



Support Crew Handbook 2014

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2. Welcome

Hello and welcome to WildEndurance 2014. Welcome also to this incredible place, the Blue Mountains World Heritage Area. Thank you for coming and supporting your chosen team this year – the event couldn't happen without you!

Please take a little time to look through this handbook. It's full of lots of important information regarding your time here, how best to support your team, how to keep your impact upon the National Park to a minimum and how to have a fun and enjoyable time.

As a support crew, you are part of the largest body of people at the event. There are more people making up support teams than actual race participants. Remember that you are guests here in the Mountains, both with the local community and on the land. As you move around over the weekend you'll be representing this great event and The Wilderness Society. We have taken great care to work with and for the community in the Upper Blue Mountains. You can join us in this work by always being mindful of your impact. This handbook provides an excellent guide to help you do this.

Help us make this event safe and enjoyable for everyone by taking initiative and responsibility wherever possible. If something looks or sounds wrong, let event staff know. You are the eyes and ears around the course, as well as the bearers of feedback from your team. Work with us and WildEndurance 2014 will be the best yet!

If you have any questions please call

Sarah Williams, WildEndurance Co-ordinator, on 0431 675 015 or

Fiona McCleary, WildEndurance Operations and Administration Co-ordinator on 0438 504 066.

3. The Basics

3.1 Caring for the team

There are some important things a support crew needs to know and do in order to assist their team:

- Talk to the team about how they are going to approach the event, their expectations and what food and fluids they will need. For instance, they may like to start on savoury solid food and then shift to sweet, more easily digested food later.
- Find out their preferred drinks and prepare mixtures in advance.
- Have variety of food at each checkpoint. Keep some (nice) surprises in reserve.
- Don't forget to ask the team before they leave what they would like or will need at the next checkpoint.
- Have items ready for your team before they arrive and, if necessary, walk with them as they eat/drink/put on or take off clothing. Don't make it too easy or too comfortable for them to stop, as this time will accumulate.

- Wear a bum bag containing a tube of sunscreen, lip balm, Vaseline and favourite simple foods (muesli bars, fruit sticks and gels). It's on hand then if you need it quickly and will save you returning to the car.
- There will be times when some team members will not want to eat. Try to find out what they like and have a few different items as a surprise (eg on a hot day icy poles go down a treat, custard or chocolate milk may slide down well when the desire for food has gone, salty foods like cheese and olive bread sticks can be very appealing).
- Take some instant mashed potato to cook on your camp-stove, adding salt, milk/water as required. This is a great option when calories are needed and nothing appeals. Also, you can use the mix to thicken and add calories to soups, minute noodles. etc.
- We have a mantra "Beware the chair". Try to minimise the time the team spends off the road. Some prodding might be needed if you think they are hanging around for too long. Remind them "the sooner you get going, the closer you'll be to the finish".



3.2 Looking after yourself

- It is important that support crew members look after themselves as well!
- You will have to be prepared with your own clothing for temperature extremes from sub-zero to 30C and you will require food and fluids to sustain yourself throughout the event too.
- Take two alarm clocks for the support crew to make sure you are on time at each of the checkpoints.
- Take along a folding chair so you can sit outside the car while you are waiting for your team to come in. This will also be useful for your team if they need to change socks, dress blisters, etc.
- Make sure you have some treats for yourself that you can enjoy and/or something that will help to pass some waiting time, whether that's a particular food, a book, binoculars for bird-watching, music (with headphones please!), etc.
- If you don't look after yourself, you'll be no good to your team. Make sure you eat and drink regularly as it's easy to either forget or think you don't need to.
- Make sure you get some sleep - again you will be the most useful if you are alert and cogent.
- Put on sunscreen and reapply as necessary. Don't allow yourself to get sunstroke or become dehydrated.

3.3 Regulations

- Every team should have a support crew and must be self-sufficient. The support crew is responsible for providing the team with food, water, changes of clothes, first aid kit resupply, etc. during the event. Prescription medications and painkillers are each team's responsibility and the support crew must be well-briefed on team members' medical needs.
- Teams must not meet their support crew at any location along the course except at checkpoints. Any team found breaching this rule will be disqualified.
- If your team needs help on the course you must call the event organisers on the HQ Emergency Mobile and a first aid team will be sent.
- Teams and support crews must obey all instructions from checkpoint staff.
- Teams and support crews must obey all National Parks regulations.
- Support crews are responsible for obtaining their own map of the area and finding their own way to checkpoints. Event organisers are not responsible for the safety or whereabouts of support crews.
- Teams are responsible for the actions of their support crew. Teams will be penalised for any disruptive behaviour or violation of event rules by their support crew.
- Dogs are not permitted on the course or at checkpoints.
- Smoking is not permitted on the course or at checkpoints.

3.4 The crew car

It is important to keep your crew car neat and organised. .

- Organise the supplies in a way that you can find whatever you need at any time. Boxes can be a good way of organising items. You may want to put savouries in one box, sweet stuff in another.
- Write the contents on both the top and bottom of cans with a felt tip pen - this saves pulling it out to see what it is.
- If your team is using electrolyte/carbo powder, write the dilution (eg 1 scoop per 500 ml) in a waterproof pen on a label (eg masking tape) and stick it to the container. There's no sense wasting time trying to read small print on a label in the dark or dusk.
- Make sure the first aid kit is easily accessible and everyone knows where it is
- Put items back from where you got them. Things can easily get messy and chaotic as the race progresses and you don't want to have to waste time and energy with unnecessary searching.
- Know where the changes of clothing, socks, shoes, night gear, and spare batteries are for your team members.



3.5 Psychological support

- Look at your team's body language. When people start to get really tired, particularly in the wee small hours, remind them to lift their chest and move with their whole body.
- If you're walking alongside your team through the checkpoint, encourage them to stride out if you notice their step shortening through fatigue.
- Everyone has a different approach and different temperament. Teams, be kind to your crew, they are there to help you to achieve your goal and want you to succeed. Crews, be kind to your team, at times they may be fragile, and they will definitely feel fatigued.
- Be encouraging
- It obviously can depend on how well you know your team as individuals, but occasionally a good crew needs to be tough.
- Ensure that your team is adequately hydrated by checking if they are frequently passing urine. Ask if it is 'clear, colourless and copious'!
- Your team will go through a range of emotional highs and lows during the event based on: fatigue, mental state, pain, perceived performance, body's circadian rhythms, etc. Nutrition can play a significant role in controlling the lows. A steady supply of calories will help to keep the mood up. The rising sun tends to have a positive impact on both teams and crew.
- Above all, if the support crew is in high spirits, positive and believes in the team's goal, this will help everyone. Support crews will get fatigued too! Look after yourselves; keep the mood positive when you are with the team.
- Take a sense of humour!

