



Volunteer Handbook 2015

Contact list

EVENT MANAGEMENT		
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	Checkpoint Coordinator	See your roster
Sean Greenhill	Operations Manager	0409 047 714

EMERGENCY		
Emergency Phone	First Aid	0458 789 759
Event HQ - Operations	Operations HQ	0409 047 714
Police – Emergency (rescue, search or other)		000

Welcome!

THANK YOU for volunteering for WildEndurance 2015. You are an essential part of the event, without the support from you and other volunteers this event could not take place, and so we hope you have a wonderful WildEndurance experience!

This booklet provides you with all the important information about the event and what you need to know as a volunteer, including transportation, accommodation, safety guidelines, and a packing list. Please read this carefully so you can understand your role as a volunteer and help make WildEndurance a huge success!

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WildEndurance – An Overview

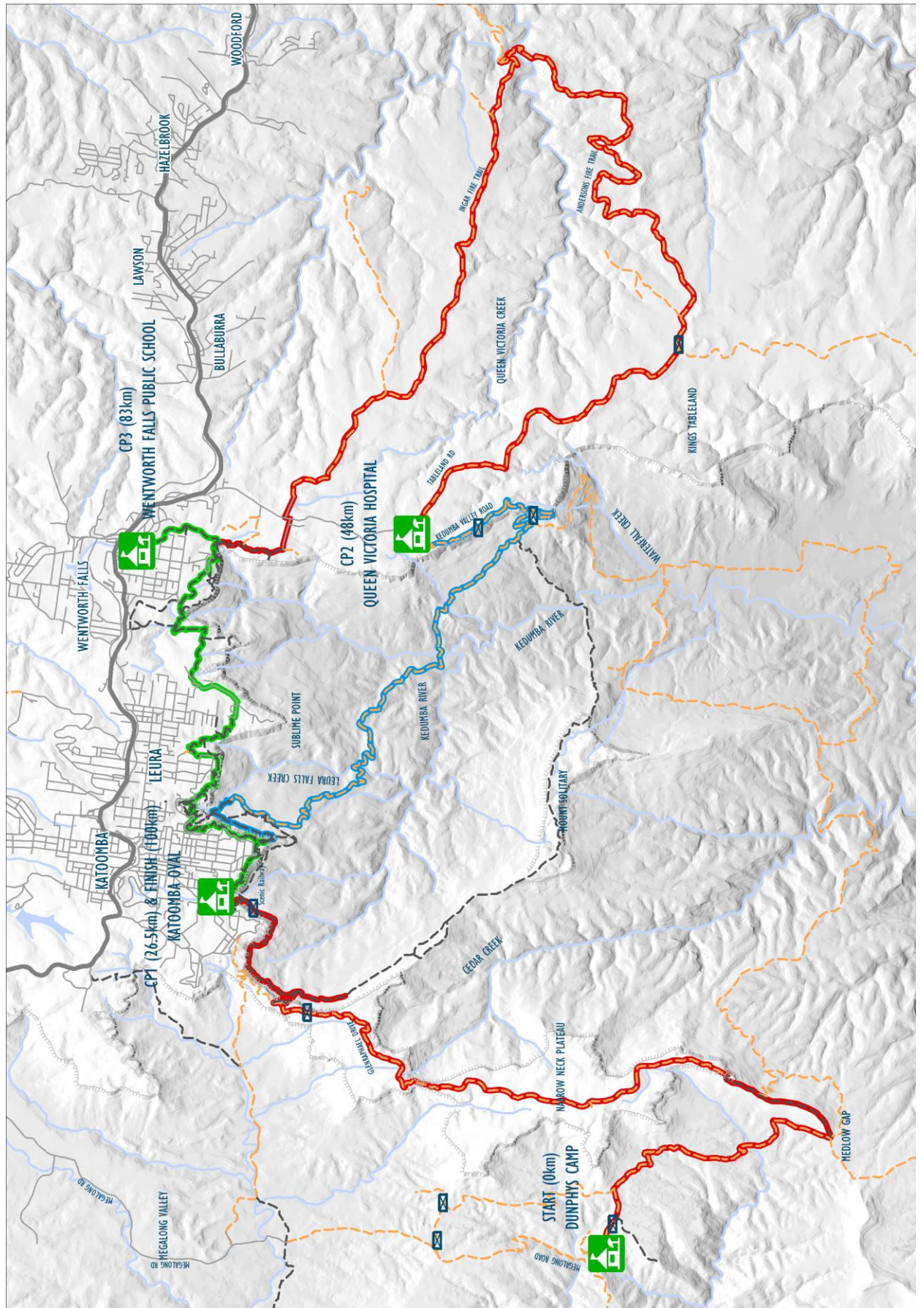
This is the eighth annual WildEndurance event and is the principal fundraising event for The Wilderness Society NSW.

