

COURSE TERRAIN:

All Courses

You can expect plenty of rock hopping, beach running, and some tar seal sections towards the end.

Full Monty

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.

Mid Monty

There are some short swimming sections on this course (a few meters each) and quite a bit of wading for the first few kms. You should be confident in the water, but you don't need to be prepared for a lengthy swim like the Full Monty.

You can read a more detailed description of each leg [here](#).

COURSE DIRECTIONAL SPECIFICS:

Full Monty

Please only enter the water for the two river crossings where you are instructed to do so. Short cutting will stretch our water safety team, putting you and others at risk.

HAZARDS:

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

- **Slippery Rocks** - Be very weary of any discolored rocks (particularly green or black) as they can be extremely slippery! Areas we have noted as being particularly slippery this year are:
 - Slippery rock shelf South of Long Bay
 - Slippery rock shelf coming into Winstones Cove
 - Slippery boulders coming into Browns Bay
 - Slippery rock shelf and boulders coming into Murrays Bay**Take extra caution when moving through these areas, but also be aware that slippery rocks could exist anywhere along the coastline!**
- **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.
- **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!

Identified hazards on course have been marked, or made out of bounds, however; 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.

SAFETY:

All participants are personally responsible for their own safety, well-being, and health. Although event management has safety systems in place to deal with incidents, given the nature of the terrain, participants must be aware that extraction and medical care cannot always be immediate, and participants should have the suggested recommended equipment as a minimum. This is not a guided event. Should you doubt your ability to complete the course independently you may enter at your own risk. It is your responsibility to have reviewed the course maps, profiles and descriptions and entered an event that is within your physical limits.

- Course Medics will provide medical assistance on the Event Courses
- Base Medics will provide medical assistance at the Event Base

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.*
- *All participants must follow the course marking signs and instructions, this is your responsibility.*
- *Participants are not allowed to go off course routes. Should you wish to withdraw you must notify an event official e.g. marshal or course crew and await instructions.*
- *On completing the event you must cross the finish line as the timing transponder records you as finishing – this is used as a safety check for participants. Teams: you must wear your timing transponder around your ankle.*
- *Participants who require any personal medication or disability assistance devices while participating must carry those items. This is your responsibility.*
- *If you are wearing headphones, please have the volume down low so that you are able to hear others wishing to pass.*
- *You must respect and treat fellow participants with care. Be friends out there.*

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 ribbons
- 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. STOP – do not place yourself in danger
2. Try to communicate with the person
3. Assist with basic first aid if you are capable and can do so safely
4. Send the next participant through to notify the next event official of the situation and location of the incident e.g. person with rolled ankle, 2km back, requires first aid.
5. Stop the next participant and request assistance if required.

Participants, you are out there together, help one another and share the love.

Should you find yourself lost or disorientated, complete the following steps:

1. STOP
2. WAIT and REMAIN PATIENT and CALM
3. Retrace your steps to the most recent course marking (i.e. blue Total Sport tape or directional arrow)
4. If you are unable to retrace your steps to a course marking - STOP moving and await assistance.

Once you've finished the course you should report the incident to Event Management

AID STATIONS:

You will encounter aid stations on course, which will have the following:

- Marshal(s)
- Water
- Electrolytes
- Basic First Aid Kit
- Some aid stations will have bananas and lollies.

These aid stations are supplementary to your personal supplies and should not be used as a sole source of nutritional and hydration requirements.



Document: Participant Briefing Online Version

Event: Cargo Plus Coastal Challenge

Document: Participant Briefing Template. Version: 1

PARTICIPANT FEEDBACK:

Although we have done everything possible for you to enjoy your experience, your feedback is invaluable. Should you have any thoughts about improvement or particular things you thought worked well, please complete a feedback form at the INFO TENT after your event.