

## Storm the Wall FAQ: General

*\*Note that all answers below apply to Iron Persons as well as teams.*

### RACE DAY

#### What happens if I'm late for my race?

Your team will not be able to compete if any member of the team is late for your race. We recommend that you arrive 20 minutes before the start of your race.

#### I don't have a bike, what do I do?

Borrow a bike from a friend or rent one on Hopr! Note that you must have a bicycle helmet to compete in the bike portion of the event.

#### Can I wear a hockey/ski/etc. helmet for the bike portion?

No. You must be wearing a bike helmet, otherwise you will be unable to participate.

#### Do I need to have a physical student card?

Yes. We will NOT accept digital student cards.

Note: If you are already on your team's roster, we will also accept government ID at check in.

#### Can I change my heat time?

We may not be able to change your heat time due to the large number of teams. However, you can request a heat change and we will do our best to accommodate you.

Send an email to [storm.the.wall@ubc.ca](mailto:storm.the.wall@ubc.ca) with your team name, captain's name, your original heat time and your requested new heat time.

Note that we are unable to change advancement heat times.

### ADVANCEMENTS

#### How does my team advance?

The first and second place in each competitive heat automatically advance.

#### Where do I find the advancement information for my team?

Advancements will be posted on our [Heat Schedule and Results page](#) by 10:00 pm each night. Please check back regularly to see advancements. You will NOT receive any emails about advancements.

#### Do we have to compete in our advancement heat?

No, you do not. A member of the Storm the Wall crew will ask you whether you wish to compete in your advancement heat when your initial heat finishes.

If for some reason your team shows up on the advancements page and you do not wish to compete in your advancement heat, please send an email to [storm.the.wall@ubc.ca](mailto:storm.the.wall@ubc.ca) and let us know that you will not be attending your race so that we can provide the opportunity to another team.

## CLINICS

### What is a Storm the Wall clinic?

A Storm the Wall Clinic has two components:

1. A **mandatory** classroom session
2. A **highly recommended wall** practise session

The mandatory classroom session provides your team with all the information about how the race works that is needed in order to ensure that your team knows what to do come race day.

The wall practice session is optional but **highly recommended**. It is an opportunity for your team to get extra time on the wall. Here you will learn safe techniques and practice going over the wall.

### When do Storm the Wall clinics happen?

During clinic days, sessions run every 30 minutes from 9am-4pm.

### How do I sign up for a Storm the Wall clinic?

Team captains will first register for a race heat time on the Storm the Wall website. After successful registration an email will be sent about registering for a clinic time.

### What happens if my whole team is not available to attend clinics?

Only one person from your team needs to attend the **clinics classroom session**.

**It is mandatory for *at least* one person to attend. Failure to attend will result in your team being unable to race.**

The clinics wall practice sessions are the only opportunity for your team to practice on the wall before your race and you will only be able to practice after you attend the clinics presentation.

You must have your whole team (5 people) present at the wall in order to practice. If you have less than 5 people, we may be able to combine your team with another incomplete team at the practice session but it is not guaranteed.

### I missed my clinic time. Can my team attend a different clinic?

Your team can attend another clinic information session. Please email [storm.the.wall@ubc.ca](mailto:storm.the.wall@ubc.ca) (include your team name, race heat time and original clinics time) to let us know what times work for you and we will check our availability.

Note that if you miss your original clinics information session time, we cannot guarantee that you will be able to practice at the wall after your new classroom session.

## ROSTERS

### Can I be on more than one team?

Yes! Just be aware that if you are on multiple competitive teams in the same gender category, your advancement heats may overlap. We will not be moving races to accommodate potential race conflicts.

### How do I submit my team's roster?

After registration has closed, the team captain will receive an email containing information on how to submit your team's roster. This email will contain the Team Access Code and Team ID. With this information rosters can be submitted via the [Roster Portal](#).

### I'm having issues inputting my team roster online, what do I do?

If you are experiencing issues inputting some team members' student numbers, it is possible that your teammate is not eligible to participate.

1. Double check with your team member that the student number they gave is correct.
2. Email [storm.the.wall@ubc.ca](mailto:storm.the.wall@ubc.ca) with your team name, heat time AND the names and student numbers of the team members who can't be added to the roster online.