WildEndurance is a 50km or 100km team challenge in the beautiful World Heritage wilderness of the Blue Mountains. Each participating team travels together on foot through mountain wilderness. Teams of 2+ complete either 50km or the entire 100km course. There is a strict time limit of 36 hours for the 100km teams and a strict time limit of 21 hours for the 50km teams. Teams compete for the glory and great prizes. All of the money raised goes to The Wilderness Society's campaigns to protect our climate, water supplies, and wonderful wild places.

There are four 'legs' of the 100km trail with three Checkpoints (CPs) between the Start at Dunphy's Camp and the Finish at Katoomba Oval. **Teams must stay together** the whole way and are checked in and out of each checkpoint so their position and safety is monitored throughout the event. Each CP coordinator calls in the check-in and check-out records to the Event HQ which is located at the Finish point. Event HQ has the master list of where teams are located on the trail and who has withdrawn etc. This results coordination process is the central mechanism to the safety of all participants.

NB Katoomba Oval is both Checkpoint 1 and the Finish.

Each team has a Support Crew who meets them at checkpoints. The Support Crew is responsible for providing the teams with fresh supplies, food, clothing, First Aid, etc. If a team is planning on sleeping at a checkpoint, their support crew will typically have set up camp and be waiting for them.



Checkpoint locations and approximate time it takes to complete each leg

			KMS	FASTEST TIME	AVERAGE (MEAN)	SLOWEST TIME
Leg 1	Dunphy's Camp START	Katoomba Oval CP1	26.5km	3:07 11:07 SAT	5:41 13:41 SAT	8:00 16:00 SAT
Leg 2	Katoomba Oval CP1	Queen Victoria Hospital CP2	21.5km	2:59	4:55	6:55
Leg 3	Queen Victoria Hospital CP2	Wentworth Falls Picnic Area CP3	35km	3:30	7:48	10:45
Leg 4	Wentworth Falls Public School CP3	Katoomba Oval FINISH	17km	2:21	4:14	5:50

Checkpoint Closing Times

Participants need to complete the 100km event within 36 hours and 50km within 21 hours. Each checkpoint has a published closing time and teams **MUST** check-out prior to this time.

Checkpoint	Closing Time
CP1 – Katoomba Oval	5:30 pm Saturday
CP2 – Queen Victoria Hospital	3:15 am Sunday (5:30 am for 50km and relay teams)
CP3 – Wentworth Falls Public School	2:30 pm Sunday
Finish – Katoomba Oval	8:30 pm Sunday

The checkpoint must be packed up after closing time by checkpoint staff. All areas and toilets must be cleaned. Refer to checkpoint manual for specific instructions.

Key Information for Volunteers

OH&S and Emergencies

All emergencies must be reported to the designated Emergency Phone Number below.

Event safety is very important to us – and that includes the safety of our volunteers. If you have any concerns about your safety on the event weekend please address this with your Checkpoint Coordinator or, if necessary, Event HQ.

In case of an emergency follow the instructions given in the Emergency Procedures at the back of this booklet.

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

Fire

If you see a fire then call the Emergency Phone and Emergency Services immediately.

First Aid

In an emergency refer to the Emergency Procedures at the back of this booklet. If there is an incident that requires immediate attention, you may respond as necessary by making use of your own first aid training (if you have some) or check if any other staff or volunteers working with you are first aid qualified.