3.6 Some suggested items to take with you:

- Course directions, maps, checkpoint details
- A full tank of fuel
- Water - old 2 or 3 litre juice bottles are a good size and maybe one 12-15 litre container to top them up
- Esky for food and drink
- Ice packs and ice
- Food and drink for the team (of course!)
- Food and drink for crew (very important!)
- Portable camping stove for coffee / tea / heating soup / mash potato etc.
- Coffee / tea / soup / sugar / milk
- Basic first aid kit (eg. blister treatment, headache tablets, sunburn treatment, emergency blanket, conforming bandage, painkillers, sunscreen, non steroidal anti-inflammatories, etc)
- Wool blanket
- Cutting board and knife for making sandwiches etc.
- Spoons and mugs
- Torches - both headlamps and hand-held torches
- Pens, paper and calculator
- Small/compact fold-up chairs
- Insect repellent
- Sunscreen & lip balm
- Alarm clock (x2)
- Garbage bags
- Antibacterial wipes for use after toilet stops and to clean hands before preparing and handling food

- Toilet paper
- Ziplock bags (good for the team to hold toilet paper, left over food etc and also good for making up small ice packs)
- Oil for massaging
- Toothbrush and toothpaste - this will help your team to feel fresh
- Bowl and towel for team to wash face or other parts of the body - also useful for soaking feet!
- Can opener
- And last but not least, a camera to record the experience!

3.7 Nutrition & hydration

This is the advice we give participants:

Dehydration is one of the most common problems during the event. Make sure you drink enough fluid. The symptoms of dehydration are not evident until you are already dehydrated (dry mouth and lips, tiredness, irritability, tight/heavy feeling muscles, headache). Drink electrolyte drinks as well as water. Monitor your urine and make sure you are urinating at regular intervals and that the urine is light yellow to clear. If you are not urinating or your urine is dark in colour, you may be dehydrated.

Some popular endurance foods include:

- Nuts
- Dried fruit
- Bananas
- Sandwiches
- Cereal bars
- Sustagen
- Avocados
- Fried Rice
- Snakes (the lollies!)
- Potato chips
- Chocolate
- isotonic drink powder



As a rule it is best to eat small amounts regularly, rather than larger serves occasionally.

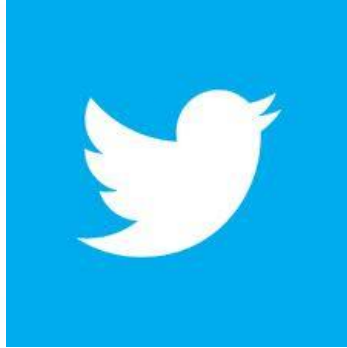
As you trek your body metabolises waste such as lactic acid through the stomach - hence your appetite for particular foods may well vary wildly during the event. So bring a diverse range of tastes and textures.

3.8 Safety

- Crews should wear light and bright clothing and reflective vests are a good idea at night.
- Ensure all members of the support crew have the opportunity for some sleep during the event. If a crew is overly tired or exhausted they will be of less use to their team during and after the event.

4. Follow your team during the event

Follow WildEndurance on Facebook, Twitter and Instagram for important updates and exciting news as it comes to hands about the event's progress.



Checkpoint facilities and opening times

THE START - Dunphy's Camp, Megalong Valley Road near Blackheath

WildEndurance starts at 8am on Saturday 4th May at Dunphy's Camp at the end of the Megalong Valley Road, about 75 minutes drive from Katoomba. This year there will be two waves, 8am and 8:30. Your teams wave will be pre-allocated.

The Megalong Valley Road is accessed from Blackheath which is about 10kms beyond Katoomba on the Great Western Highway. At the traffic lights in the centre of Blackheath turn west (that is left if you are travelling from Katoomba) across the railway tracks and then immediately left again. After 500m the road turns sharp right and you need to turn left at the junction after another 900m. The Megalong Valley Road is tar sealed for about 11 km. When the tar seal ends you have 8km to go to get to Dunphy's. After passing through the second gate, drive directly up the hill to the junction where traffic marshalls will direct you to a suitable parking spot.



WildEndurance will start at 8am on Saturday morning - you will need to be at Dunphy's Camp by 06:30 at the very latest to check in for the event.

If you and your team are staying at The Carrington Hotel in Katoomba, please allow 90 minutes for the drive to Dunphy's Camp on Saturday morning.

Dunphy's Camp is a wide open space with comfy grass for camping on and limited parking. Dunphy's Camp is not suitable for caravans, however. There are also picnic benches, a compost toilet and small rainwater barrel. If you want to camp on the Friday night then Dunphy's is an excellent spot for you and your team to set up your tents, kick back and rest before the start.

The closest shops and petrol station are in Blackheath itself (about 20km from the camp). Water taps are available at Megalong Sports Ground, signposted on Megalong Valley Road about 9km north of Dunphy's.

The Parking at the Start is very limited. We recommend you either book onto the bus or car pool where you can. No parking is permitted next to the Start, so support crews will be asked to drop teams off. If they want to stay to cheer you on your way, they will need to park at least a 10 minute walk away.

There will be a bus that can pick participants up from Katoomba YHA, The Carrington Hotel (near Katoomba Station), and then Blackheath Station if requested. The cost is \$20 per head, payable in cash on the bus, make sure you have the correct fare ready! [Please click here to reserve your spot before 25th April 2014.](#)

A coffee cart will be on site from 6:30am to serve coffee and small breakfast snacks.

4.1 CHECKPOINT ONE (AND FINISH) - Katoomba Oval, Cliff Drive, Katoomba

The first Checkpoint will be at Katoomba Oval on Cliff Drive in Katoomba (very close to Scenic World).

CheckPoint 1 has very limited parking and Council requires us to tightly manage this area.

Parking marshals will manage all vehicles to avoid congestion and to ensure everyone has equal access to the oval. Please follow any directions given.

Public toilet facilities and mains water are available beside the Oval. There is a cafe across the road which is open from 9am until 5pm - but the cafe is small, so you should plan to provide your team with all their food and other supplies.

As the Finish will also be at Katoomba Oval you might like to site your caravan at the council-owned Katoomba Falls Caravan Park alongside the Oval. They also have some basic cabins available for rent, but they do sell out quickly so get in early if you are interested. The Caravan Park number is (02) 4782 1835. The Oval is 1.2km from Katoomba YHA and from there it's a very short walk into Katoomba town centre where there are many hotels and guest houses to choose from.

Competitors must checkout from Checkpoint One no later than 5:30pm Saturday.

4.2 CHECKPOINT TWO - Queen Victoria Hospital, Wentworth Falls

Checkpoint Two will be at the old Queen Victoria Hospital on Tableland Road, Wentworth Falls. This checkpoint is the half way mark for 100km teams and the finish for 50km teams.

