



## Compass Club Central 2017 – Safety First Trail Setup, Support and Retrieval

Trails and courses are first experienced by Elements Ultra runners to obtain first-hand exposure which is combined with local trail knowledge.

Elements Ultra carry out a patterned, repeated approach to selecting a trail and course, setting up a trail and course, supporting runners while on-trail and recovering the trail and course, leaving no trace behind.

During the delivery of each event while on-site, daily reviews and decision are made to uphold:

1. Runner and Event Crew Safety
2. Runner Experience, and
3. Zero-Impact Event Delivery

Post each event a review is conducted to adjust our overall patterned approach or the patterned approach for a particular trail and course , governing how we conduct subsequent events.

### Runner and Event Crew Safety

Runner and Event Crew Safety may require changes to course directions, distances or duration based on conditions on trail.

Communication of changes to course directions, distances or duration based on conditions on trail will occur in the most appropriate way shortly after the time of the decision.

A Go No-Go Committee consisting of the Event Director and representation from the State or Territory Emergency Services is established earlier than one month to the date of the event, to provide early advice to runners.

The criteria to change, cancel or postpone an event consists of:

- Advice from State or Territory Emergency Services
- Advice form the Bureau of Meteorology
- Advice from Paramedics
- Disruption to on trail water support, distribution and management
- Disruption to on trail communication
- Disruption to on trail paramedical support

## Event Crew

Event crew required per event include:

- Paramedics
- Sweeper
- Water Point Volunteers
- Direction Change Volunteers
- Start Arena Volunteers
- Finish Arena Volunteers

While on trail, Water Point Volunteers and Direction Change Volunteers will be in pairs.

## Trail Sighting and Setup

Prior to the evening before the event the course will have been traversed by event crew from start to finish, sighting the trail to obtain up-to-date knowledge of the conditions on trail, marking the trail with a retrievable stake and direction indicator posted at each direction change and optionally at each one kilometre.

The up-to-date knowledge of the conditions on trail forms a part of the safety brief to runners and event crew.

Marking the trail provides runners and event crew with consistent, reliable reference points.

## Medical and First Aid Support

On-trail paramedical support is positioned to be available to any location on the course within 30 minutes during the posted start time and posted finish time of the event.

The position of each paramedic and their area of responsibility forms a part of the safety brief to runners and event crew.

Each runner is equipped with a Personal Locator Beacon which is activated in a situation of grave and imminent danger equating to a life-threatening situation.

The supply and carriage of the Personal Locator Beacon is the responsibility of each runner.

The Sweeper and each Water Point are equipped with the equivalent of a St John Personal Leisure First Aid Kit.

Each runner is encouraged to carry the equivalent of a St John Personal Leisure First Aid Kit.

The location of each first aid kit forms a part of the safety brief to runners and event crew.

### Water Support, Distribution and Management

On-trail water support is positioned to be available within the start arena, within the finish arena and within each 15km of the previous Water Point.

Each Water Point will cater a minimum of one litre per runner.

Water will be filtered and imported to the trail.

Each runner is equipped with a minimum two-litre water bladder.

Each water bladder will be full before leaving the start arena.

The supply and carriage of a two-litre water bladder is the responsibility of each runner.

The position of each Water Point and the volume of water at each Water Point forms a part of the safety brief to runners and event crew.

### Nutrition Support, Distribution and Management

On-trail nutrition support is positioned with each Water Point.

Each Water Point will cater a minimum of one large banana per runner.

Each runner is equipped with an individual choice of Calories.

The supply and carriage of Calories is the responsibility of each runner.

### Communication

The following event crew are equipped with and conversant with the use of a satellite phone, HF radio handset or VHF radio handset and participate in the Communication Plan for each event:

- Paramedic
- Sweeper
- Water Point Volunteer
- Direction Change Volunteer
- Start Arena Volunteer
- Finish Arena Volunteer
- Event Director

Each runner is encouraged to carry a satellite phone and to participate in the Communication Plan for each event.

Communication between State or Territory Emergency Services is established by the Event Director prior to the start time and maintained until all runners are recovered.

### Go-No-Go Decisions

Go-No-Go communication and decisions are made with the State or Territory Parks and Wildlife and the State or Territory Emergency Services.

## Risk Management

During a negative event including changes to course conditions the Event Director will communicate to the appropriate actions to event crew and runners for:

- Fire
- Flood
- Emergency rescue

## Leave No Trace Behaviour

Event Crew and runners uphold a practice of leaving no trace to that they have been in the area except for sweat and footprints.

