

SAFETY FIRST



3. SAFETY FIRST COASTREK PLAN & TRAIN E-BOOK BY WILD WOMEN ON TOP

The Wild Women On Top Coastrek is an urban hike with few risks to be managed. However, accidents do happen, and we'd like you to stay as safe as possible! Please read the following advice to help you remain healthy, happy and injury free during the event.



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Every step, every step: The Coastrek route gives your feet everything: bush tracks, soft sand, stairs, concrete, grass, water, darkness and undulating rough rocky trails. Don't text or turn around to talk to your buddies while walking on uneven surfaces, especially when you're trekking by torch light. Watch every step, every step to stay safe. Trekking poles are highly recommended.

Road crossings: We understand you're highly skilled at crossing roads but our duty of care requires you to wear a fluoro vest with reflective strips and obey pedestrian rules for all road crossings, road reserves and night walking. To help keep you safe and highlight the risks, we ask you to sign a Risk Waiver prior to the event.

Trekking by torch light: Yes, a torch is required! It's very likely you will be starting before sunrise and/or finishing after sunset. Trekking by torch light

requires extra focus and concentration to ensure you stay safe and injury free. We recommend:

- Selecting a good quality head torch that casts a strong pool of light ahead
- Starting the event and training with fresh batteries
- Carrying replacement batteries
- Practicing with your head torch and doing lots of night walking on the track.

First aid: Please carry your own mini personal First Aid Kit including bandaids, blister tape, personal medication and Paw Paw ointment or Vaseline (see Blister Sister e-book) in training and on event day. Each team should also carry a team First Aid Kit including a triangular bandage, a pressure bandage (heavy weight), a space blanket, strapping tape, bandaids and blister protection tape/pads.



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During the event there will be First Aid teams enroute at the Luv Stops and the finish. However, you should know how to strap a sprained ankle, drain and cover a blister (eek!) and have Ambulance Cover. Personal Accident Insurance cover is also recommended.

Communication: Don't forget your mobile phone in training and during the event. There is reasonable network coverage on most of the routes, however we recommend at least two different networks within your team just in case. You can use the Coastrek Maps, GPS tracking, and fitness apps while you're hiking if you've been organised enough in advance. And, of course, share Instagram photos of your team in training and during the event to inspire others, using #coastrek. Ring 000 for Emergencies, the First Aid team for lesser incidences or your support crew for chocolate, minor injury or illness.

Tides: Some sections of the route are tidal. There must be no water crossings that are higher than knee deep and teams must take the alternate routes as required. Use caution when walking at the edge of the surf zone on beaches.

Pace: Pace is the single biggest cause of disappointment, disempowerment and divorce (kidding!) during Coastrek. You are only as fast as your slowest hiker, so walk at an appropriate pace for your team. Top teams put their slowest person at or near the front to energise them and empower them to set the pace.

Don't lose sight of your team members and do take notice when somebody goes quiet. It's often a sign of stress, exhaustion or dehydration. Don't put speed ahead of safety but do time your stops to keep your momentum. It's important to talk about this during training to ensure you have a happy hike come event day.



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Bush fire prevention: You must adhere to bush fire regulations for the time of year in the area, which usually includes not smoking or lighting fires. If a bushfire affects the trail during training, you will be advised enroute by National Parks. During the event, you will be notified via SMS. We are not in remote bush at any time, but it is still wise to take care in this regard.

Withdrawals: *Individual* - In the event of a team member withdrawal, the remaining team members MUST report the details at the next Luv Stop.

Team - If the whole team is withdrawing, you MUST call Coastrek HQ or go to the nearest Luv Stop and report it.

If a team is reduced to one member during the day, they must link up with another team and walk with at least two trekkers for safety purposes.

If a team is reduced to two or less members during the night they must link up with another team and walk with at least three trekkers.

Snakes and spiders: It is essential that you're thoroughly conversant with First Aid pressure bandaging for snake and spider bites. Take extreme care in the bush. Snakes can be aggressive if provoked or disturbed. If you see a snake, freeze and slowly back away, keeping your eye on the snake at all times. Do not attempt to frighten, capture or touch the snake in any way. Most snakes will disappear when they feel the vibrations of your feet, but if they don't, you must move away or take an alternate route. If you suspect you have a snake or spider bite in training or during the event, call 000 immediately.

Emergency procedures: Coastrek is an urban walk close to a suburban road for the most part. However, if you take the wrong fork or track or get lost in training, stay calm, refer to your map, use the sun, your phone GPS or compass, keep the coast to one side and continue to walk until you come to a road.



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If you require emergency assistance, call 000. The operator will direct you to the appropriate service/advice. If you're sick or injured, get help. For more information, check out our Emergency Procedures in the Event Day FAQs and attend Briefing event/s.

Health and fitness: It is your responsibility to ensure you are in good health and that you seek medical clearance from your doctor before starting your Coastrek training. You will be required to sign a Risk Waiver that states you're physically fit to take part in Coastrek, and that you have not been advised otherwise by a Medical Practitioner.

Weather issues:

Heat - Heat is the number one health safety issue for Coastrek. Walking long distances in full sun can be potentially dangerous in any temperature if you don't drink enough, but it can be life threatening in high temperatures. Please read our 'Hot Stuff' e-book

carefully and ensure you understand the signs and symptoms of heat illness so you can stay safe. By drinking regularly, jumping under cold showers at surf clubs or council locations, wearing a cooling collar and walking more slowly, you can prevent heat issues.

Wind - Trees can drop their branches in high winds. Please be extremely careful passing through bushy areas in training if you experience high wind gusts. During the event the organisers reserve the right to re-route the course if gale-force winds are forecast.

Electrical Storms - Lightning strikes can be fatal so delay your training if electrical storms are forecast or suddenly appear. If there's less than 30 seconds between the lightning and the thunder, seek significant shelter. We will SMS you with safety precautions if electrical storms are a problem on event day.