From Katoomba, drive east towards Sydney on the Great Western Highway (which runs east/west through the Blue Mountains). Once you reach the small town of Wentworth Falls, travel another 1.85km east and you will see Tableland Road on the right. The prominent 'Wentworth Pots' is on the corner of Tableland Road and the Great Western Highway. Turn right into Tableland Road and travel 4.1kms to Queen Victoria Hospital and Checkpoint 2.



When driving up and down Tableland Road please exercise extreme caution as there could be competitors crossing the road.

There are plenty of car parking spaces at the Queen Victoria Hospital as well as open ground where you can set up a camp kitchen for hot food and warm drinks. This is also a great place for support crews to camp overnight as it is the halfway point in the event.

Temporary toilet facilities will be available. There will also be some water available in drums so you can top-up your bottles or camel packs if you need to - but support crews should bring enough water (and food) for themselves and their team.

The closest shops, accommodation, mains water taps and petrol station are in Wentworth Falls itself (about 6km from Queen Victoria Hospital).

Competitors must checkout from Checkpoint Two no later than 3:15am Sunday.

Note: Checkpoint Two closing time is extended to **5:30am for 50km teams only**. 100km teams should stick to the published times, as these are calculated on the time it took teams in previous years to complete the course.

4.3 CHECKPOINT THREE - Wentworth Falls Public School, Falls Road, Wentworth Falls

Checkpoint Three will be at Wentworth Falls Public School Hall on Falls Road in Wentworth Falls.

Street parking spaces are available on Falls Road. There is no camping available at this Checkpoint and it is located on a residential street. Therefore it is recommended that support crews do not arrive at this checkpoint too early. Support crews are better to get some sleep at Queen Victoria Hospital or at their accommodation while their teams are between Checkpoints Two and Three. On average the team will take around 8 hours to complete this leg. So it would be a good idea for teams to phone their support crews when they reach the first section of bitumen road, Queen Elizabeth Drive. From there teams still have 4.5km to go to Checkpoint Three leaving enough time for support crews to get to the checkpoint.

Public toilet facilities and mains water are available near the school hall. There are no shops in the vicinity so support crews need to bring in all of their team's food. The closest shops, accommodation and petrol station are in Wentworth Falls itself (2 km away).

Competitors must checkout from Checkpoint Three no later than 2:30pm Sunday.

4.4 THE FINISH - Katoomba Oval, Cliff Drive, Katoomba

The finish line at the end of the WildEndurance course will be at Katoomba Oval on Cliff Drive in Katoomba (very close to Scenic World). This is the same location as Checkpoint One.

Car parking is available at the Oval and at a number of places close by on Cliff Drive. Public toilet facilities will be available beside the Oval and the small cafe opposite will be open from 9am until 5pm on Saturday and Sunday.

The closest accommodation is at the council-owned caravan park beside the Oval, and the Oval is 1.2km from the Katoomba YHA and Katoomba town centre and there are plenty of hotels and guest houses in the area (see Checkpoint One for more details on all of these facilities).

Competitors must arrive at the Finish no later than 8:30pm Sunday.

4.5 Summary of checkpoint facilities

	Start Dunphy's Campground	CP1 & Finish Katoomba Oval	CP2 Queen Victoria Hospital	CP3 Wentworth Falls Public School
CAMPING	YES	YES	YES	NO
DO YOU NEED TO BOOK?	NO - but please let us know if you are intending to camp on the Friday prior to the event wildendurance@wilderness.org.au	YES Katoomba Falls Caravan Park www.katoomba-nsw.com Katoomba Falls Rd, Katoomba (02) 4782 1835	NO - but please indicate if you or your support crew intend to camp here wildendurance@wildernes.org.au	N/A
CAMPING CAPACITY	Approx 20 sites	Cabins (up to 56 beds) 31 powered sites and 16 unpowered	Lots of space	N/A
CAN I HAVE A CAMP FIRE?	Communal Fire	NO	Communal Fire	NO
TOILETS	Portaloos	YES	Portaloos	YES
WATER	Limited	YES	Limited	YES
BBQ	1	YES	NO	NO
COFFEE CART	7am to 9am Sat	no	bo	no
MERCHANDISE AVAILABLE	YES	YES	NO	NO
PARKING	Limited - book a seat on our bus or car pool	YES	YES	YES

4.6 Cut-off times

There is a 36 hour limit to complete the full 100km course and a 21 hour limit for 50km teams. Please note that each checkpoint has a strict closing time. The times listed below are the times that your team must depart each checkpoint by. If a team misses a cut-off time they will not be allowed to continue on the course.

CP1	5:30pm	Saturday
CP2	3:15am	Sunday
CP3	2:30pm	Sunday
Finish	8:30pm	Sunday

4.7 Leg times

The following table shows average times it took teams to walk all 4 legs of the course.

	Distance	Time taken	Arrival time
Leg 1	26km	5:42	
Arrival at CP 1			SAT 13:42
Rest time at CP 1		0:42	
Leg 2	22km	4:54	
Arrival at CP 2			SAT 19:19
Rest time at CP 2		2:12	
Leg 3	35km	8:03	
Arrival at CP 3			SUN 5:34
Rest time at CP 3		0:51	
Leg 4	17km	4:17	
Time to reach Finish	100km	26:43	SUN 10:43

5. Care for the environment

The following sections give you information about what we do and what you can do to make WildEndurance as sustainable as possible.

5.1 Leave No Trace: respect this place

The following is based upon the Bushwalkers Code of the Confederation of Bushwalkers NSW. This applies to you as a support crew as much as your team, especially if you plan on taking any smaller walks yourselves over the weekend. Take some time to go through these points together.

Be self reliant

Enjoy the natural landscape as it is, on nature's terms. Carry with you the things you need for your comfort and safety. Do not camp/rest in an overhang with Indigenous rock art, as the art can be damaged by dust, smoke and fumes (See also 'Respect Indigenous Heritage')

Tread softly

Avoid bunching up with other teams and walkers. By spacing out you'll help minimize wear to the track. On zigzag paths, don't cut corners as this creates unsightly damage that leads to erosion. Except in really rough terrain, wear lightweight, soft-soled walking shoes or joggers rather than heavy boots. Stick to marked tracks at all times. The WildEndurance course is well-marked for the entire 100km of the race. All markers will be removed after the event.

Watch your safety

Know what to do in emergencies. Rescue operations often cause serious damage, so take care to avoid the need for rescue. Make sure that your team has basic First Aid knowledge so you know how to handle illness and injuries. All check-points will have first-aid kits and qualified first-aid practitioners on duty (please refer to first-aid section of the event guide for more information). Carry clothing and equipment to suit the worst possible conditions you are likely to encounter.