Participants

We have specialist first aid crews on the trail for participants and all checkpoints are easily accessible by ambulance and emergency services. Checkpoint staff and volunteers do not provide first aid treatment or supplies for participants. Minor injuries are the responsibility of the participants and their support crews. Support crews provide support at checkpoints only and are not permitted to enter the course to help. If you are aware of support crews preparing to go onto the course please advise them that this is not permitted. Participants are aware that they are responsible for their own minor first aid treatments for e.g. dehydration, blisters, fatigue and strapping of knees/ankles/etc.

Volunteers

Report to the Checkpoint Coordinator if first aid is needed. Any first aid incident should be recorded on the Emergency Incident Report (in the CP manual folder). If it is anything more than a minor incident, please follow the Emergency Procedures. **And as a rule of thumb: If in doubt call it in to the Emergency Phone Number.** All incidents must be documented and the records should be delivered to Event HQ when a CP closes. If in doubt about calling the Emergency Phone Number about an incident prior to this, just do it!

Volunteer Roles & Responsibilities

All staff and volunteers are involved in answering general questions that participants, support crews or the general public might have about the event, helping out with the miscellaneous tasks and cheering and supporting our amazing participants! Please remind participants that their event bibs should be worn on the front and be visible at all times. During the hours of darkness participants must be wearing fluorescent vests. Please politely remind participants of this if necessary.

Transportation

Getting to the Event

You will need to arrange your own transport to the Blue Mountains. The Wilderness Society has some funds available to reimburse volunteers their train travel costs to Katoomba for the event weekend so please keep hold of your receipts! You can present receipts to your CP Coordinator on the event weekend or post them to our office within one month of the event.

By Train: check train times to Katoomba at www.131500.com or call 131 500

By Car: Ensure you are familiar with the directions to your intended destination before departing and take a copy of the course map and checkpoint locations. These can be found on our website www.wildendurance.org.au.

Getting around the Event Locations:

We will have a minibus transporting people from [Katoomba YHA](#), to the event checkpoints. You will need to report in to the Volunteer Coordinator located in the YHA reception area. The minibus will be departing approximately 15 minutes before each shift commences. Please ensure you are there with plenty of time to spare. If you run into any problems, please call the Volunteer Coordinator. At the end of your shift, the minibus will transport you back to Event HQ, Katoomba YHA, or Katoomba train station.

Other options: By taxi or by explorer bus.

Accommodation

We have limited share accommodation available at Katoomba YHA. This is located at 207 Katoomba Street, Katoomba, NSW 2780, (02) 4782 1416. If you would like to make use of this accommodation you will need to let us

know as soon as possible so we can book a bed for you (email wildendurancevolunteers@wilderness.org.au) If you do not wish to stay in the shared accommodation at the YHA, please let us know and you will need to make your own arrangements for accommodation. There are many camping, hostel and hotel options available. Contact Blue Mountains Tourism at www.visitbluemountains.com.au or 1300 653 408

Food

If staying at the YHA a basic breakfast will be provided for you. While you are on any shift at checkpoints, snacks and a simple meal will be provided.

Additionally there are snacks available such as fruit, muesli bars, hot drinks and noodles etc. As shifts are long and the temperatures low, it is recommended that you bring your own supplementary food. If you are on a shift that is not based at a checkpoint you need to bring your own food.

Keeping Warm

Even during the day temperatures may approach zero and/or it might be raining steadily, so warm fleece clothes and waterproof jackets and pants are a must, particularly as you won't be moving around much. 40% of body heat can be lost through an uncovered head so everyone should have a warm beanie. This is second nature to bushwalkers but first-timers may find it a shock to be out for hours at night in the mountains. Thermals are a good idea, and a blanket and/or sleeping bag are good for when sitting down. If you find yourself getting really cold, the quickest way to get warm is a hot meal, hot drinks and exercise. Keep moving to warm up!

Fatigue

It is extremely important to ensure you sleep and get as much rest as possible when not on shift. Be aware that body clocks are impacted by late shifts and overnight shifts. Adrenalin can override our sense of awareness about how fatigued we are and our reaction times and decision making can be impacted. DO NOT drive when overtired. Be responsible and take care of yourself.

Behaviour & Dress Codes

The event is an ALCOHOL, DRUG AND SMOKING FREE event.