## Go-No-Go Communication Timings

### 1 Month Out

	Mark Completed
State or Territory Parks and Wildlife	
State or Territory Emergency Services	

Communicated to runners and event crew

### 1 Week Out

	Mark Completed
State or Territory Parks and Wildlife	
State or Territory Emergency Services	

Communicated to Runners and Event Crew

### Event Eve – 24 June 2017

	Mark Completed
State or Territory Parks and Wildlife	
State or Territory Emergency Services	

Communicated to Runners and Event Crew

### Trail Setup Timings

<b>Time</b>	<b>Thursday</b>	<b>Mark Completed</b>
	Communications supplied	
	Water and bananas supplied	
	Direction indicators assembled	
	Teardrop flags assembled	
	Registration kit assembled	
	<b>Friday</b>	
	Course sighted to obtain up-to-date knowledge of the conditions on trail	
	Water Points and nutrition in position and supplied	
	Trail marked with direction indicators	
	Each satellite phone programmed with the number of each other satellite phone	
	<b>Saturday</b>	
	Start Arena setup	
	Finish Arena setup	

### Runner and Event Crew Event Timings

<b>Time</b>	<b>Saturday – Glen Helen Resort</b>	<b>Mark Completed</b>
7:00 PM - 7:30 PM	Runner registration	
7:00 PM - 7:30 PM	Event crew registration	
7:30 PM – 8:00 PM	Safety brief	
8:00 PM – 8:30 PM	Communication brief	
<b>Time</b>	<b>Sunday – Glen Helen Resort</b>	
6:45 AM – 7:00 AM	Runner registration	
6:45 AM – 7:00 AM	Event crew registration	
6:45 AM – 7:00 AM	Finish line bag drop and special needs bag drop	

7:00 AM – 7:30 AM	Runners transfer to Redbank Gorge Carpark	
7:00 AM – 7:15 AM	Event crew safety brief	
7:15 AM – 7:30 AM	Issue of satellite phones and event crew communication brief  <input type="checkbox"/> Event Director, Start Arena, Finish Arena <input type="checkbox"/> Course Director, Sweeper <input type="checkbox"/> Paramedic 1 <input type="checkbox"/> Paramedic 2 <input type="checkbox"/> Water Point 15 <input type="checkbox"/> Water Point 25 <input type="checkbox"/> Water Point 35 <input type="checkbox"/> Finke River <input type="checkbox"/> Entry to Namatjira Drive	
7:30 AM	Event crew depart to positions  <input type="checkbox"/> Event Director, Start Arena, Finish Arena <input type="checkbox"/> Course Director, Sweeper <input type="checkbox"/> Paramedic 1 <input type="checkbox"/> Paramedic 2 <input type="checkbox"/> Water Point 15 <input type="checkbox"/> Water Point 25 <input type="checkbox"/> Water Point 35 <input type="checkbox"/> Finke River <input type="checkbox"/> Entry to Namatjira Drive	
	<b>Sunday – Redbank Gorge Carpark</b>	
7:30 – 7:45 AM	Runner safety brief	
7:45 – 7:55 AM	Runner communication brief	
7:55 AM	<b><i>Welcome to Country</i></b>	
8:00 AM	21 km and 42 km event start	
8:00 AM – 5:00 PM	Rolling Runner Support	
5:00 PM	Event crew leave Water Point 35	
6:00 PM	Event crew recovered from positions  <input type="checkbox"/> Event Director, Start Arena, Finish Arena <input type="checkbox"/> Course Director, Sweeper <input type="checkbox"/> Paramedic 1 <input type="checkbox"/> Paramedic 2 <input type="checkbox"/> Water Point 15 <input type="checkbox"/> Water Point 25 <input type="checkbox"/> Water Point 35 <input type="checkbox"/> Finke River <input type="checkbox"/> Entry to Namatjira Drive	



### Rolling Runner Support

- Water Points staffed prior to the arrival of the first runner until the last runner has departed.
- Paramedics servicing their area of responsibility prior to the arrival of the first runner until the last runner has departed.
- Direction Change Volunteer in position prior to the arrival of the first runner until the last runner has departed.