Pack it in, pack it out

Don't carry glass bottles and jars, cans, drink cartons lined with aluminium foil and excess packaging. If you can't resist carrying such things, don't leave them in the bush. Remember, if you can carry a full container in, you can easily carry the empty one out. Remove all your rubbish including food scraps, paper, plastic, aluminium foil and empty containers. Don't burn or bury rubbish. Burning creates pollution and buried rubbish may be dug up and scattered by animals. Digging also disturbs the soil, causing erosion and encouraging weeds. Carry a plastic bag for your rubbish. If you find litter left by irresponsible people along the track or around a campsite, please remove it. Show you care for the environment, even if others don't. When walking in scrubby country, do not strap items in plastic bags outside your pack or the bush will end up littered with pieces of plastic!

All checkpoints will have a Waste Sorting Station. Please help our volunteers by correctly sorting out your recycling and compostable materials and placing them in the correct bins.

Be hygienic

All checkpoints on the course will have toilet facilities however we realise that nature can call anywhere along the course. If you need to go to the toilet when out in the bush, ensure you are

at least 15m from the trail and 50m from creeks and lakes. Avoid sensitive areas such as caves and canyons. Bury all faeces at least 15cm deep. Make sure that your group carries a lightweight plastic trowel or a large aluminium tent peg to make digging easier. Carry out toilet paper and things that won't easily decompose, such as used sanitary items. Outdoor stores sell hygienic ziplock bags for this purpose.

Keep water pure

Wash hands, cooking and eating utensils well back from the edge of lakes and creeks so waste water falls on soil where it will be absorbed. Avoid the use of any soap, detergent or toothpaste in the bush. Don't let oils and food scraps get into creeks or lakes. If support crews wish to provide cleaning products at check points then only biodegradable plant-based cleaning products are permitted under the event sustainability guidelines (e.g. the easily available Earth-brand products).

No Unofficial Fires

The lighting of fires out on the course is strictly prohibited (unless in a medical emergency). Dunphy's Camp and Queen Victoria Hospital (CP2) will have official communal fires in self-contained metal drums. Do not dispose of any rubbish in the communal camp fires – take it to the waste sorting and collection point. Portable gas stoves are allowed at checkpoints. If lighting an emergency fire keep it small, situate it on bare earth or sand, brush away dead plant material surrounding the spot, use only fallen dead wood and douse the spot thoroughly in water when you leave.

Only camp at official camping spots

Camping is possible at Dunphy's Camp (start) and Queen Victoria Hospital (CP2). Please camp only within marked areas. Leave your campsite pristine. After a few days it should be impossible to see where you were camped.

Protect Plants and Animals

Try not to disturb wildlife. Remember, you are the trespasser. Give snakes a wide berth and leave them alone. They have more right to be there than you do. Watch where you put your feet. Walk around delicate plants. Never break off branches. Don't feed birds and animals or they may become pests. Unnatural food can be harmful to many species.

Respect Indigenous heritage

Many places have spiritual or cultural significance for our Indigenous communities. Treat such places with consideration and respect. Leave Indigenous relics as you find them. Don't touch paintings or rock engravings.

Be courteous to others

Keep noise to a minimum. The sound of radios, CD players, mobile phones and similar devices is out of place in the natural environment. Keep your mobile phone on silent or else switch it off unless required for an emergency. Ensure your behaviour and activities don't disturb or offend others. Leave gates and slip rails as you find them. When you open a gate, make sure the last person through knows it has to be closed. Respect the rights of landholders and land managers. Don't enter private property without permission.

Offer what is required to help others in need. This could be your group leader, who may be carrying group safety items, someone in the group who has injured themselves, or another group who may not have communications to summon emergency medical aid. Recognise that some individuals may need your help but will never ask.

5.2 *Phytophthora cinnamomi* and WildEndurance 2014

An introduction to the problem

WildEndurance 2014 includes active management of *Phytophthora cinnamomi* contamination risk: *Phytophthora* is an invasive fungal disease of native trees which causes the rapid death of large trees, effects large swathes of land and is spread rapidly. *Phytophthora* is a major concern and is on the increase in NSW. It is known to be present at various places throughout the Blue Mountains World Heritage Area and is spread through transmission of contaminated soil.

With up to 700 participants expected, plus all the support crews, we recognise the potential threat of transmission of *Phytophthora* through contaminated soil on footwear and vehicle tyres.



Phytophthora control for WildEndurance 2014

Phytophthora protocol for the event is based upon the Best Practice Management guidelines for *Phytophthora cinnamomi* within the Sydney Metropolitan Catchment Management Authority Area, produced by the Botanic Gardens Trust Sydney.

Each checkpoint will include a *Phytophthora* Control Station. This will be situated next to the Waste Sorting Station.

Key task: Prevent transmission of soil and mud at key locations and sterilise surfaces in contact with soil and mud (footwear, hiking poles, tent pegs, etc).

In order to effectively control the spread of *Phytophthora*, an event volunteers will actively ensure that all participants passing through a checkpoint have checked, cleaned and sterilised their footwear and equipment. The procedure includes

1. Ensuring that footwear is scraped clean of soil using tools provided.
2. Checking walking poles for soil build-up and cleaning as required.
3. Using spray bottle to sterilise base of footwear plus base of walking poles/other potentially contaminated gear.

5.3 Waste Policy

WildEndurance 2014 includes a waste streaming policy aimed at significantly reducing waste to landfill. Our aim is to achieve zero waste to landfill in the next few years. To make this a reality we need your help!

Minimise waste: don't create it in the first place!

Be mindful of the waste you create and try to reduce it as much as possible. Don't bring disposable containers like plastic bottles, cans and take-away tubs to the event. Bring drinks in re-usable bottles and flasks. Bring snacks in Tupperware or re-usable zip-lock bags. Also, absolutely no glass on site!

Take responsibility for your waste

If you create it, you take responsibility for it! If you're generating non-recyclable or non-compostable waste then take it away with you (apart from anything else, disposing of stuff to landfill costs TWS money!). Encourage people to take their waste home!

Remember, everyone here is a guest in a fragile wilderness – respect it. Never drop litter and remind others of this. Take your rubbish away with you or place it in the correct bin provided.

Know Your Waste

The start at Dunphy's Camp, the finish line and all the checkpoints will have a Waste Sorting Station. This will consist of three colour-coded bins for recycling (yellow), landfill (red) and compost (green). Each bin will be clearly marked and include a list of what you can and can't put in it.

Please pay attention, get to know your waste and help those around you to do the same. This is the first year we've tried a more sustainable approach to waste at WildEndurance. Its success depends upon you! Help us to make it work!

