

# Logistics, Mandatory Gear and Race Rules

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Competitors are required to carry the following mandatory items to maximise their safety during the event. Mandatory equipment may be checked at registration and again throughout the race. It is the teams responsibility to ensure all items are on you. Penalties associated with deficient items at an equipment check during the race will be severe (and may include disqualification).

## Safety

During the event you must be aware the rescue by the organisers or emergency services may not be possible immediately. In the first instance you are responsible for yourself and your team mates.

It is not practically possible to provide all the safety needed for all the possible scenarios. If you are not willing to accept this self responsibility, you should not start the race. If you get to a point in the course that you decide you are not comfortable and confident in completing safely, it is your responsibility to do something. If you feel the level of inherent risk is unacceptable, do something about it. Avoid it, it is your decision.

Safety Assets Include:

- Firstly your team mates
- Event transition officials with first aid certificates and training
- 1 x First Response team with first aid trained officials
- Normal access to emergency services via '000'

In the case of a serious emergency, always call 000 first or 112 and then contact race directors with the information. Details will be provided in course notes.

## Water

You should have capacity to carry at least 2 litres of water during the event. You will find out in the course notes where drinking water is available on the course.

## Paddles & PFDs

Paddles and PFDs are included in your race entry. You are also welcome to bring your own. If you choose to you, will need to transport them to the start of the paddle leg and pick them up after the race. The location will be available at race registration. Please make sure they are strapped together and clearly labeled with your team name.

## Bike Drop

You will be notified of the bike drop location in the race information kit emailed 1-2 weeks prior to the event. You will need to drop your bike to this location at the time specified in event program. Please do not arrive early as the event team need time to set up. the You may leave any bike specific gear and extra race nutrition with your bike.

## Mandatory Gear

As a competitor in an adventure race you and your team are required to carry a number of mandatory equipment items with you. The mandatory equipment is divided into two categories, equipment you and your team must carry at ALL times, and equipment you and your team must carry during a specific DISCIPLINE. It is not a list of what you should take, just the mandatory items that you must take for injury and short term survival purposes.

You are responsible entirely for carrying the appropriate equipment and clothing for the climate, conditions and activities. Checks of mandatory equipment will occur during the race and missing equipment may result in penalties or disqualification as per the race rules.

## GENERAL NOTES

1. Equipment checks will be carried out randomly throughout the race. It will be your teams responsibility to ensure you have all mandatory items at all times. Penalties associated with deficient items at an equipment check during the race will be severe.
2. "On Person" items must be carried by each team member at all times. "On Team" items may be spread out amongst team members. These will be checked.
3. Specific permitted items include altimeters and cycle computers without GPS.
4. Kayaks, paddles and PFDs will be provided. Competitors will need to provide other miscellaneous kayaking items on the list below. Competitors are permitted to use their own paddles and PFDs if they choose.

## ABBREVIATIONS

- PP - means Per Person. That item is required by each person in the team.
- PB - means Per Boat. That item is required in each boat/kayak the team has.
- QTY - means Quantity. The quantity is left to team decision, though minimum is ONE.

## ALL TIMES - ON PERSON

Item	Quantity	Description
Whistle	1x PP	Pea less so still functional in wet conditions and easily reachable at all times.
Official Race Number	1x PP	The official race number must be worn at all times and be clearly visible at all times. Strong safety pins or a race number belt are highly recommended.
Survival or space blanket	1x PP	Silver foil type. Enclosed bag style recommended. Must be in serviceable and usable condition. (check this before you race as they deteriorate over time).
Water bottle/ bladder	Capacity for 2 liters	Water requirements will differ from person to person, but it is recommended that at least 1 litre is carried by each person starting each leg.
Recommended	Optional	Appropriate clothing and footwear, hat, backpack, food, water, appropriate glasses/ eyewear, waterproof map case, sunscreen, dry bags to waterproof equipment, marker pens, wristwatches, paracetamol, duct tape.

## ALL TIMES - ON TEAM

First Aid Kit	1	<b>Minimum contents must include:</b> <ul style="list-style-type: none"> <li>- 2x crepe/stretching bandage (min 7.5cm x min 2.3m unstretched).</li> <li>- 2x sterile wound dressing</li> <li>- 6x adhesive dressing</li> </ul>
Compass	1	Must be "proper" southern hemisphere navigational compasses (zone 5) such as a Silva or Suunto etc. <u>Not integrated into a watch.</u>
Mobile Phone	1	Waterproofed and with fully charged batteries and turned off during the race. Ensure any pin numbers accessible to all team members. Must be on the Telstra network (this will be checked).
Course booklet, maps, control card	1	Course booklet and map of the area you are in must be carried at all times. Control cards will be issued before each leg/start of race. Maps covering previous or later sections of the course do not need to be carried.