Do not wear any inappropriate or offensive clothing. You will be required to wear a fluorescent orange safety vest (which we will provide) at all times while on shift. Please behave courteously at all times and remember that you are the public face of our event! Some checkpoints are in residential areas so keep the noise down and always dispose of your rubbish thoughtfully – please don't litter!

What to bring

Most of you will be based at a checkpoint. In the event of a change to the event (course or schedule) or an emergency we might re-allocate roles and

you may need to help with new marshaling tasks. You might be asked to help direct people to a safe area if a big storm or bushfire hits. Keep your phone charged all the time because we might need to contact you if plans change! You might be asked to keep a list of the teams who pass you.

Please prepare for being out in the bush in all kind of weather for a long shift.

COMPULSORY bring this with you to the event	RECOMMENDED
clothes: <ul style="list-style-type: none"> thermals & cold weather clothes wet weather clothes with a hood footwear suitable for standing around in the rain overnight gear spare dry clothes beanie 	ear plugs
headlight and spare batteries	eye/sleeping mask
torch and spare batteries	
food and water, in case you are relocated to a remote area	digital camera
cup for a hot drink	book
sun protection, hat, sunscreen	Sleeping bag/blanket to keep you warm while on shift. Blankets are provided at the YHA.
mobile phone and charger, ideally 12V car and 240V charger, credit on mobile phone, plastic bag to protect it from wet weather	
notebook and pencil	gloves
watch /clock	camp lights

Preparation and gear to bring

1. Volunteers who will definitely be positioned in remote or bush areas such as the Golden Stairs marshal and Tarros marshal.

- Food and water
- Torch
- Mobile phone fully charged
- Shelter (tent fly or similar to be rigged at their position). Umbrella and raincoat are adequate for short duration tasks
- Raincoat
- Footwear suitable for (potentially) standing around in the rain for hours
- Warm clothing
- Spare socks
- Notebook and pencil
- Most remote area volunteer marshals will be given a two-way radio

These volunteers to be advised that:

- You might be sent to a location that could be up to two hours walk from the nearest road so you need to be self-contained.
- If event managers change the route you may need to help with new marshalling tasks.
- You might be asked to help direct people to a safe area if a big storm or bushfire hits.
- Keep your phone charged because we might need to contact you if plans change.
- You will need to record team numbers of those who pass you (clipboard and lists will be supplied)

2. Volunteers who will be based at CPs but who might be asked to help out with route changes or other emergencies.

- Food and water
- Torch
- Mobile phone fully charged (bring car- and 240V-charger)
- Raincoat
- Footwear suitable for (potentially) standing around in the rain for hours.
- Spare socks
- Notebook and pencil

These volunteers to be advised that:

- If event managers change the route you may need to help with new marshalling tasks.
- You might be asked to help direct people to a safe area if a big storm or bushfire hits.
- Keep your phone charged because we might need to contact you if plans change.
- You might be asked to keep a list of the teams who pass you.

Phytophthora cinnamomi

An introduction to the problem

WildEndurance 2015 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 500 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 2015

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.

Information for Event Crew

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

Key tasks:

Prevent transmission of soil and mud at key locations and sterilize surfaces in contact with soil and mud (footwear, hiking poles, tent pegs, etc). In order to effectively control the spread of *Phytophthora*, a crew member must actively ensure that all participants passing through a checkpoint have checked, cleaned and sterilized their footwear and equipment.

Control equipment:

- Scraping and cleaning tools (scrapers, brushes, sponges)
- Disinfectant solution of 70% methylated spirits to 30% water, provided in spray bottles and clearly labelled. If bottles need refilling, mix up the necessary quantities using the spare methylated spirits provided.

Control Procedure:

1. Ensure that footwear is scraped clean of soil. Use tools provided.
2. If participant has walking poles, check these for soil build-up and clean as required.
3. Use spray bottle to sterilize base of footwear plus base of walking poles/other potentially contaminated gear.

4. If participant has been camping, request that they ensure tent pegs are cleaned and sprayed.

IMPORTANT: When packing up a *Phytophthora* Control Station, clean and sterilize all cleaning equipment before removal from site.