**REDUCE
REUSE
RECYCLE**



Recycling

- Coffee Cups
- Glossy/treated paper and cardboard
- Steel and aluminium cans
- Empty aerosols
- Rigid plastic from the kitchen, bathroom and laundry



Compost

Compostable items include:

- All food waste (except meat and dairy)
- Paper food wraps (untreated paper)
- Any other untreated paper and card (it can't be laminated and should look matt rather than glossy)

Non compostable:

- Meat and dairy
- Plastic or laminated paper food wrappers



We're proud to announce that the wonderful folk at Katoomba Community Garden are kindly taking the compostable waste from the event. They will be turning it into beautiful compost for the garden. Please help them out by only putting approved items in the compost bin. If in doubt, ask a member of the sustainability crew for help.

Landfill

STOP! Are you sure you can't compost or recycle it?

What can you do in future to prevent throwing more stuff like this away?



6. Driving Information

6.1 Drive safely and responsibly

Be aware that access roads to the start and checkpoint 2 are unsealed.

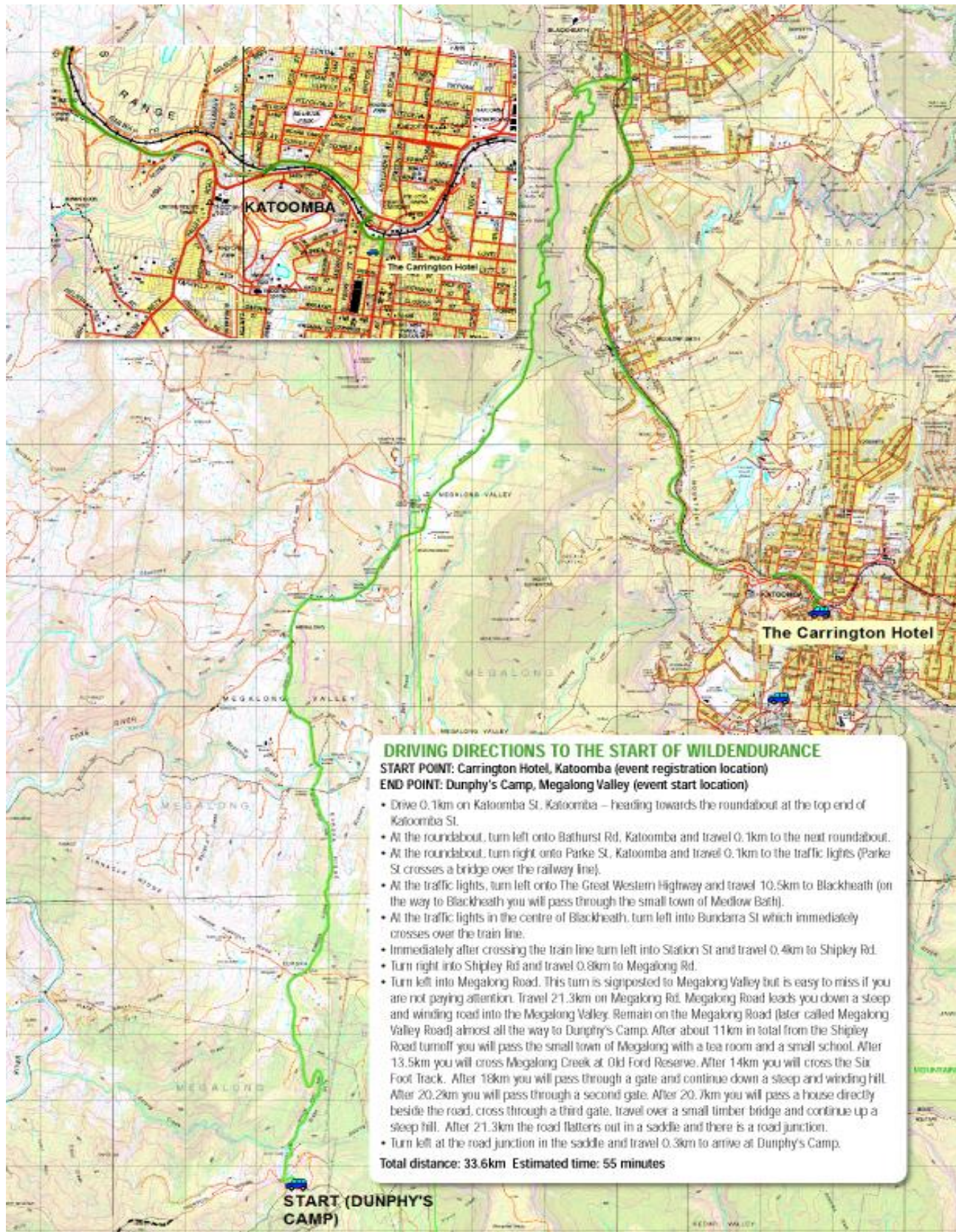
Drive conservatively and observe speed limits. Roads are not closed to traffic and the teams may share the road with both support vehicles and regular traffic at some points.

Be patient when driving. Your team's pace ultimately dictates your arrival time, not your driving speed.

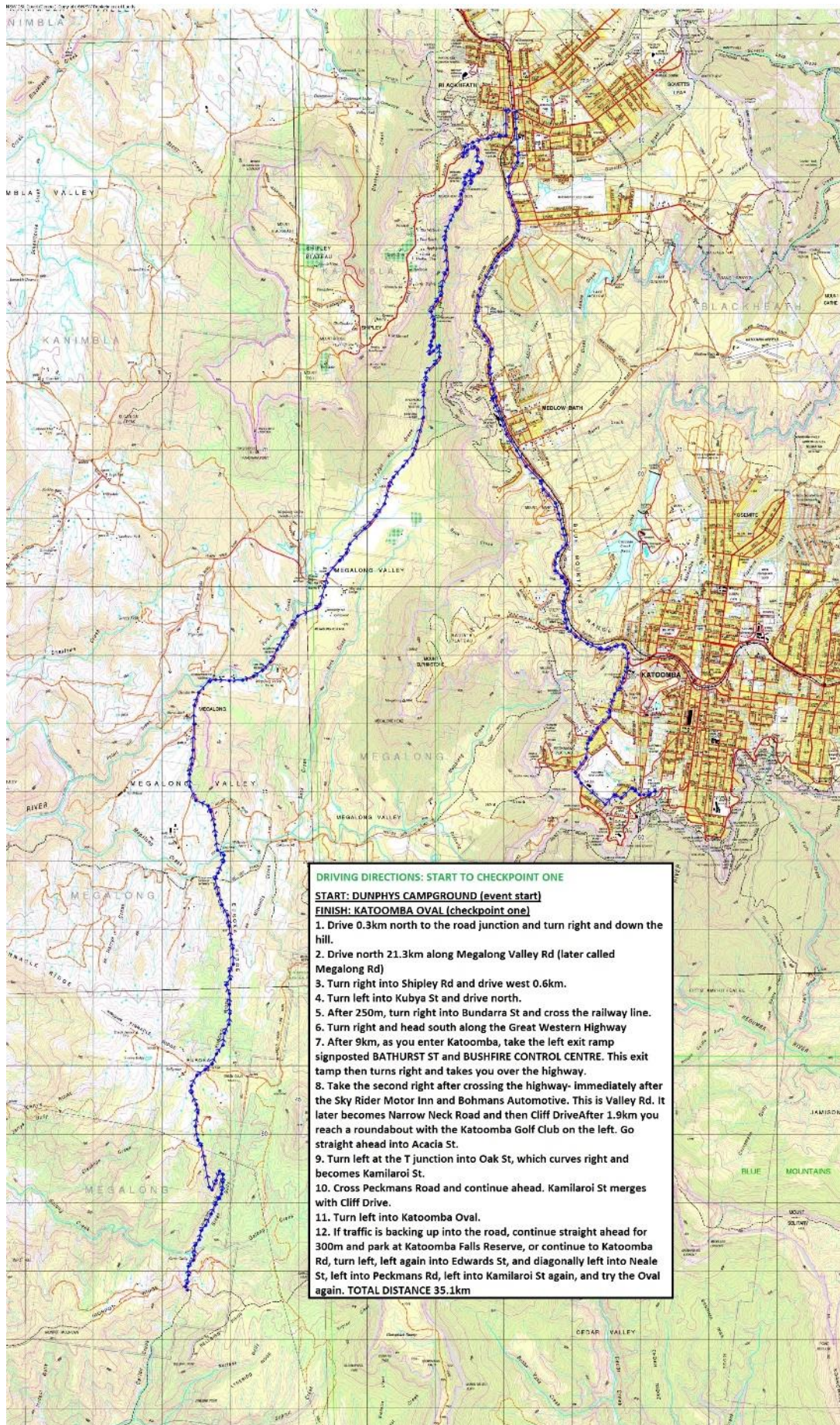
Be cautious at night and drive slowly. Be prepared to encounter both wombats and kangaroos during the evening and be prepared for them to run erratically in front of your vehicle.