### Finish Line and Special Needs Bag Drop

Finish Line bag and Special Needs bag are dropped



## Safety Brief

Course directions, distances, duration and conditions on trail

The position of each paramedic and their area of responsibility

The location of each first aid kit

The position of each Water Point and the volume of water at each Water Point

## Water Point Locations and Content

Distance	Water	Gatorade	Nutrition	Sunscreen	First Aid Kit	Communication	Service with a Smile
Start Arena, 0 km	40 L	No	Bananas	Yes	Yes	Yes	Absolutely
15 km	20 L	Yes	Bananas Party Mix Lollies	Yes	Yes	Yes	Absolutely
25km	20 L	No	Bananas Party Mix Lollies Special Needs Bag	Yes	Yes	Yes	Absolutely
35 km	20 L	Yes	Bananas Party Mix Lollies	Yes	Yes	Yes	Absolutely
Finish Arena, 42 km	20 L	Yes	Bananas Party Mix Lollies Finish Line Bag	Yes	Yes	Yes	Absolutely

## Weather

Conditions	Mostly sunny
First Light	6:52 AM
Sunrise	7:16 AM
Sunset	5:57 PM
Last Light	6:22PM
Minimum	6 C
Maximum	26 C
Humidity	22%
UV Index	5.12 Moderate
Wind AM	N 14.4 km/h
Wind PM	S 19.1 km/h

## Runner Kit List

<b>Required</b>	<b>Optional and Recommended</b>
Personal Locator Beacon	Satellite Phone, to participate in the event 'Radio Net'
First Aid Kit, equivalent to a St John Personal Leisure Kit	Vaseline/Body Glide
Emergency Accident Blanket, equivalent to a St John Thermal Accident Emergency Blanket	Running Gaiters
Section 11 and Section 12 Information Sheet and Map	
Carriage of 2 litres of water (minimum)	
Water purification option	
Long sleeve thermal top	
Thermal leggings	
Spray jacket	
Beanie/Buff	
Gloves	
Headlamp, including spare batteries	
Signalling Mirror	
Whistle	
Glow Stick	
Running Cap/Legionnaire Cap	
Sunscreen/Zinc	
Carriage of Calories/Electrolytes	

## Communications Brief

### Operating a satellite phone

Prior to the commencement of the event, event crew are required to have completed the following checklist, even if they fly with us often:

- Sight the location of the power supply for satellite phones
- Issue correct handset by label/role
- Return satellite phones to the power supply when not in use
- While in use, a satellite phone is switched on with antenna extended toward the sky ready to receive a call
- Turn on the handset and sight the battery indicator and charge and if below half alert the Event Director
- From the contact list in the handset, sight the satellite phone number for the Event Director
- Carry and return satellite phone and spare battery together
- Complete a radio check with the Event Director prior to start time

### Conduct of Communications

Satellite phone communication is used for four purposes:

1. Dispatch and coordination of Event Crew
2. Event Crew confirmation when in position
3. Event Crew notification when leaving a position, and
4. Communicating that a first aid, paramedic or emergency event is occurring

For 1, all communication will occur from the Event Director to Event Crew.

For 2 and 3, Event Crew will communicate to the Event Director

For 4, Event Crew will communicate to the Event Director who will coordinate actions including dispatching a medic and/or communication with the State or Territory Emergency Services.

Calls are billed at \$3.00 / 30 seconds and while for event crew coordination and event safety this price is not a concern the satellite phone phones are not intended to be used akin to VHF radios.

### Event Director

The Event Director will have completed a mock negative event scenario.

## Post Event Review Tasks

<b>Monday</b>	<b>Mark Completed</b>
Event review following the Safety-First Trail Setup, Support and Retrieval Contract	
Event crew registration	
Insurer updated	
Website updated	
Operational lists updated	

## Insurance Policy

See *Insurance Policy*.

## Event Crew Satellite Phone Numbers

<b>Designation</b>	<b>Number</b>	<b>Event Crew</b>
Rental ISAT 42	+870776140081	Event Director, Start Arena, Finish Arena, Water Point 15
Rental ISAT 11	+870776174818	Course Director, Sweeper
Rental ISAT 12	+870776174819	Paramedic 1
Rental ISAT 4	+870776791913	Paramedic 2
Rental ISAT 41	+870776116417	Water Point 25
Rental ISAT 23	+870776792214	Water Point 35
Rental ISAT 13	+870776174911	Finke River
Rental ISAT 27	+870776110387	Namatjira Drive
Rental ISAT 9	+870776140236	Spare

State Emergency Service Contact Numbers

*See State Emergency Service Contact Numbers.*

Post Event Sign Off

<b>Event Director</b>	<b>Course Director</b>	<b>Witness</b>