Call Sarah Williams on 0431 675 015 for onsite support / questions answered

Waste Policy

WildEndurance 2015 has 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 the help of all our volunteers! Please take a moment to read through this policy. When you're at the event, help everyone around you to get waste wise. Lead by example!

Remember and work with the following 3 important points:

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 such as 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 second year we've tried a more sustainable approach to waste at WildEndurance. Its success depends upon you! Help us to make it work!

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 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?



Call Sarah Williams on 0431 675 015 if you have any questions.

Roles Descriptions

CHECKPOINT COORDINATOR

- overseeing set up and taking down of the checkpoint
- overseeing and ensuring the smooth running of the whole checkpoint, including troubleshooting unexpected issues and identifying and resolving all problems that arise (call Event HQ where necessary)
- handing out and collecting “Event Volunteer” reflective vests
- ensuring clear and regular communication between the checkpoint and Event HQ
- identifying and dealing with any safety issues or emergencies (calling for assistance where required – emergency services, event HQ, etc)
- being aware of which staff are First Aid qualified
- looking after all the other volunteers at your checkpoint (making sure they are warm and happy!)
- overseeing the management of food available for volunteers
- overseeing the delivery of food provided by sponsors for participants
- stock take food supplies and log comments on quantities and range for next year
- broadly responsible for all event equipment at the checkpoint
- discretely reporting breaches of event rules to event HQ
- responsible for managing other event volunteers at the checkpoint – delegating tasks, ensuring volunteers know what is required of them
- handing over to the next shift, making sure that important information is passed on to the next shift
- at conclusion of staff shifts ask them to fill in the volunteer’s survey about what went well and what could be improved at the end of their shift
- after checkpoint closing check with event HQ for clearance to pack up the checkpoint
- checkpoint staff are responsible for packing up the checkpoint and the cleaning of all areas and toilets
- arrange reimbursement of expenses of checkpoint volunteers with HQ

In addition the Coordinator at CP3 will

- manage support crews parking and setting up

In addition the Finish point Coordinator will

- make sure that either the professional photographer or a volunteer is taking a photo of each team over the line
- oversee the printing or manual completion of participant’s finish certificates
- present finishing certificates to participants

Know which staff are First Aid qualified.
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RESULTS COORDINATOR ASSISTANT

- coordinating the checking in AND checking out process of all participants
- data entry of results on laptop
- overseeing the manual back up records by recording all team movements, recording time, team number and which team members are present. Checking this against the team list to ensure no one is missing.
- calling in results and info to Event HQ
- other miscellaneous tasks

CHECKPOINT HAND

- assisting with checkpoint set up and take down
- assisting the checkpoint coordinator with any tasks that need doing around the checkpoint
- keeping your checkpoint clean and functioning, including ensuring all toilets are cleaned and soap and toilet paper are stocked
- helping to manage parking
- relieving other roles when they need a break, including the results coordination (ensure you are familiar with the process)
- directing the walkers on which way to go
- uploading and sorting of event photos – edit the photos (delete the unusable ones) as you go and label them with the team number and name wherever possible. The aim is to get a clear, well lit photo of each team so they can purchase them after the event.

At some locations and at certain times you might also help with

- sale of merchandise
- setting up or packing up of other equipment
- installation and removal of trail signage

SUSTAINABILITY CREW

As a member of the Sustainability Crew, you should fully familiarize yourself with the waste streaming system and the *Phytophthora* Control Station. You are responsible for ensuring accurate waste sorting and thus minimising contamination in the waste streams. Remember to actively engage with people and help them to choose the correct bin.

- Set up Waste Sorting and *Phytophthora* Control Station
- Be on hand at the Waste Sorting Station and *Phytophthora* Control Station, helping participants and support crews with waste sorting, as well as ensuring that all participants undertake the mandatory anti-*Phytophthora* measures.
- Dismantling the Waste Sorting Station and *Phytophthora* Control.
- Help at the event HQ to sort and dispose of waste.

ALL VOLUNTEERS: Don't forget to cheer on and support the participants!