## MOUNTAIN BIKE DISCIPLINE - ON PERSON

Mountain bike	1x PP	Appropriate for rugged trails and longer distances.
Helmet	1x PP	Must meet Australian Standards
Recommended Team	Optional	Repair kit, bike computers, gloves, additional spare tubes, patches, chain breaker and spare link, map board, tyre levers, pump.

## KAYAKING DISCIPLINE

PFD (Personal Flotation Device)	1x PP	(provided or BYO) PFD type 2 or 3 Australian Standard or international equivalent.
Paddle	1x PP	(provided or BYO)
Footwear	1x PP	Footwear must be worn at all times when kayaking.
Recommended Team	Optional	Dry bags, spray jackets, carabiners for towing/rescue, warm clothing depending on the conditions

## PROHIBITED EQUIPMENT

GPS Devices		Any visible GPS device, including a watch. This includes devices that show your position, display maps and distance travelled. If you want to carry a GPS device it must remain inside your race bag at all times. The only exception to this rule is a Garmin watch in 'Adventure Racing' mode.
Distance measuring devices		Includes foot pod accelerometers, pedometers etc (cycle computers exempt)
Communication devices		Radios, other communications or internet access devices (excluding the compulsory emergency phone sealed prior to the race).
Other Maps		Other than those provided by the organisers (specifically from race start to crossing the finish line. i.e. you may use other maps and information sources for research purposes prior to the start)
Electronic bikes		

## Race Rules

### Registration and Competency

1. All race participants must be present at race registration.
2. All race participants must attend all pre-race briefings.
3. All race participants must be able to:
  1. Be able to swim 100m
  2. Be able to ride a bike
  3. Be able to read a topographic map
  4. Have a basic level of fitness and able to cope with the demands of the event
  5. Minimise their impact on the environment during the event and respect other users of the land
  6. Accept responsibility for themselves and their belongings
  7. Be prepared to follow the rules and conditions included in the final instructions

### Equipment

4. All race participants must carry mandatory equipment as specified in the event equipment list.
5. Race participants are not permitted to carry or use certain items. These are specified in the event equipment list.
6. Race participants must comply with scheduled and random equipment inspections on the course.
7. If a piece of mandatory equipment is accidentally lost during the course of the race, you must report this to the race official at the next manned Check Point (CP) or Transition Area (TA). You must remain in that location until a replacement can be delivered
8. All race participants must wear their race bib or race number as the outer most garment for the duration of the race (including over PFDs unless otherwise stated). Modification of the bib is not permitted. Obstruction of the printing on the bib is not permitted. A backpack is permitted to cover the back of the bib only. A thin support strap between the shoulder straps on the front of a competitor is acceptable. Vest type front packs that obstruct printing on the front of the bib must be worn underneath the bib or not at all.
9. Prohibited Items. No mobile phones, radios, smart phones, devices or other communications devices etc may be used on the race course unless in an emergency as specified in these rules. The intent is teams should not gain unfair advantage through receiving race related information from external sources.

- a. In team and navigation based events, any GPS device is prohibited, including devices that show your position, display maps, distance travelled etc. Trackers provided by organisers are exempt.
  - b. In team and navigation based events, distance measuring devices including foot pod accelerometers, pedometers etc (excluding cycle computer) are prohibited.
  - c. In team and navigation based events, if a competitor wishes, for example for post-race performance analysis, to carry such a device as outlined above, they must register it, including any separate display devices (e.g. watches) at HQ and have it sealed in a tamper proof bag prior to the start. Officials will check the bag is intact at the finish line.
10. In team and navigation based events, from the start of the actual race, teams may use only the actual maps provided by the organisers. No other maps may be used from this point. Teams may not take, or make, additional copies of the maps provided.
11. If kayaks are provided by the organisers, no modifications to those kayaks are permitted. This includes attaching rudders, sails, kites etc.

