home).
- ⊗ Not participate to the challenge on a home trainer or treadmills because you could not get GPX files.
- ⊗ Ride or walk outside only.
- ⊗ Be conscient that you will ride or walk with no cloakroom for outdoor activities.
- ⊗ Respect the traffic regulations.
- ⊗ Respect the specific rules in your country.
- ⊗ Not spid during your sessions and respect your environment.

**To adopt a responsible behaviour**

- Not to drop litter
- Respect the environment and leave the place clean
- Prefer the reusable water bottles instead of plastic bottles
- Prefer to participate to the challenge close to home
- Take showers instead of baths after sport activities.