

Welcome to the 63rd Swiss Two-Day March



Announcement and Regulations 2022

"A march is a call to set something in motion".

We are organising the Swiss Two-Day March on the weekend of **28/29 May 2022** in such a way that all hiking and marching enthusiasts in their region of residence can participate.

The Swiss Two-Day March is the largest hiking and marching event in Switzerland. It has been held since 1960.

There are neither age limits nor target times. You can participate as an individual or as a group.

For uniformed participants in Switzerland, the wearing of the uniform is approved by the SAT (Shooting and Off-Duty Activities).

Uniformed participants abroad must obtain this authorisation themselves in accordance with their regulations.

1. Organiser

Swiss Two-Day March Association, 3000 Bern

2. Routes

The routes must be determined independently in your region of residence. When registering, choose your personal performance target per day. The **distances 10, 20, 30 and 40 km** are offered.

3. Registration / Privacy Policy

For registration, it is compulsory to state surname, first name, address, year of birth, nationality and the desired route. The e-mail address will only be used for event-specific information.

When registering third parties, it is assumed that the consent of this person exists.

Data will not be passed on to third parties.

3. March Control - 2TM App

A **2TM app** will be provided free of charge to registered persons for the purpose of checking their completed hiking/marching performance.

The 2TM app is free and works on both IOS and Android devices.

If it is not possible to install it on your device, you can use the device of a person marching with you or send in a photo of the pedometer and describe the marched route.

4. Awards

For the award "Swiss Two-Day March" a two-day march with a daily distance of at least 10 km must be completed.

Civilians receive a **pin with the number of completed marches** and **uniformed persons a pin in the form of a helmet with the number of completed marches**. For the first, fifth, tenth, 20th, 25th, 30th, 35th and 50th participation, a **medal** will also be awarded.

Each **group** will receive a **Pennant** as a group award.

Awards will be sent out approximately **two months after the event**.

According to the guidelines of the IML (International Marching League), the participation in this year's Swiss Two-Day March cannot be counted as an **IML ranking**.

For the **IVV/VSL-EVG classification stamp**, the pass must be sent in before the march (Schweizerischer Zweitagemarsch, 3000 Bern). The participation will be stamped and the pass returned. If the route is completed several times, a new start card is required each time.

Valid for 2022 VSL / ECG Code: **2022 901.007.15.22.RK**

The march will count towards the **Ribbon "Military Sports Competition Award"**. The **military performance certificate** (MLA) must be sent in before the march (Schweizerischer Zweitagemarsch, 3000 Bern). Participation will be stamped and the ID card returned.

5. Start times

There are no set start times. Activate the **2TM app** before you set off. Simply start marching on Saturday 28 or Sunday 29 May 2022 at the local time that suits you. After completing the march route, press the "Stop" button. The marched route is automatically transmitted to the OK.

6. Catering

Everyone is responsible for their own food and drink on the march.

7. Ambulance / Emergency aid

Participation is only recommended with sufficient preparation and good health.

For **urgent emergencies**, we recommend that participants in Switzerland download the **Echo 112** app on their mobile phones before the march. In an emergency situation, the **ambulance** can be requested **directly via the Echo 112 app or telephone 144**.

Participants outside Switzerland, please base your request on your national emergency services.

If you press the "Help" button on the 2TM app, the OC of the Swiss Two-Day March will be informed that you need help. For domestic participants, we will try to contact them directly to coordinate assistance. For foreign participants, we will try to inform the local rescue service. The Swiss Two-Day March Association does not guarantee that help can be organised. In any case, you will have to bear or arrange for the costs incurred in connection with the rescue yourself.

8. Insurance

Insurance is the responsibility of the participants. The Swiss Two-Day March Association declines all liability.

9. Login - Registration

Online registration for the 63rd Swiss Two-Day March will open at the beginning of April 2022 on the website www.2tm.ch.

Registration deadline: **27 May 2021**

The registration is successfully completed with the payment. Subsequent registrations and mutations are possible after this date.

If a registered person cannot start or declares his/her non-participation to the organiser beforehand, there is no right to a refund of the entry fee.

10. Start and finish area / Accommodation / Arrival / Parking facilities

Covid-19 conditional, there is no start/finish area. No accommodation or parking will be provided.

Individual travellers to Bern should contact the City of Bern Tourism Office, e-mail: info@bern.com and telephone +41 (0)31 328 12 12.

Overview for overnight accommodation: <https://www.bern.com/de/uebernachten>.

11. Contact address

- Postal address: Swiss Two-Day March, 3000 Bern
- Swiss Two-Day March Hotline +41 (0)79 123 60 70
- E-mail. marsch@2tm.ch
- WhatsApp +41 (0)79 123 60 70
- Other social communication tools such as Facebook, Instagram, TikTok , Twitter and Youtube

12. Accessibility / Programme

Hotline (+41 (0)79 123 60 70) from 25.5.2022 every 0800 - 1700 hrs for questions from participants

Friday, 27 May 2022 (Swiss time)

1900 hrs virtual opening ceremony, which will be broadcast via live stream.
0800- 2400 hrs virtual accompaniment of participants

Saturday, 28 May 2022 (Swiss time)

0000 - 2400 hrs virtual accompaniment of participants

Sunday, 29 May 2022 (Swiss time)

0000 - 2400 hrs virtual accompaniment of participants
1900 hrs A short, virtual closing ceremony will be held and broadcast via live stream.
Photos sent from the march will be integrated into the closing ceremony if possible.

Monday, 30 May 2022 (Swiss time)

0000 - 2400 hrs virtual accompaniment of participants

13. Entry fees

Category	Description	Acknowledgements	Fee
A1	Uniformed / Services: Military, Civil Defence, RKD Police, Fire Brigade, Railways, Post Office, Traffic Cadets	<ul style="list-style-type: none"> • Award • Diploma of the Swiss Two-Day March • Stamp for IML and IVV/VSL-EVG runners 	CHF 30.00
A2	Uniformed / Services: Military, Civil Defence, RKD Police, Fire Brigade, Railways, Post Office, Traffic Cadets	<ul style="list-style-type: none"> • Diploma of the Swiss Two-Day March • Stamp for IML and IVV/VSL-EVG runners 	CHF 20.00
B1	Civilian participants aged 18 and over (vintage principle)	<ul style="list-style-type: none"> • Award • Diploma of the Swiss Two-Day March • Stamp for IML and IVV/VSL-EVG runners 	CHF 30.00
B2	Civilian participants aged 18 and over (vintage principle)	<ul style="list-style-type: none"> • Diploma of the Swiss Two-Day March • Stamp for IML and IVV/VSL-EVG runners 	CHF 20.00
C1	Children and young people 7 - 17 years old (vintage principle)	<ul style="list-style-type: none"> • Award • Diploma of the Swiss Two-Day March • Stamp for IML and IVV/VSL-EVG runners 	CHF 15.00
C2	Children up to 6 years old (vintage principle)	Diploma of the Swiss Two-Day March	free
V	IVV/VSL-EVG Runners	Stamp for IVV/VSL-EVG The pass must be sent in before the march (Schweizerischer Zweitagemarsch, 3000 Bern). CHF 7 will be refunded upon receipt of the pass.	CHF 10.00 per hike

14. Motto

Fairness and comradeship are the foundations and basic attitudes of the Swiss Two-Day March in the spirit of the IML Walking Association motto "**NOS JUNGAT AMBULARE**" ("May walking unite us!").

Bern, 27 March 2022

Swiss Two-Day March The March
Committee