## Support

12. No equipment, food, provisions or anything else is permitted to be dropped or cached on the course prior to the race. If the course allows, teams only cache items at transition areas throughout the race, providing they will return to that location and retrieve all items before completion of the race. This is at teams own risk and does not include mandatory equipment.
13. If a team has supporters, friends, family etc (to be known as "supporters") at the race, the additional rules apply.
- a. a. Supporters may view teams only at race HQ or in specific Transition Areas (TAs) or Viewing Points (VPs) designated and promulgated prior to the race by the race organisers. The following additional rules apply:
    - i. Once the course is given to teams, supporters are not permitted to assist in any of the race planning, touch any team equipment or in any way provide assistance to the team in their preparation for the race.
    - ii. At the designated TAs or VPs, supporters are not permitted to touch any team member or any team equipment or supplies. Supporters are not permitted to provide to teams any equipment or supplies etc.
    - iii. Supporters are not permitted to pass information to any team pertaining to the race, or any information that may assist a team in the race.
    - iv. Supporters are not permitted to use any race resources at the race HQ, TAs or VPs such as water, food, toilets, tents, camp sites, phones etc.
    - v. Supporters are not permitted to seek race information from the event officials in TAs and on the course. Information may only be obtained from Race HQ and other public information channels.

- b. Supporters are not permitted to drop or cache equipment, food or anything else on the course (except in designated TA or race HQ).
  - c. Supporters are not permitted to lead, travel with, pace or follow their teams on the course.
  - d. Supporters are not permitted to wait at any point along the course route for their team to pass, or to watch other teams pass, unless it is a designated VP.
14. Assistance from the public, spectators, media, etc is governed by the following:
- a. No assistance may be sought or accepted that involves the team or their equipment being moved in any way or assisting their movement along the course (e.g. riding in a vehicle, having team equipment carried or moved, paddling in wake of a boat, drafting behind a vehicle etc).
  - b. No assistance may be sought or accepted that involves receiving nourishment, medical assistance or other unspecified forms of assistance etc (e.g. being given food or drinks, pain killers, replacement equipment, ice for injuries, having someone drive behind your team at night with spotlights on while cycling etc).
  - c. Interaction with the general public is however permitted to e.g. ask directions, pose for photos, answer questions, purchase food at a legitimate shop etc. General public being those people who every other competitor has access to in an equal capacity.
15. If a team has media, someone or something which aims to cover them at the race, in whatever form, this must be approved by the organisers. This may include but not limited to photographers, reporters, cameraperson, writers, tracking devices etc. All race rules must be adhered to.
16. Support from other ranked teams during the race is permitted. Support from unranked teams however is not permitted (e.g. drafting, pacing, sharing navigation, sharing food and equipment etc).

## Team Travel and Race Course

17. Once the course has been issued team members, support crew, friends etc are not permitted to travel any part of the course in anyway before the start.
18. Teams must start and finish with the specified number of members. All team members must attempt all legs. No substitution of team members is permitted.
19. Teams must complete the course as specified in the course booklet. Unless otherwise specified, legs of the course and CPs must be collected in order.
20. A team must never have a distance of greater than 100 metres separating the first team member from the last. This rule will be checked and penalties will be harsh. Organisers may waiver this requirement in certain situations e.g. roping, around race HQ as outlined in the course booklets.
21. Unless otherwise specified, teams must use the orienteering punch at unmanned and manned check points (CP) to make an indentation in their control card, thereby proving that they have visited that CP. Where applicable to the event, teams may be issued a Race Passport that requires signatures from officials at certain CPs or TAs.
- a. Lost control cards or passports will receive a time penalty.

- b. Punches in the wrong square, not punched properly or even forgotten will be penalised.
  - c. A checkpoint is considered valid if placed within a 50m radius of the location specified.
22. Teams must not travel in Out of Bounds areas. Unless specifically permitted by the race organisers, private property is always out of bounds, even if a team were to seek permission from the owner.
23. Teams must abide by civil laws at all times. Teams must conduct themselves with the highest respect for the general public, the race, the officials and fellow competitors.
- a. Competitors must not bring the event into disrepute or bring a bad name in the public eye: (I) For example stopping at houses and waking occupants in middle of night to ask for directions.

## Unranked Status

24. Unranked status may be given to a team, who for various reasons, is no longer considered to be completing, or have completed, the course in the intention of the organisers. The following are some examples:
- a. One team member withdraws.
  - b. Team does not attempt or misses an entire leg of the race.
  - c. A team misses too many checkpoints (this will be determined by the Race Penalties Committee and based on whether that team has completed enough of the course to be classed as ranked).

## Team or Team Member Withdrawal

25. In the case of withdrawal of a team member, or an entire team, race HQ must be notified by the quickest possible means.
26. If a team member decides to withdraw from the race, the whole team must escort that member to the nearest manned CP, TA or Search and Rescue Crew. Permission must be obtained from race HQ if the team wishes to continue on the course Unranked. If in the opinion of the Race Director, the withdrawing team member requires continued assistance from their team (e.g. in case of hospitalisation or medical visits), this permission is unlikely.
- a. In certain situations and on a case by case basis, the organisers may allow a team member who has withdrawn, to rejoin their team for a part of the course. For example a team member who has withdrawn due to a minor leg injury may be permitted to assist their now unranked team paddle a double kayak.
  - b. Unranked teams continue to be governed by the rules for support and assistance. Of particular note, if the race is unsupported a team member who has withdrawn is not permitted to provide assistance to theirs or any other team.
27. Once a team has become unranked, they may never move back into the ranked category (e.g. even if they were to find a substitute team member to race with them, thereby bringing their numbers back up to the original requirement).



