



2023 Event Management Plan (encompasses Safety Management)

1. Purpose the event.

To provide a **Safe, Fun and Educational** race, that will inspire trust, teamwork and self-belief in an environment that embodies and promotes holistic growth and healthy competition.

2. The Site/s where the event will take place.

Mohaka River Farm
408 McVicar Road, Napier 4182
06 834 9756

3.

The 3 events are based from Mohaka River Farm, the 6 Hour event will include a Rogaine and a mountain bike in the wider area. The 12 Hour event will have a journey section leading back to the 6 Hour event.

The event finishes at a secret location.

4. Dates and times.

12 Hour Start **6am Saturday 9th September.** Date of Return Time **6pm Saturday 9th September.**

6 Hour Start **9am Saturday 9th September.** Date of Return Time **3pm Saturday 9th September.**

3 Hour Start **10am Saturday 9th September.** Date of Return Time **1pm Saturday 9th September**

5. Transport arrangements. Teams must travel unassisted,

6. Details of outside provider.

Medics on Scene Ltd - Nathan Thompson free phone 0508 ONSCENE (0508 667236) | landline (06) 878 4788 | mobile 0211 326432 | website : www.MedicsOnScene.org.nz | facebook : @medicsonscene.

7. Event Organizer Postal Address:

3 Peaks
32 Kirkwood Road
Flaxmere 4120

8. Event Director

David Tait – 0273 6000 86

9. Details of programmed activities.

The GO-4-12 Challenge is also the Official New Zealand Secondary School Adventure Racing Championships. It is an authentic adventure race with the core disciplines consisting of mountain biking, walking/running, kayaking, rope skills and navigation. The race is 12 hours in duration and the teams of four will face both physical and mental challenges while covering a picturesque course. The 3 and 6 Hour events are shorter versions of the 12 Hour event and are designed to be easier and the 3 Hour has a modified kayak section and doesn't have a mountain bike section.

10. Details of hazards and required skills.

Teams will encounter a variety of activities that will present some level of risk. The highest risk to the event is those activities that individuals need to manage their own safety is Mountain Biking. Teams must ride in control at all time.

During the Navigation sections all effort will be taken to avoid hazards such as cliffs, but teams must use their judgment when navigating.

During the paddle sections there will be safety kayakers present. Teams must wear approved safety equipment. The paddle is on slow moving water and main hazard is weather and wind. There may be fallen trees in a few places to avoid but there is little or no flow in these sections and they do not present a hazard.

11. Skills competitors should practice.

Teams will need to train in a variety of terrains and conditions that they may expect to encounter during the race. The 12 Hour GO-4-12 will include the following terrains, hill, river, streams, farmland, forest and kayaking.

Teams will need to be able to navigate on both topographical maps and orienteering maps. Teams will need to be familiar with safety equipment such as climbing harnesses, helmets.

The 3 and 6 Hour Events present less of a challenge but 6 Hour competitors should be able to navigate to allow for a more successful day. There is no mountain biking section in the 3 Hour Event.

12. Assisting organisations

Organisations and/or members of organisations to be involved in the day are: TBA

13. Support person or persons.

Each team must have a designated support person or persons (except for the 3-hour event, a support person is not compulsory). They are responsible for the behaviour of the teams and in part monitoring the young people's wellbeing.

- It is up to each team to provide for their nutritional sustenance during the race itself.

14. Contact Details Collection

Name, address and telephone number of the contact for each person will be collected in the registration process pre-event in case of emergency. A copy will be with the race director and on file.

15. Site visits

Each section of the event will be visited pre-event to assess hazards and predict timings.

16. Size and composition of the teams:

- **GO-4-12 Challenge / The New Zealand Schools Adventure Racing Championships 12 Hour**
3 person teams competing in three divisions.
BOYS, GIRLS and MIXED (Teams must be year 10-13 and be from the same School).
- **The 6 Hour Adventure Youth Adventure Race**
3 person teams competing in three divisions.
BOYS, GIRLS and MIXED (Year 9+)
- **The 3 Hour Explorer Youth Adventure Race**
2 person teams competing in three divisions.
BOYS, GIRLS and MIXED (Years 7-10)

17. Information on parental consent and Waiver:

Comprehensive information about the event will be available on the GO-4-12 Website www.go412adventure.co.nz and in mail out information.