### I can no longer input my roster, how do I do it?

Please send an email to [storm.the.wall@ubc.ca](mailto:storm.the.wall@ubc.ca) with your team name, heat time and the name and student number of each team member on your roster (including yourself!) and we will update your roster for you.

## WAIVERS

### I did not receive an email about the waiver, what should I do?

1. First check your junk folder for the email.
2. If it's not there, contact your team captain and make sure that they put you on the team roster.
3. If you successfully added onto the team roster but still have not received the email, please email us at [storm.the.wall@ubc.ca](mailto:storm.the.wall@ubc.ca) with your full name, student number and team name.

### I am unable to sign the waiver at the link provided, what should I do?

Please send an email to [storm.the.wall@ubc.ca](mailto:storm.the.wall@ubc.ca). Include your name and student number, as well as your team name. If you can include a screenshot or a description of the issue you're facing, that will help us to solve the issue faster!

## Storm the Wall FAQ: Teams

### TEAM TYPE AND COMPOSITION

#### What different team types does Storm the Wall offer?

There are two types of team someone can be a part of:

1. Just For Fun
2. Competitive

*Just For Fun:* If you're here to try something new, or you just want to have fun completing the event, the Just For Fun category could be right for you! Gender composition requirements for teams do not apply in the Just For Fun category. These teams do not qualify for advancements or championships.

*Competitive:* Competitive teams are eligible for advancements and ultimately the potential for winning a championship shirt!

#### What team compositions does Storm the Wall offer?

Team Captains should think about their team members and how they all self-identify when choosing which team composition is best for them. There are three options to choose from:

1. Open
2. W2STGD
3. Mixed

*Open:* This category welcomes all individuals to participate regardless of gender.

*W2STGD:* This category welcomes participation by those who self-identify as women, Two-Spirit, trans and gender diverse.

*Mixed:* This category welcomes all individuals to participate regardless of gender; however, teams must adhere to a maximum number of self-identified men.

If you are competing as a Mixed team, you can have a maximum of two self-identified men on course (i.e. doing the swim, sprint, cycle, and run). The 5<sup>th</sup> person, who is the wall person, can be of any gender. Keep this in mind when submitting team rosters.

#### How many people participate in the race?

You must have 5 people participating. Each person will complete a different section of the race:

1. Swimmer
2. Sprinter
3. Cyclist
4. Runner
5. Wall person

#### How many people can we have on our roster?

Team Captains must add at least 5 people (including themselves) onto the team's roster (swimmer, sprinter, cyclist, runner, and wall person).

You are allowed to have up to 8 people on your roster in case of substitutions (particularly for illness or advancement heats).

### **What do I do if I feel like I have an exceptionality when it comes to participating in Storm the Wall?**

UBC Intramurals works hard to provide an accommodating and inclusive program experience. Please fill out [this form](#) so that we can work together to ensure you have a positive experience.

## **Storm the Wall FAQ: Iron Person (Solo)**

### **What is an Iron Person?**

Iron People do all 4 sections of the course alone (swim, sprint, cycle, and run). All Iron Person heats are competitive heats, which means that Iron People complete the competitive course distances and can compete multiple times if they advance into semi-finals and finals heats.

### **What types of Iron People are there?**

1. Iron Person
2. Ultra Iron Person
3. Iron Legend

An Iron Person: Receives help from one person at the bottom of the wall

An Ultra Iron Person: Receives help from one person at the top of the wall

An Iron Legend: Receives no help and climbs the wall by themselves.

### **What gender categories does Storm the Wall offer for Iron Person heats?**

Iron People should think about how they self-identify when choosing which race is best for them. There are two options to choose from:

1. Open
2. W2STGD

Open Category: This category welcomes all individuals to participate regardless of gender.

W2STGD Category: This category welcomes participation by those who self-identify as women, Two-Spirit, trans and gender diverse.

### **As an Iron Person, who do I submit on my roster?**

1. Yourself
2. Your bike holder
3. Your wall person (Iron Person and Ultra Iron Person only)

Your bike holder and wall person can be the same person. They must be an eligible UBC student or staff member in order to be added to your roster.

Do not forget to add yourself to your roster – if you fail to do so, your roster will be considered incomplete and you will **NOT** be eligible to advance or win.