28. If a competitor is part of a team who has withdrawn (due to others of their team withdrawing and not them), they may be permitted at the organisers discretion to join up with another team (providing this team is willing to accept them). They will still remain unranked team and are not permitted to move back up into the ranked category.

## Medical

29. If a team member seeks first aid or medical assistance from the organisers it is not a certainty that the particular team member will have to withdraw. Generally though, if a person is in need of first aid or medical assistance from the organisers, then there is a good chance that they will need to be treated and removed from the event. Race organisers decision to remove of a person due to medical or safety reasons is final.
30. Intravenous Fluids (IV) may only be administered by approved race medical staff. Any administration of IV fluids by anyone other than race medical staff will result in immediate disqualification of the team.

## Emergencies

31. If you or your team comes across someone (be they involved with the event or not) who is in a genuine emergency situation, you **MUST** stop and give assistance. Organisers will attempt to re-credit lost time where possible.
32. Emergency communications devices should only be used in a situation where you require immediate assistance, or if there is a real danger to yourself or others in the event. Use of the emergency communications device for the above reasons does not necessarily result in a penalty or disqualification. If the emergency communication device is used and the situation or incident is deemed not to be a genuine emergency the team may receive a penalty or disqualification.

## Penalties and Disqualification

33. Deliberately breaking any rule to gain advantage (i.e. cheating) will result in disqualification.
34. If a time penalty is awarded to a team, this time will be added to their actual finish time. Time penalties will be decided by the Race Penalties Committee as soon as possible (generally this will be after the finish of the race).
35. In almost all cases the time penalty for missing a CP will be between 1 and 2 hrs depending in the difficulty of the CP
36. Bad behaviour towards race officials, volunteers, the public and anyone else will not be tolerated. Penalties or disqualification may result.
37. The Race Penalties Committee will contain a variety of members as deemed appropriate by the Race Director. There is no obligation to make public the proceedings or members of the Race Penalties Committee.

## Environment

38. The following rules must be followed:

- a. All rubbish carried out with competitors, nothing left behind.
- b. Wildlife should not be disturbed.
- c. No fires to be lit outside of approved fire places unless in an emergency.
- d. No fires are to be lit at all if a total fire ban is in place.
- e. Minimal impact on vegetation should be adopted, use existing tracks if possible.
- f. Where roads, tracks, routes etc are mandated by the authorities or organisers, these must not be deviated from.
- g. Leave gates as they were found, report any damages, no souveniring (i.e. stealing)
- h. Human waste is to be either carried out, or buried 15-25cm below the surface and 100m from nearest creek, watercourse, habitation or checkpoint. i. Follow additional rules outlined in race briefings.

## Team Sponsorship

39. The following rules must be followed:

- a. Your team may be named after your sponsor, it is recommended that names be limited to three words.
- b. NO sponsor patches may be fixed to the official race bib provided by Wild&Co if bib must be returned at the end of the event. If the event provides bibs for competitors to keep, sponsor patches may be attached in clear space only and not obscure any logos already on the bib.
- c. If the event provides official race bibs to competitors to keep, they may fix sponsor patches to available white spaces as outlined in Competitor Information Packs before the event.
- d. Team are permitted to adorn the remainder of their clothing and equipment with sponsor logos.

## Miscellaneous

40. It is prohibited to use the substances and or methods outlined in the World Anti-Doping Code's most recent Prohibited List.
41. Competitors are not to remove, tamper or adjust race equipment at any time. For example equipment such as CP markers, punches, signs, route marking etc.
42. Competitors must follow any additional rules outlined in any of the race briefings. Competitors must also obey directions issued by officials.

## **Complaints/ Protests**

43. Any complaints or protests must be in writing and submitted to race organisers within 24hrs of either finishing or withdrawing from the race.
44. The decision of the Race Penalties Committee is final.

## **Conclusion**

45. The overriding consideration with these rules is to use common sense and to appreciate the intention of the organiser and the spirit of the event. Organisers will not be sympathetic to teams attempting to use loop holes in the above rules.
46. In all respects decisions by Race Organisers are final.