18. Legs and activities

Confidential – Full details of these are in the Race Management version of these plans but are not public knowledge.

19. Each of the following has been assessed during the planning process of the event.

- 1. Are venues appropriate for activities planned? **Yes** / No
- 2. Is there suitable vehicle access for emergencies? **Yes** / No
Note: In places the course has limited road access, but the Hawkes Bay Rescue Chopper has been contacted. Hangar telephone: +64 6 878 1633 Hangar.
- 3. Is there a supply of fresh water on site? – **Yes** / No - There is clean water available at camp but support crews are expected to carry water for the Remote TA.
- 4. Is communication available at the venue in an emergency? **Yes** / No

20. Coms Plan: TrackMe inReach Trackers – Key Event Staff will carry inReach Units. Staff to have handheld radios. All teams will carry a cell phone. Star link Sat on site.

21. Hazard management strategies

Are there hazards that require specific management strategies? **Yes** / No

- Signage will be placed on the road for the sections that use the roads.
- The route for the mountain bike section will encourage the use of low-level tracks.
- In the event of bad weather, the course may be modified, though the course is designed to be robust regarding weather conditions.

22. Event Venue – Mohaka River Farm

- Does the facility have a current building Warrant of Fitness? **Yes** / No
- Are there any age constraints or special conditions for use of any of the activities on offer? Those set by the race rules. **Yes** see rules.
- Are there suitable and adequate hygiene/toilet arrangements for off-site activities? - Camping ground, two sets of public toilets and overflow camping. There will also be toileting available near the Remote transition if required.

23. Event Information

- Has adequate information been given to teams and support crews? – **Yes**

All teams are given rules and information sheets, plus race notes and we will hold a briefing before the event.

24. Equipment

There is a compulsory gear check the night before the event for 12 hour and 6 hour events and 9.30am of race day for 3-Hour event and a comprehensive list is included in the race rules and information sheets.

25. Regulations

a. The Course

Sections of course may be modified or cancelled at any time by the organisers due to bad weather, security or other unforeseen circumstances deemed suitable by the race director.

Competitors must follow the course designed by the race director and must comply with the spirit of the competition. Any team found off the course without any suitable explanation could lead to severe penalties or disqualification.

b. Check points

The course is made up of checkpoints that competitors must pass as a whole team. All members must record their passing of a CP. A checkpoint is normally unmanned and have a checkpoint clipper. A transition area (TA) is not only a checkpoint, but also an assistance area where the teams meet their support crew and can aid their team to change discipline, give medical care food and supplies. Checkpoints are noted on competitors and assistant notes. Each checkpoint has a point value and though most must be past as part of completing the course and therefore compulsory, there will be some checkpoints and/or activities that if attained will give a team additional points.

Each team member must be present at a checkpoint and may be required at a TA to check in on arrival and check out on departure with the officials. The reference time is the time

calculated when the last member of the team has crossed through the checkpoint. in case of a remote and unmanned checkpoint, team must follow the instruction given to them at the briefing. e.g.: clip the control or record a password/number in order to prove their passage.

Missing a compulsory checkpoint will result in the team being excluded from being ranked. Teams must follow the instructions given by officials responsible for the checkpoints.

c. Cut-off times and alternative courses

All teams must finish the course within the allotted time failing to do so will mean that points will be deducted in relation to the amount of time that a team is overdue. The organisation reserves the right to impose cut-off times on sections of the race, for logistical and safety reasons, at any time.

An alternative route will be put in place for the teams who haven't made cut off times. This route is set in advance and must be followed. Subsequent cut-off times will also be put in place for that altered course.

Cut-off times and penalties will be announced at the briefing and notified on the competitors' instructions.

d. The Team

- The team must have an appointed leader who will be the interface with the organisation.
- He /She will receive information, instructions and will be notified about any kind of decision taken by the organisation.
- He/She will advise the organisation of matters such as withdrawal of a team member, or the entire team, or be the spokesman for any complaints or protests.
- He/She is also responsible overall for the entire team.

