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PARTICIPANT CODE OF CONDUCT

We expect that participants in the Wild Earth Coastal High 50 will be mindful of the fact that we are guests of the land areas on which the event is run, and we remind all participants that the event route encompasses highly protected National Park areas for which strict environmental management procedures are in place and which must be adhered to.

We particularly note the following:

- Participants found knowingly littering or vandalising any section of the course will be disqualified from the event and will be banned from entering future events.
- Participants are to remain on the marked course at all times. Do not go off the marked trail and do not trespass on neighbouring properties. If you find yourself off course, return to the last known point of departure from the course and continue on the marked route.
- The course **MUST** be followed as marked. Do not shortcut or alter the course in any way including, but not limited to:
 - o Cutting switchbacks;
 - o Diverting around puddles or boggy trail sections;
 - o Avoiding creek crossings.

As a summary: if the trail goes through it, so do you! It is **EXTREMELY IMPORTANT** that you do not divert off-trail to avoid sections of trail - this type of diversion can cause significant damage to the surrounding vegetation.

- When crossing creeks, participants **MUST** only cross at the taped entry and exit points of the creek. Participants found to be crossing creeks anywhere other than at marked locations will be disqualified from the event and will be banned from entering future events.



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- There will be event toilets located at the start and finish staging areas as well as at each of the intermediate course checkpoints (CP1-this year at Shipsterns Trail Head near Grooms Cottage, Numinbah Valley, Apple Tree Park). If the need arises to go to the toilet please follow *Leave No Trace* principles: If there's a toilet, use it. Otherwise bury all faecal waste and toilet paper in a hole 15-20cm deep using a trowel or stick and at least 100m from water, camps and tracks. Cover and disguise the hole when finished to aid decomposition and discourage animals. Wait until you get out of sensitive areas such as caves and canyons before defecating or urinating. Carry out things that won't easily decompose, such as used tampons and sanitary pads.
- Weeds and pathogens can easily be transported in soil and on clothing and equipment. Before you leave home, make sure you have clean walking clothes, footwear and equipment. Brush off dirt and seeds and clean everything with a recommended disinfectant (e.g. F10, Phytoclean, Trigene or any biodegradable household disinfectant), paying special attention to your footwear.
- Participants **MUST** make use of pathogen control stations at the following locations:
 - At the start-line (pre-event); and
 - At the top of Woonoongoora Stairs (also known as Apple Tree Stairs - there's a few of them)!Any participants seen or identified as not using the pathogen control stations will be disqualified from the event and will be banned from entering future events.
- Know what to do in an emergency. Rescue operations often cause serious damage to the rainforest so take care to avoid the need for rescue. Acquire knowledge of First Aid so you know how to handle illness and injuries. Emergency contact numbers will be on the reverse side of your race bib.
- Give snakes a wide berth and leave them alone. They have more right to be there than you do. If you encounter a snake your first action should be to stand still and allow the snake to continue on its way.
- Ensure you carry the items from the mandatory gear list for the duration of the event. Use your mandatory mobile phone only for summoning aid in an emergency or to use the course smartphone mapping (you can use this map without cellular reception).
- The sound of radios, media players and similar devices is out of place with the natural environment. Leave the electronics at home. Ensure your activities don't disturb or offend others.
- Participants **MUST NOT** be driven to the event start-line at Binna Burra on race morning. You must either be staying at Binna Burra Lodge or Campground, or make use of the event shuttle bus from Springbrook. Race bibs will not be available for collection at the start-line - no exceptions. Any



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participants found trying to skirt this rule will not be allowed to run the event and will be banned from entering future events.

- Participants and spectators must drive to and from the event precinct(s) safely and be considerate of where they park. Do not park or drive illegally or on private premises.
- Please be considerate of residents in surrounding areas and keep noise at a minimum when arriving at and leaving the event areas.
- Please be aware of wildlife at all times when driving. The event areas - including at the finish line and at all intermediate checkpoints - are high volume areas for wildlife activity on or adjacent to the road. Please exercise caution and ensure you drive at or below the road speed limits. Particular care should be taken at both dusk and dawn.
- **We do not have exclusive use of the trails for the event, and it is certain that participants will encounter other park visitors during the course of the event. Please be considerate of these other park users - participants MUST give way to other trail users in all instances. Be polite, give plenty of advance warning (particularly when approaching from behind) and SLOW TO A WALK when passing. When stepping aside to allow other users past, first check to ensure you are not damaging vegetation beside the trail when doing so - ideally use an existing clear location for passing.**

Always remember that we, as the organisers, and you, as the participants, are extremely privileged to be running an organised event in this particular World Heritage listed National Park environment. Please treat the event, the course and the environment with the respect it deserves.

By participating in the event, you declare that you agree to abide by this Code of Conduct at all times during your participation - including when travelling to and from the event.



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