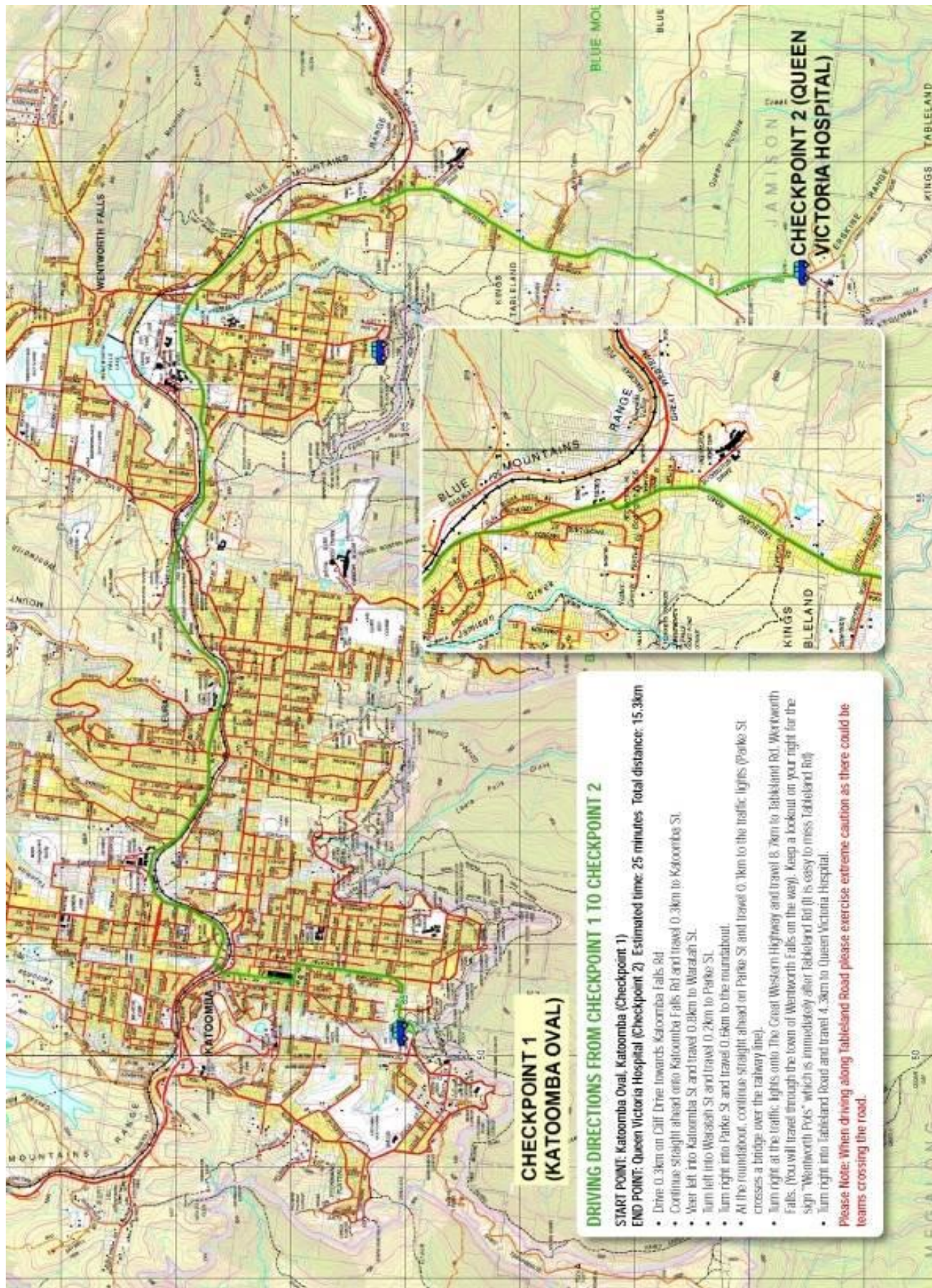
6.2 Driving directions to checkpoints

Driving directions to the Start at Dunphy's Camp are below.