GO-4-12 Challenge / The New Zealand Secondary Schools Adventure Racing Championships 12 Hour event

3 person teams competing in three divisions.

MALE, FEMALE and MIXED (Teams must be year 10-13 and be from the same School)

The 6 Hour Adventure Youth Adventure Race

3 person teams competing in three divisions.

MALE, FEMALE and MIXED (Year 9+)

The 3 Hour Explorer Youth Adventure Race

2 person teams competing in three divisions.

MALE, FEMALE and MIXED (Years 7-10)

Special Note: in the 6 and 12 Hour events, two team members should be able to navigate with compass and topographic map and an Orienteering Map

All team members **are to remain together at all times. Team members must always be within 20m of each other (60m Total Distance from the front to the last person).**

If a team member is injured and unable to continue one the team must use the Help button on their TrackMe Trackers to send for assistance if unable to raise the alarm with an official.

Teams can use their phone if they have coverage to call the race management 0273 6000 86.

For safety purposes, all 6 and 12 Hour competitors must:

- Know how to swim
- Be confident while paddling a kayak on Grade 2.
- Attend race briefing (no exceptions).
- Must have trained sufficiently to complete a 6 or 12-hour non-stop adventure race competition such as the GO-4-12 Youth Adventure Race (Teams can contact the race director for advice in regard to this).
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The organisation reserves the right, after consulting the medical team, or for any other reason deemed suitable by the Race Director, to forbid a competitor, or a team, from setting off on or continuing the course.

Health profile

All teams are to disclose any health issues in the entry form documents. Competitors are expected to take precautions, manage their condition, and take personal medications. The Event Director reserves the right to refuse entry to a participant if they believe a condition presents a real risk to a competitor's safety during the event.

26. Records of Medication Administered

If the Medical Team are required to administer medication the following 4 items must be recorded - Competitor Name, Date, Time, Condition, Medication, Dosage

27. Staff competence

All adult marshals, instructors and or helpers must have the Skills/experience/qualifications for their position.

28. Volunteer helpers

- *Appropriate volunteers will be selected.*
- *Records of volunteers must be kept*

29. Transport safety - volunteer / contractor

All people driving vehicles must have - Full car license, Passenger service license (if transporting paying passengers), HT if the vehicle is a heavy traffic. All vehicles driven on the road must be road worthy and have a current Warrant of Fitness and registration. If applicable they must have a Certificate of Fitness. All vehicles must be covered by one of the following insurances Third party property, comprehensive.

When carrying passengers: Each passenger in the vehicle will use a seat belt (if fitted and required). The seating capacity of the vehicle will not be exceeded.

30. Steps that have been taken when assessing Risks

- Identify the risks (losses or damage) that could result from the activity.
 - Physical injury, • Social/psychological, • Material (gear or equipment), • Programme interruption
- List the factors that could lead to each risk/loss.
 - People, • Equipment, • Environment

The following strategies will be used to reduce the chances of each factor leading to the risk/loss.

- Eliminate if possible, • Isolate if can't eliminate, • Minimize if can't isolate, • Cancel if can't minimize
- **The 3 Peaks Emergency Plan will be used to manage each identified risk/loss.**
 - Step by step management, • Equipment/resources required
- **There will be continual monitoring of safety during the activity.**
 - Assess new risks, • Manage risks, • Adapting of plans if needed.

31. The following considerations were considered when setting the course and the activities:

– for physical and emotional safety

(when completing SAP, RAMS or other risk assessment process)

Who, Age, Competitor Numbers, Staff available, Staff skills needed, Volunteer helpers required, outside providers/instructors needed, Experience required, Ratios, Cultural safety: Head touching Swimming for Maori/Pasifika/Somali girls, Observing site significance for cultural groups, Fitness, Anxieties/feelings, Motivation, Student Needs: Educational opportunities, Medical, Language abilities, Cultural, Behaviour, Physical

disability. Social and psychological factors: Get-home-it is, Risk shift, Dropping your guard
Unsafe act/s by participants, Error/s of judgment by staff/instructors.

