



# 9th World Rogaining Championships 2010

Cheviot, New Zealand 20-21 November

## Safety Sheet

Your gear is your own responsibility but if the weather forecast is severe the organisers reserve the right to make the cold weather gear compulsory and to make checks before, during, and after the event to ensure that this clothing is carried. Competitors will be advised of compulsory gear requirements by 09:00 on event day. You must be suitably equipped to start. If you are in any doubt about the suitability of your equipment please ask an organiser.

Strongly recommended minimum equipment and clothing is:

### Cold Weather Gear

Thermal top and trousers

Waterproof and windproof parka or jacket

Gaiters or leggings

Strong footwear with a good grip

Warm hat and mittens

Thermal jersey or fleece outer top

Survival sheet or blanket

Daypack

### Other Gear

Water bottle (2 litres minimum)

Compass, watch and pencil

Whistle each (**compulsory** under rule B14)

Basic first-aid kit for the team

Sun hat and sunscreen

Food

Headlamp or torch and batteries

Reflective garment for road safety at night

Each team is encouraged to carry a cell phone for use in an emergency. However, because many cell phones are GPS capable, any team found using a cell phone for other than an emergency will be disqualified. You may need to climb to high ground to obtain an adequate cell phone signal. Emergency phone numbers are printed on the map.

Safety is a top priority during this event. Organisers and participants (you) have responsibilities for safety. Your responsibilities include:

- being aware of and meeting all safety requirements specified by event organisers in writing, on the event web site, or verbal briefings,
  - carrying adequate protective clothing and other safety equipment, as described above
  - advising your team member(s) of any medical conditions you have, your general level of fitness and other factors that may affect you adversely during the event,
  - staying together as a team at all times, and providing mutual support, and helping any other team you find in difficulties,
  - depositing at registration before you start a 'flight plan' map showing your intended course,
  - recording each person's visit to a checkpoint with the electronic punch,
  - advising organisers, and returning your tags, if you withdraw from the event or when you finish.
- This is our safety check that you are no longer on the course and **IS COMPULSORY**,

- being highly conscious of time and avoiding a late return – being late results in a hefty points penalty as well as raising safety concerns,
- being prepared to modify your plans to be more conservative if safety conditions dictate this,
- monitoring team and individual progress and fitness and modifying plans as required,
- looking out for hazards, such as:

1. **Hypothermia.** Wind, water and cold temperatures can lead to exposure or hypothermia. Early symptoms are subtle (clumsiness, lethargy, slurred speech). Be prepared to seek shelter or to withdraw if conditions are severe, or if any of your team is becoming exhausted. In severe weather keep off high exposed ridges.
2. **Dehydration.** Drink lots of water – we suggest you carry at least 2 litres per person. Water drops are marked on the map.
3. **Streams.** Do not cross streams if they are heavily swollen, or you are unsure.
4. **Cliffs, slippery rocks, loose rocks, incised creeks, gullies, slippery grass, hidden obstacles such as logs, loose fencing wire,** etc. may be present throughout the event area.
5. **Collapsed natural tunnels or ‘under-runners’** in the subsoil, even on farm tracks
6. **Fog/low cloud.** If in fog, orientate the map and yourself with a compass. If in doubt, don’t climb into cloud and descend out of it as soon as possible.
7. **Road and Railway Hazard:** There will be traffic on roads. No roads are closed during the event. The road code applies at all times; keep to the side of the road, facing oncoming traffic and be alert to traffic. Take particular note of the rules for crossing State Highway 1 and the railway line as specified in the Final Instructions. Wear reflective clothing when travelling along public roads at night.
8. **Fire Risk:** We are close to entering a high fire risk season. Always be alert for smoke and have an escape route. No smoking or other fires.
9. **Electric fences:** Treat all as ON. Climb through lower wires, or use jacket, pack or map for insulation.

In the event of serious injury or exhaustion, make the injured person warm and comfortable; arrange, if possible, to leave someone with the person; note your exact location on the map; seek help via the nearest road, and going to a farmhouse if necessary. Emergency signal – repeated (6 or more) short blasts on whistle at about 1 second intervals, repeated each 1 to 5 minutes. Repeat if you hear one long blast.