

## Participants Health and Safety Briefing

This briefing will be read out over the PA system prior to the race start to ensure all participants are aware of any risks and what their responsibilities are as a participant.

### **Welcome to the Kids' Kaukau Challenge.**

The Home and School Committee welcomes you all and we hope that you have an amazing time during and after your event.

We do require your attention for a couple of minutes so we can cover off a few safety points. This is to ensure that you all stay safe while out on the course and will only take a couple of minutes.

- Please ensure you are physically fit and healthy enough to compete the event. If you have any concerns over your ability to complete the course, please speak to one of the Event Team.
- If you feel unwell at any time during the event, please seek assistance from one of the Marshals as soon as you have the opportunity to do so.
- All children under 8 have to be accompanied by an adult.
- It is extremely important that you stay on the footpath and off the road. Please give way to all vehicles. Parents if you have any doubt about your child's ability to do this (regardless of their age), please escort them around the course.
- You have to cross the road twice. Marshals will be stationed on the road crossings to ensure that it is safe for you to cross - please follow their instructions, "Wait" stand and wait. When they call "Cross Now" it is safe for you to cross. At all times let the car go first.
- Please stay on the assigned course at all times.
- The course is well marked with signs and the Marshals are positioned at junctions to keep you on track
- On the course, expect to encounter tricky terrain. All great fun really and that's what the challenge is about!
- On the 4WD track watch out for mountain bikers as well as other walkers
- We have a number of Marshals on the course. They will be wearing high-viz vests:
  - Please follow their directions at all times
  - If you spot anyone in difficulty please stop and check they are okay and advise one of the Marshals at the earliest opportunity so that someone can assist them
  - All of the Marshals will have a cell phone and a basic first aid kit
  - Please report any concerns with the course to a Marshal at your earliest opportunity so that it can be dealt with
- In the event of an injury it may be that the Marshals have to ask you to stop until it is safe to carry on.
- Remember to keep yourself hydrated – take a bottle of water with you
- The last participant will be followed or walked with by our 'Tail end Charlie'

- No buggies, dogs or earphones are permitted on the course
- Appropriate footwear must be worn at all times and you must have your thermal top and rain/wind jacket with you as conditions can change up the top of the hill. These are compulsory to complete the event.
- Hopefully you have all done the “slip slop slap”. If not make sure you do before the start of the event, there is sunscreen at registration.
- Toilets are located here at Khandallah School and in Khandallah Park by the swimming pool
- Shortly we will be setting the groups off with runners first, followed by walkers. If you are a slower runner, for your safety please assemble at the back of the runners.
- If you plan to walk and run part of the event then please be at the start of the Walkers group
- Everyone has to WALK down the school driveway and all the way until they have crossed the road twice and are on the footpath leading to Khandallah Park. Marshals will be there to tell you when you can start to run.
- Because everyone has a timing chip there's no need to jostle to be first over the start. The time starts when you go over the line so you can take your time and be patient. Let's keep everyone safe.
- Roads will not be closed during the event so be mindful of oncoming traffic and do not step outside of the footpath
- Please take care when approaching driveways and give way to cars at all times
- Make sure that you keep to the LEFT so that others can pass you on the right. Do not try to block someone who wants to overtake you and absolutely no tripping, pushing or shoving. Remember that the course is still open to the public.
- First aid is available at the school from WERT in addition to each marshal and WERT team member on the course carrying a basic first aid kit.
- Parents: If an emergency situation occurs, please contact a Marshal or Event Volunteer ASAP.
- Make sure you are carrying any medication you may require with you.
- Parents and caregivers, any lost or vulnerable persons will be brought to the school office and an announcement will be made over the PA system
- Adults, it's great to see that you're participating. Please keep an eye out on the children you are with, just in case someone needs a bit of support. And as a group make sure participants are making good choices.
- Everyone, please make sure you bring back all of your rubbish and put it in the school rubbish bins
- When you reach the finish line do not stop, keep moving and follow the directions of the Marshals and head back in Matia 1 room to collect your medal.
- Most importantly for some of you this will be your biggest challenge to date, so have an awesome time and enjoy it.