

HAZARDS: The following (but not limited to) hazards exist on the event courses

- Vehicles – You will cross a road at the Takapuna boat ramp, and the course does veer off the coastline in Devonport where the roads are open to traffic. Please take care and look both ways before crossing - normal road rules apply.
- Inclement weather – It has the potential to be either very hot or very cold (especially when you are wet) on the North Shore coastline, so make sure you dress to the conditions and keep your fluids up.
- Natural hazards: **Slippery Rocks** - these are generally green. **Fallen trees** – please go around fallen trees where possible, and never go under a branch if it's above water. **Steep Drops** – You are not to be higher than 2 meters above the water at any time. **Water Interaction** – please stay within your limits. **Unstable Cliffs** – Please hug the water line rather than running/walking under the cliffs. It's not only safer, but usually the faster line anyway!
- Hazards can exist at any place and any time. As such, not all hazards can be marked. Please take caution and participate within your individual ability.

FULL MONTY ONLY: There is swimming involved on this course so you should be a confident swimmer and comfortable in the water as you will be in and out of it for the first 15km's or so. There will be ample water-based support, with a particular focus around the two river crossings. If you do get into trouble, please **raise your hand** and our water safety crew will be happy to provide assistance in getting you across. You will not be disqualified if you fit into this category, but please don't use the water safety crew to get a free ride.

RULES:

- Your EVENT NUMBER is your TRANSPONDER and must be on the front of your shirt and visible. If you don't want your race number please put it in the bin provided at the finish and these will be recycled.
- Carry your RUBBISH out with you.
- Let participants know if you are behind them and wish to pass.
- WALKERS must walk 100% of the course: if you run one step, you are a Runner.
- **If you WITHDRAW, inform a Staff Member and follow their instructions off-course, and see the timing team at the finish line.**
- Please treat the Rotary MARSHALS and water safety crews with respect – they have given up their day to support you.

COURSE MARKING: You will be following the coastline for the most part however you will come off the coast at Cheltenham Beach in Devonport. From here, you will follow the below;

- Red Arrows on a white background and blue total sport tape
- You are not to use any of the cliff top tracks (as tempting as these may be) but can use any manmade structures directly on the Coast – concrete pathways etc.

INCIDENT(S) ON COURSE: Should you encounter an incident on course, please follow these steps:

1. Try to communicate with the person and provide assistance, if you are able
2. Send the next participant through to notify the next event official of the situation and location of the incident
3. Once you've finished the course, please report the incident to a Total Sport staff member or the medic team

Have fun: look after yourselves and look after each other!