

## Event Rules and Requirements GC Adventure Events

The following requirements apply to the various legs of both the Long Course & Short Course events:

### Compulsory items for all legs:

Failure to carry any compulsory listed item will result in a 30 minute penalty per item found to be missing.

- Numbered race bib (throughout the entire event)



#### Compulsory Swimming Equipment:

- Swimmers must wear a swim cap, you must supply **your own** swim cap.

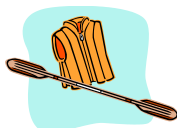
#### Recommended Swimming Equipment:

- Swim goggles
- Wetsuits can be worn but not compulsory. Water temperature will be between 19-22 degree.

\*\*Hand paddles, flippers and other propulsion devices are not permitted.

Safety actions in case of an emergency or difficulty on the swim leg:

- Raise one arm if assistance is required and call for help. There will be numerous rescue boards patrolling the swim leg.
- If you hear a continuous siren, horn or whistle - exit the water as soon as practicable.
- You are permitted to rest on a rescue craft if required without penalty.
- If you are rescued by a rescue craft and taken to the shore you will be unranked and listed as a DNF competitor. If on a team, your team mate can continue however you will not receive an official finish time.



#### Compulsory Paddling Equipment:

- Water craft - non motorized
- PFD (Personal Flotation Device) must be worn for the entire paddle leg
- Pump or baler must be carried in all sea-kayaks or enclosed craft
- Whistle (attached to PFD)

#### Recommended Paddling Equipment:

- A variety of paddle clothing to keep you warm in a variety of conditions.
- Paddle leash (to prevent paddle being lost).
- Water or hydration drink and food.

Safety actions in case of an emergency or difficulty on the paddle leg:

- Stay with your craft, at all times. Blow your whistle to alert rescue craft.
- If you become injured and require assistance, tell competitors that pass you to alert the officials and advise them of your location and craft description.
- If you are rescued by a rescue craft and taken to the shore you will be unranked and listed as a DNF competitor. If on a team, your team mate can continue however you will not receive an official finish time.



#### Compulsory Run Equipment:

Footwear must be worn. All individuals and teams must wear footwear on the final run/ team run leg.

#### Recommended Run Equipment:

- Water / hydration drink and food

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## RUN Leg requirements

- Runners must wear the official race bib & a tattoo race number (visibly on your arms) during the run leg. Please ensure they are not covered by your clothing.
- The courses and all intersections will be marked with coloured tape and arrows, but you can still get lost if you don't pay attention. Keep your eye out for trail markers at all times. It is the runner's responsibility to follow the correct course.
- No assistance from team mates or support crews is allowed during the run leg. This includes provision of any food or drink along the course.
- The run course is not closed to the public and you may encounter walkers, horse riders, vehicles etc. and other users... Please be respectful of other users of the road, tracks and trails. You must give way to all traffic and only cross road when safe.

Safety steps in case of an emergency or difficulty on Run Legs:

- If you become injured and require assistance, stop moving and stay where you are.
- Tell the competitors that pass you to alert the next race official and advise them of your location.
- If you become lost: backtrack along the trail you followed to return to the marked course.



### Compulsory Mountain Bike Equipment:

- Certified Bike Helmet to Aust/NZ/US standard
- Bike number plate fixed to handle bars of the bike (provided at registration)

### Recommended Mountain Bike Equipment:

- Tools, pump, tube etc to effect own repairs
- Water / hydration drink and food

## Mountain Bike Leg requirements

- Riders must have the number plate given to you at registration attached to the front of the handlebars on your bike.
- All riders must wear a certified Bike Helmet to Aust/NZ/US standard at all times during the ride.
- The course and all intersections will be marked with coloured tape, and arrows but you can still get lost if you don't pay attention. Keep an eye out for trail markers at all times. It is your responsibility to follow the correct course.
- The MTB course is not closed to the public and you may encounter walkers, riders and other users... Please be respectful of other users of the tracks and trails. Please ride carefully on the road sections and obey all road rules.
- No assistance from team mates, support crews or members of the public is allowed during the MTB leg.
- We recommend that all riders carry spares, including pump, tube, tyre levers, chain breaker, and multi-tool, as well as water or hydration fluid.
- All riders must walk bikes through the transition area and helmets must be fastened before exiting the TA.

Safety actions in case of an emergency or difficulty on MTB legs:

- If you become injured and require assistance: stop moving and stay where you are. Tell the competitors that pass you to alert the next race official and advise them of your location.
- If you become lost: backtrack along the trail you followed to return to the marked course.
- If your bike breaks beyond repair, you are entitled to walk/jog your bike over the rest of the course to the transition area and continue the event.

## RACE RULES

The rules of the event are as follows:

- All participants must read and sign the event waiver.
- Juniors only - i.e. under 18 on race day, wishing to race course 1 or 2 must have their parent or guardian advise the organisers, of their intention to enter. Parent or guardian must read and sign an authorisation and waiver.
- Swimmers must be able to swim 1,500m unassisted in open water.
- Participants must wear competitor identification race bib/number plates/tattoos as outlined in the event program
- Competitors must use the same bike frame and wheels for the entire bike leg. You may receive assistance from other competitors to repair your bike. Penalty for using someone else's bike frame or wheels and for lending your own bike frame or wheels to another competitor is 30 minute time penalty.
- No riding is permitted in the TA and helmets must be fastened before exiting the TA.
- Any competitor who withdraws from the race MUST notify an official. This is an essential requirement to avoid unnecessary searches being conducted and emergency services being engaged.
- All competitors must carry the listed compulsory equipment for each leg - failure to carry any listed item will result in a 30 minute penalty per item found to be missing.
- Failure to abide by rules may result in time penalty or disqualification.
- All teams are permitted to lodge protests against results or decisions enforced during the event. The race director and officials will adjudicate on all protests and other contentious matters, and their decision will be final.
- Ridgeline Adventures has sole discretion to alter or amend the race format or the rules in order to increase the safety of participants or for any other reason deemed appropriate.