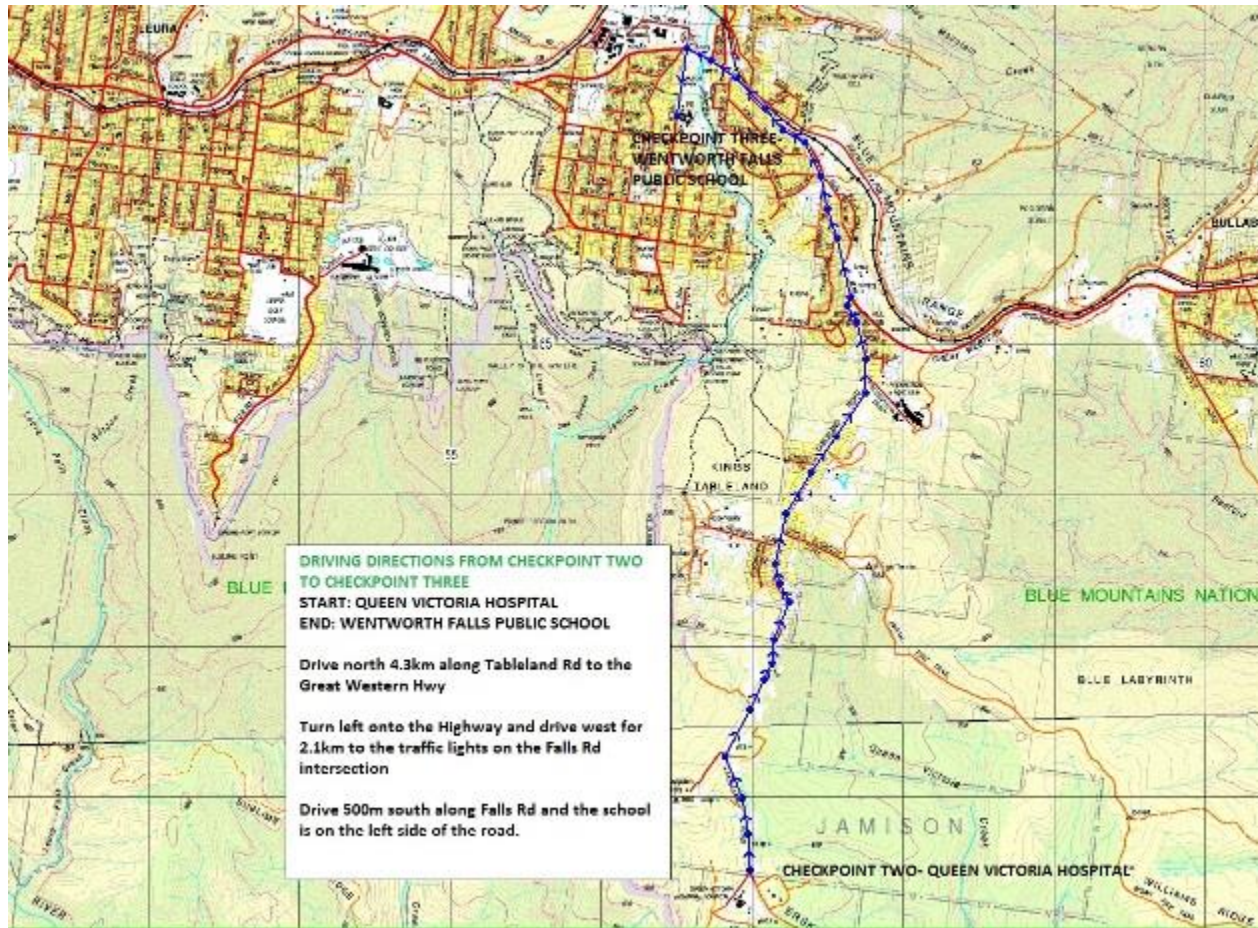


Driving directions from the Start to checkpoint 1 at Katoomba Oval





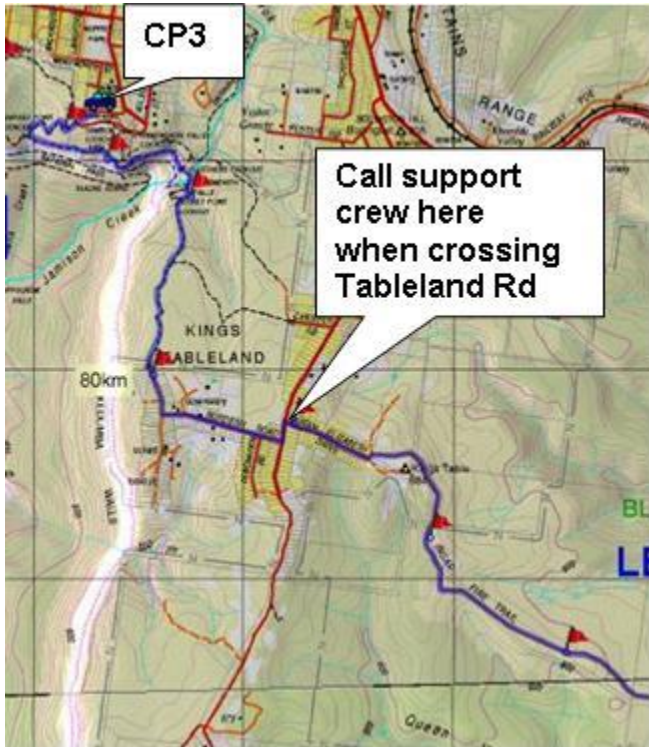
Driving directions checkpoint 2 at Wentworth Falls Public School



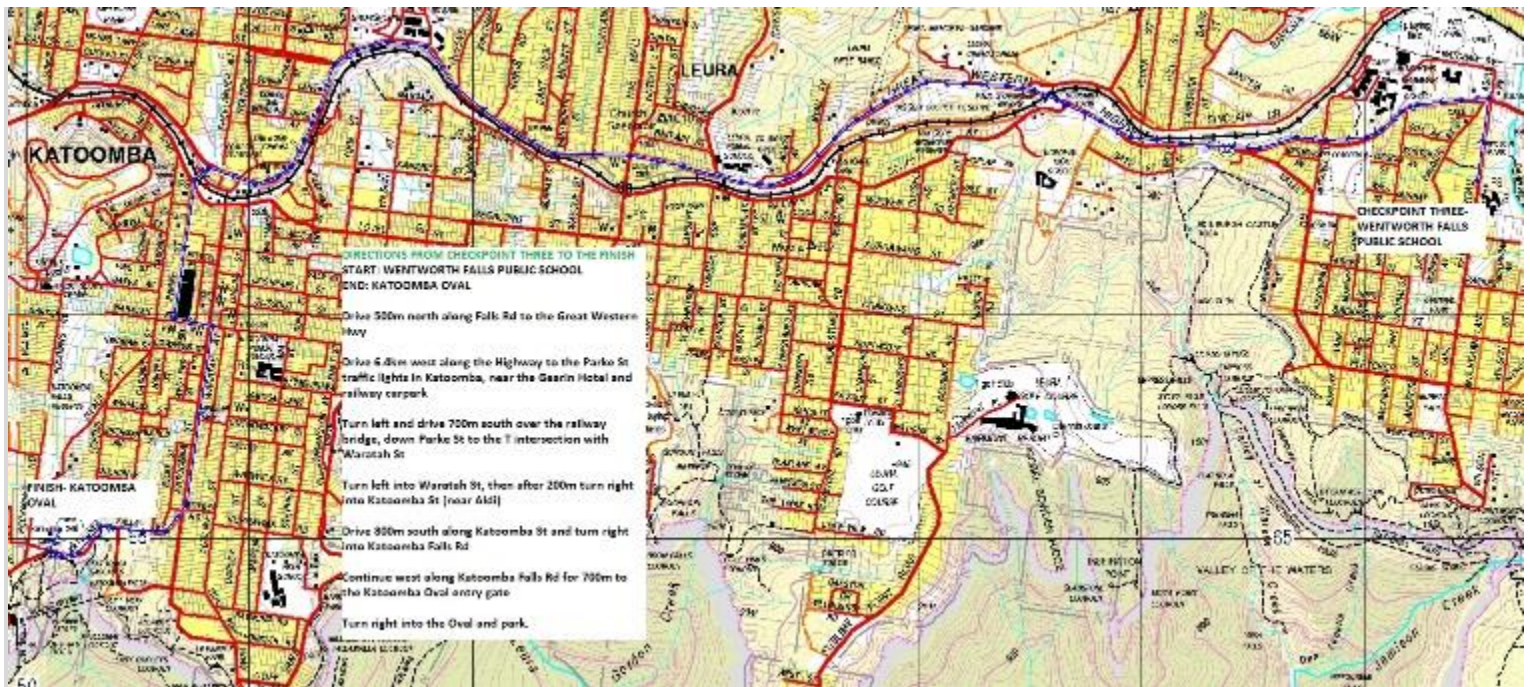
At checkpoint three, Wentworth Falls Public School.