DRIVER / EVENT RUNNER

- picking up and dropping off equipment, people, food/meals, and supplies at checkpoints
- going to the shops to buy event supplies as directed
- assisting with troubleshooting issues as directed by Event HQ
- other miscellaneous tasks

MEDIA ASSISTANT/CHECKPOINT HAND

- uploading and sorting of event photos – edit the photos (delete the unusable ones) as you go and label them with the team number and name wherever possible. The aim is to get a clear, well lit photo of each team so that participants can purchase them after the event.
- blogging
- sending out templated press releases
- liaising with media coordinator

PARKING / GATE ASSISTANT

- directing the parking of vehicles at busy checkpoints to ensure the event runs smoothly without congested parking areas
- keeping roadways clear for emergency vehicles
- being in charge of opening and closing gates on private property to allow access to the start for all the vehicles. This role is only on Saturday morning and will be a very busy job for about 3 hours!

Parking at Check Point 1:

Check Point 1 (Katoomba Oval). has very limited parking and Council requires us to tightly manage this. Each team will be issued with a Parking Permit for the use of their Support Crew at CP1. The permit allows one support crew vehicle per team on site at the CP1 car park for 1 hour only. There will be signage on the course to remind teams to call their crews as they approach CP1. Parking marshals will manage all vehicles to avoid congestion and to ensure everyone has equal access to CP1. Parking overflow for support crew, family and friends at CP1 is over the road at Katoomba Christian Conference Centre on the corner of Cliff Drive and Violet St. This is a 700m easy walk and is located opposite Scenic World.

ROAD MARSHAL

- ensuring the safety of participants
- **DO NOT STOP TRAFFIC!** Your focus is on the event participants to ensure that they obey road rules and look before crossing the road!

TRAIL MARSHAL

In this role you will be positioned in remote or bush areas. You might be sent to a location that could be up to two hours walk from the nearest road so you need to be self-contained.

If event managers change the route you may need to help with new marshalling tasks.

You might be asked to help direct people to a safe area if a big storm or bushfire hits.

Keep your phone charged because we might need to contact you if plans change.

You will need to record team numbers of those who pass you (clipboard and lists will be supplied)

Your duties will include:

- ensuring the safety of participants
- directing the movement of participants on the trail
- noting the movements of participants
- in some instances you might be asked to remove trail markings; do this under the direction of event staff only.

To be prepared for being outdoors while on your shift, it is an absolute must to bring all the items on the general '**what to bring**' list. On top of that we advise you to bring some kind of shelter (tent fly or similar to be rigged at your position), an umbrella and raincoat are adequate for short duration tasks. Most remote area volunteer marshals will be given a two way radio.

What to do when you arrive on shift

When you arrive at your shift report to your CP Coordinator. If working at a checkpoint, read the Checkpoint Manual and update yourself by reading the Checkpoint Log. Please follow directions from the Checkpoint Coordinator and Event Coordinator.

What to do when you leave

Complete the feedback form. Copies are in the Checkpoint Manual.

Checkpoint Manual & Log

Each Checkpoint has a **Manual** containing checkpoint specific and important event information, it is a good idea to familiarize yourself with this, particularly the Emergency Management Plan. The Checkpoint Coordinator looks after the Checkpoint Manual.

There is a Checkpoint **Log** which you are encouraged to make notes in. The idea of the Log is to keep a record of the running of the checkpoint during your shift. These may be comments about what is working well, what could be improved, what did work, what actually happened, any thoughts, ideas, concerns you have etc. All comments will become part of our post event evaluation process, feel do free to contribute any thoughts.

Don't forget to have fun, support each other and cheer on the participants!

THE FINISH

If you have any opportunity to attend the Finish Point, we welcome you all to cheer the teams across the line. This is one of the most moving and satisfying parts of WildEndurance and the participants are always so grateful for your support

Media Policy

NO COMMENT in the event of an accident, injury or other incident.

This policy is intended to offer guidance in case of media attention in response to an incident during WildEndurance. It is not intended to cover promotional media activities.

As a valued event volunteer you must make NO COMMENT to media if there is an incident during the event. Direct all media enquiries to the WildEndurance Event Coordinator, Sarah Williams on 0431 675 015.

We are not seeking to avoid contact with the media, but we want to make sure that all comments are made by the person best equipped to do so – the Event Coordinator.

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 try 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 organizers.

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 wellbeing 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.

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



Notes:

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)

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

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.

