

KIWI FUN RUN 2020

Welcome

to the Kiwi Fun Run.

We hope you enjoy the event.

Please take a minute to read the following.

Schedule

10:00am	Registration
10:50am	Registration ends
11:00am	Race start
12:00pm	Sausage sizzle at Simpsons Beach Campground
1:00pm	Final walker expected home
1:30pm	Event ends

Course

The course involves a shallow creek crossing in the first 500 metres. Either wade across or take your shoes and socks off if you want to stay dry.

The course is steep the whole way up, so move at a pace that you can maintain.

The 5km course is 2.5km up to the Kiwi symbol and return.

The 7km course has an additional 1km up and 1km back from the repeater.

Take care when running or walking on the steep downhill back to the finish!!

Covid-19 – please comply with any Covid risk management strategies at this event

This is a **fun event** has no official time keeping or prizes.

This event is proudly brought to you by the Mercury Bay Community Events Support Trust.



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Risks for Participants

Taking part in the KIWI FUN RUN includes taking on risks. With preparation and care these risks can be minimised so that you have a fun and safe event experience.

Key hazards

HAZARD: Trips and falls on rough terrain causing injury.

MANAGEMENT: Take care with where you place your feet and the pace at which you run. If it is technical, slow down to pick your path.

Other hazards include:

- Bridges/ steps/ barriers / board walks
- Chemical sprays, poison baits, predator traps
- Cliffs/ banks
- Dehydration
- Fatigue
- Flooding
- Getting lost
- Heat stroke / Hyperthermia
- Low light conditions
- Medical problems
- Poor fitness
- River Crossings
- Steep slopes
- Uneven ground
- Vegetation spikes, prickles, sharp leaf edges
- Vehicles/ public roads / competitors/ spectators hit by traffic

Emergency plans

We could have a fire, earthquake or similar emergency.

Follow all instructions from staff who may hold you at locations or lead you to safety.

What to do if you are injured / ill or just cannot continue to run/walk:

1. Stay calm.
2. If you have a phone, contact the Event Staff on 021 632721
3. Stop the next runner going past you and ask for help.
4. Apply first aid to yourself.
5. Put on all of your clothing.
6. Wait for assistance.
7. We have event Medics who will get to you as soon as they can.
8. Once the medic has assessed you, you will be assisted out by the medical team.

What to do if you are lost.

- Stop, stay calm.
- Think, can you retrace your steps to the last known track marker? If yes then do so.
- If you cannot retrace your steps then stay where you are and find a comfortable location
- If you have a phone, contact the Event Staff on 021 632721
- Put on all of your clothing.
- Wait for assistance.

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Participation rules

1. I have read and understand the information regarding this event and understand that I participate in this event at my own risk.
2. I acknowledge and accept that trail running carries an inherent risk of injury, illness and in extreme cases, death.
3. I will be drug and alcohol free for this event.
4. I acknowledge that although the event has medical personnel and resources at various points along the course, the inaccessibility of much of the trail will make it difficult or impossible for medical assistance to reach me immediately and extractions may take a period of time.
5. I agree to allow event medical staff to treat me as they see fit.
6. I hereby attest and verify that I am physically fit and have sufficiently trained for this event.
7. I understand that competing in this event may involve running and walking on wilderness trails with rocks, roots, stream crossings, and up and down steep terrain. The hazards may include but are not limited to; challenging terrain, rocks, roots, streams, geothermal activity, motor vehicle traffic, slippery surfaces, loose rocks, soft sand, weather conditions, heat exhaustion, hypothermia, actions of spectators, other competitors, general public and the event organisers personnel.
8. I agree to comply with the rules and directions of event officials and their personnel.
9. I will stay on the marked course at all times, unless instructed by event staff.
10. I will obey all course marking.
11. If race management indicate that compulsory gear is needed in this year's edition of the race, I will wear or take the compulsory safety equipment required by the event.
12. My support crew and I will obey the instructions given by event staff.
13. I accept that I may be pulled from the course at any time with the discretion of event staff primarily for, but not limited to, safety reasons.
14. I will complete the entire course under my own power.
15. I will not light any fires.
16. I will be respectful of other trail users such as recreational walkers and mountain bikers.
17. I will not litter.
18. Smoking is not permitted at any of the checkpoints or along the trail by participants, staff, spectators or supporters.
19. If I wish to withdraw from the event, I will either inform the nearest event staff, or text the Race Communications Manager (see rear of race number for phone numbers).
20. Participants who leave the course/event without informing staff of their race number will be classified as "missing". The participant will be contacted on their mobile phone and their emergency contact will be called. If there is no response from either party or the emergency contact does not know the status of the runner, a search will be activated. Any search related costs will be charged to the participant.
21. If I need assistance, I will ask a staff member or call the Race Communications Manager (see rear of race number for phone numbers). If none of these options work and I have cell phone coverage and it is a true emergency, I will call NZ emergency services by dialling 111.

Key rules and instructions

1. All runners must be briefed before taking part
2. All runners must wear closed footwear (no jandals)
3. If cold or raining, we recommend a warm top and/or rain jacket and beanie.
4. Runners 10 years and under on the day of the event must be registered and accompanied on the course by an adult caregiver.
5. Stay on the marked course
6. Ring 021 632721 if you need assistance
7. Leave no litter
8. No dogs are allowed
9. No prams are allowed, but parents can carry kids in back or front packs
10. If you do pull out part way, please go to the finish line to tell the event staff that you have finished