In order to manage access for all support crews to CP3 we ask all support crews to not arrive at CP3 until after their team has crossed Tableland Rd at 79km (see map on the right). At the Tableland Rd crossing, there is good mobile phone coverage and from there it will take teams between 25 minutes to 1 hour to get to CP3. This should be enough time for the support crew to drive there from CP2, Katoomba or Leura.

You can set up all your equipment on the concrete area outside the school hall at the checkpoint site or directly behind your car on Falls Road.



Driving directions from checkpoint 3 to the finish at Katoomba Oval



SOCIAL MEDIA

You are encouraged to share your weekend with your friends and family. This way, you can engage in the whole WildEndurance experience and keep aware of any updates throughout the event that might affect you.

www.facebook.com/wildendurance100km

@WildEndurance

#WildEndurance



What to do if you are lost (Information for participants)

If you think you are lost follow this checklist:

1. Stay together.
2. Stop. Think through your recent movements and if safe backtrack to your last known place on the course.
3. Using your map and compass to establish your general position using terrain features. Clues may include:

(a) what direction is the slope, valley, ridge etc you are on facing?

(b) can you see major landmarks in the distance (eg Echo Point, Kings Tableland communications tower etc).

If any of these clues give you confidence to try to get back on the course lead your team on your new route but note (visually, verbally or written) your current position so you can come back if it doesn't work out.

4. If you are definitely lost try using your mobile phone/s to call the event HQ Emergency Phone to advise them and ask for assistance. If you have phones from different phone companies try them. If you can't make a voice call, try a SMS text message. Keep resending texts till you get a response from the organisers.

5. You may need to move your team to a place with better phone reception. In general a hill or ridge will be better than a valley. Use your course map and compass and try to establish your likely position and move to a place with a view to the main Blue Mountains ridge (and hence hopefully some better phone reception).

6. In the case of a life threatening incident or if very overdue try calling 000 to call Emergency Services (you must tell them you are doing the WildEndurance event).

7. IF YOU ARE ABLE TO MAKE CONTACT BY MOBILE PHONE:

- -Call the Emergency Phone Number and advise someone of your team name and number and your last known checkpoint, major landmarks, track junctions etc.
- -Advise your intended destination.
- -Advise the health condition and wellbeing of your team members.
- -Await instructions from Event HQ. If your phone battery is low make a time with Event HQ to re-connect and turn off your phone to save the battery. Stay together.

8. IF YOU CAN'T MAKE CONTACT BY MOBILE PHONE:

- -Stop and look after the well being of your team – find or create shelter, keep them warm, fed and hydrated etc.
- -Wait for searchers to find you. Stay together.
- -Try to get attention using the following methods (remember that searchers or other teams may pass close by at intervals).
 - Whistle – three loud blasts repeated at regular intervals is the accepted distress signal
 - Voice calls “HELP” at regular intervals.
 - Find an area free of overhead trees and lay colourful gear on the ground.
 - As a last resort light a smoky fire ONLY IF SAFE TO DO SO. Choose an area free of combustible material and clear of overhanging branches so you don't start a bushfire. Have water on hand to extinguish the fire.

EMERGENCY PROCEDURES

DO NOT LEAVE ANYONE ALONE ON THE COURSE. If possible, the whole team should continue to travel together. If this is not possible due to injury, send another team. If there is no other team, leave one person with the injured party and send two people to get phone reception and call for assistance. Stay where you have reception until you receive further instructions from event officials.

PHONE RECEPTION

Mobile coverage over the course varies from excellent at most escarpment / cliff top locations to non-existent when directly below the cliffs on tracks such as Federal Pass. Generally you can get reception on hills and ridges across the whole course especially when you have views directly to Katoomba. If you are in a gully or creek you will need to follow a track to higher ground to get reception. **Do not go off the track.** Instead refer to your course map to work out the quickest way to go.

Texting will often get through where phone reception is poor. If a text is received we will immediately send a response so you know your message has got through. If there is no response find a location with better reception and send again until you get a reply from Event HQ. If you have no reception, in the case of a LIFE THREATENING EMERGENCY call '000'. This will pick up any available mobile network. Stay in the area where you have reception until you receive further instructions from Event officials or emergency services.

EMERGENCY INSTRUCTIONS

In case of an incident please follow these steps. To report an incident you should attempt to make contact via Step 1. If this is not successful move to Step 2 etc.

Minor Incidents: sprains, fatigue, non-urgent incidents and general reporting if you have safety concerns about the course.

1. Report to the next checkpoint. Non-urgent evacuations will be made from checkpoints. Evacuations from the course will be done when there are available resources. You may be required to wait for several hours.
2. Call the Emergency Phone (see below)
3. Text the Emergency Phone
4. Call or text the Operations Manager (see below)

Major Incidents: broken bones, snake bite, severe bleeding, heat exhaustion, hypothermia or any LIFE THREATENING injury or illness. Please immediately report any bush fire that you can see or smell to the Emergency Phone.

1. Your team needs to provide the first response and injury management.
2. Call the Emergency Phone (see below)
3. Text the Emergency Phone.
4. Call or text the Operations Manager (see below)
5. If you can't get through on any of the above numbers call '000' which will use any available mobile network. You must tell them you are participating in the WildEndurance event in the Blue Mountains.

Emergency Phone	0458 789 759
Operations Manager	0409 047 714
Emergency Services	000