

HAZARDS:

The following hazards exist on the event courses;

1. Vehicles – all roads will remain open so please look both ways before crossing any
2. Natural hazards e.g. inclement weather, rough surfaces, fallen trees & slippery ground - we recommend trail specific shoes for these events
3. Manmade hazards e.g. stairs, fences, bridges & gates

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.

RULES:

1. It is your responsibility to have reviewed the course descriptions and entered an event that is within your physical limits.
2. It is your responsibility to follow the course marking signs and instructions and stay on the course
3. Should you wish to withdraw you must notify an event official e.g. marshal or course crew and await instructions.
4. 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.
5. You must wear your event number on your front so it is visible at all times.
6. Participants who require any personal medication, must carry those items with them.
7. When over taking other runners, passing is on the right. Signal that you are attempting to pass.
8. For our newbies and a reminder to regulars, if you are entered in a walk category you must WALK 100% of the course. If you going to run even a couple of steps, then you need to be in the running category. We will begin the walkers 1 minute after the runner so please seed yourself behind the runners.

COURSE MARKING:

You must follow all course signs and directions. You will come across the following course markings:

1. Red Arrows
2. Blue Total Sport trail marking ribbons – small hanging pieces indicate the route and pieces crossing the ground indicate the event boundary/don't cross this
3. Specific Short, Mid, Long and Super Long signs at intersections – pay attention out there and you can't go wrong, you are going to love these courses!
4. Some junctions you may pass twice, depending on which course you are doing. Your direction is indicated by FIRST PASS & SECOND PASS if this is the case. Example below.



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