People Resources and Equipment Environment Checklist

Information to Parents or Whanau **YES**, Plans and systems **YES**, Clothing **YES – As per rules**, Footwear **YES – As per rules**, Food and drink **YES – As per rules**, Transport **YES – As per rules**, Toilets **YES – On** Safe drinking water **YES**

– We will also advise teams where extra water is. First-aid kit and knowledge **YES – As per rules (there is also a First Aid Team)**

Equipment maintenance, quantity, quality

YES – As per Standards outlined in the organisations SMP, SOP, AMP

Are sleeping arrangements/ facilities culturally appropriate? **YES**

32. Weather

The Course will be modified if the weather is going to impact safety – The Latest forecast will be attached to this document for the race day management. Weather will be monitored during the build-up and throughout the day.

33. Flooding

If the River in the kayak section is in flood the Kayak will be replaced by a trekking section.

34. Useful Contacts

- Nearest doctor – Napier Health Centre 76 Wellesley Road, Napier South, Napier 4110
- Nearest hospital – Hastings **Hawke's Bay Hospital Soldiers' Memorial**
Omahu Road Hastings Tel:: 06 878 8109
- Nearest Police Station 135 Dalton Street, Napier South, Napier 4110 Tel: 06-831 0700
- **Department of Conservation** - Hawkes Bay District Office Ph: 06 834 3111
- Nearest **Fire Station** – Bay View Fire 8 Petane Road, Bay View, Napier
- **Hastings District Council**, 207 Lyndon Road East Hastings. Ph: 06 871 5000 Animal Control - (06) 871 5000. Also, phone the Royal New Zealand SPCA in Hastings on 06 8788733.
- **Napier City Council**, 215 Hastings Street, Napier South, Napier. Ph: 06 835 7579

35. Communication lines during a serious incident at the event:

If there is serious accident during the event, the safety and first aid staff will manage the incident and will communicate to the Event Management team any information regarding the injured individual or individual's condition. The Event Management Team and the Race Director will communicate any information to the Teams support crew as it comes available. The event staff and the management team will observe the 3 PEAKS Emergency Procedures. School Team managers will need to be familiar with their school's policies and procedures, so they can communicate information to their management and board in line with their school's policies. The 3 PEAKS will not release details of minors involved in an incident and this is the responsibility of the school management.

36. Hazard management strategies

Incident Reports

All accidents or incidents during the event will be recorded in line with 3 Peaks Policies and Procedures.

37. COVID-19: Practices

The Team at the GO-4-12 Youth Adventure Race have been working hard to ensure that we are able to run a fun and safe event for our participants and this may mean some changes to what we normally do.

These are the measures in place for the 2023 Event.

Competitors must not attend the event if they are:

- unwell
- a confirmed or probable case of COVID-19
- waiting for a COVID-19 test result
- self-isolating

Use basic hygiene

All people at the event must use good hygiene such as frequent hand washing with soap and water, and if they cough and sneeze, do so into their elbow. Use hand sanitizer.

38. Organisation's safety performance Check List.

Please note that none of the activities in the race come under the Adventure ACTIVITIES Regulations. *

- Are records kept of incidents and accidents **Yes**
- Are logs kept of equipment use? (for example, ropes) **Yes**
- Is there a safety management plan for each activity? **Yes**
- Have the Organizations Safety Management Systems been Audited – **No** *
- Has the Organization done a safety review – **Yes**
- Has the Organization got a current Safety Audit Certificate – **No**
- Can we supply a list of instructors who will be used for our event – **Yes**
- Can we confirm that if personnel are changed for any reason, people of equal professional capability only will be used – **Yes**

39. Event review and evaluation

A debrief will be held with all staff, contractors and volunteers involved in the event, to discuss:

Accidents and incidents, Improvements for future, what worked well, positive outcomes of the event - This is to be documented and filed with management. A participant evaluation will be done after the event and a Report will be written to School Sport NZ

40. Contact details

AINSWORTH LTD TA 3 PEAKS

e. 3peaks@xtra.co.nz
m. 027 3600086

GO-4-12 Adventure Events
w. www.go412.co.nz

