

GET LOST!! IN BLACK DIAMOND 2012

(A ROGAINE)

BLACK DIAMOND MINES REGIONAL PRESERVE

SAFETY PLAN

(EXCERPT FROM EVENT PLAN)

REVISION 1.2 13 MARCH 2012

A. EVENT OVERVIEW

1. The event will be held on Sunday, 18 March 2012 at Black Diamond Mines Regional Preserve, subject to a permit from East Bay Regional Park District. The event's parking will be at the main (Somerville) parking lot, subject to a limit determined by the District. Participants will be encouraged to carpool, and a shuttle will be organized from Road Runner Sports in Concord, a sponsor of the event.

The registration, start, and finish will be in the immediate vicinity of the Somerville parking lot. There will not be other manned locations or manned aid stations. We would like to hold the event rain or shine.

2. The organizer of the event is Get Lost!! Running, Racing, Inc., FEIN 26-2500140, a California nonprofit corporation. The event is co-sponsored by terraloco (Rex Winterbottom dba terraloco).

3. The event is a rogaïne. Approximately 31 checkpoints will be placed over the Regional Preserve. Teams and individuals will attempt to locate and visit as many checkpoints as possible within a time limit using a specially prepared map of the preserve. At least one map per participant will be issued. Checkpoint visits will be electronically recorded in a device carried by the participant/team, and in the checkpoint station. Checkpoints will be worth varying numbers of event score points.

4. Two event durations (time limits) will be offered: 2 hours and 4 hours. Participants arriving after the time limit will be subject to a score penalty. Participants arriving more than 30 minutes late will be disqualified.

5. The area of the preserve that we plan to map and use for this event is the entire preserve (19.3 km²), not including any terrain within Contra Loma Regional Recreation Area.

6. The proposed event schedule is as follows (18 March 2012):

07:14	Sunrise
08:00	Setup begins, first car in parking lot
09:00	Registration opens
09:30	Maps are handed out, all divisions
10:10	Briefing, all divisions
10:30	Registration closes

10:30	Start, all divisions
12:15	Food service begins, start/finish
12:30	Finish, 2 hours
13:10	Award ceremony, 2 hours
14:30	Finish, 4 hours
15:00	Absolute deadline to finish; Checkpoint retrieval commences
15:10	Award ceremony, 4 hours
15:15	Search operations begin if needed
15:30	Food service ends
18:30	Checkpoint retrieval ends
19:00	All personnel and equipment out of the parking lot
19:17	Sunset

7. The course that includes all checkpoints is approximately 27 kilometers. We do not expect any participants or teams to be able to collect all checkpoints.

8. We will admit a maximum of 120 participants. We will allow individuals and teams of 2 to 5 people to enter the event. We expect the event to sell out. Median expected turnout is 100 participants and minimum expected turnout is 80 participants.

9. All event registration will take place in advance at <http://getlostxx.com/register>. Entry fees will range from \$32 for early entry for the 2 hour course, without a shirt, to \$84 for entering the 4 hour course less than a week before the event. There will be discounts of up to \$10 for orienteering club and national Federation members. We will not sell event-associated merchandise (shirts are included in the basic event fee), but we will assess an extra \$5 charge for parking at the Somersville lot (in addition to the Preserve's \$5 fee). This fee will be collected by us in advance, and will strongly encourage the participants to carpool or use the complimentary shuttle.

10. We will limit participant parking to 40 vehicles via the use of the pass system. These vehicles will be parked as further specified in the Access Plan.

11. There will be up to 3 organizers' tents, and up to 2 vendor and sponsor tents (subject to vendor and sponsor interest).

12. Participants take part on their own risk and are responsible for their safety. Each participant will be required to sign a liability waiver form, supplied as Appendix 5 to this Plan.

B. ACCESS PLAN

13. A single access route, Somersville Road, will be used for Get Lost!! in Black Diamond. This road will be used for participant and staff access, and for emergency vehicle access and evacuations.

14. Participant parking will be limited to 40 vehicles. Twenty of the vehicles will be allowed to park at the lot at the end of Somersville Road, and twenty will be parked at the Visitor Center. Participants will be delivered to and from the vehicles at the Visitor Center by the shuttle.

15. A shuttle, free to participants, will be organized from Road Runner Sports in Concord. The current contract for the shuttle is with Bauer's Intelligent Transportation, <http://www.bauersit.com>. Approximately one shuttle bus trip will be needed for every 40 participants. One or two physical shuttle buses will be utilized, running on a schedule determined according to participant numbers and the parking limit.

Participants will be encouraged to carpool and to take the shuttle by a \$10 parking surcharge (\$5 collected by us, and \$5 is the regular Preserve parking fee).

16. Staff trips on days other than the event day are minimal and will not significantly alter the overall use of the Somersville parking lot, or other park access points.

SAFETY

C. HAZARDS AND PREPAREDNESS

17. Participants will be required to carry bottles or other containers capable of holding at least 0.5 liters of water per team member, and a whistle. A list of suggested equipment will be provided in the Safety Policy and Procedures section of the event-day instructions (Appendix 3).

18. For an endurance event such as a rogaine, participants need food, water, and electrolytes. The organizers and the participants share the responsibility for these.

(a) Water will be provided at two or three locations on the course in the amount of at least 1.5 liters per participant, and at the start/finish, at least 3.0 liters per participant. Salt pills and plain salt will be offered for free at the start/finish, providing at least 3000 mg sodium ion per participant. Energy gels are provided by our sponsor, GU Energy, in quantity of at least 2 gels per participant. Post-race food is included in the entry fee. The food will provide adequate protein and carbohydrates to speed up post-race recovery, and will be served at an appropriate temperature.

(b) Participants will be reminded of the need for adequate hydration, calorie intake, and electrolyte balance maintenance in the Safety Policy and Procedures section of the event-day instructions. In particular, we highlight the dangers of hyponatremia (low sodium).

19. The most likely site- and season-specific hazards at Black Diamond Mines in March will be steep slopes and heat exposure.

(a) During the course of terrain survey for the map, all areas that the Course Designer deems excessively steep and/or unsafe will be noted. Checkpoint locations will be selected so that competitors will not have a reason to enter these areas. These areas, as well as all areas prohibited by the preserve (mine shafts, sensitive vegetation, park residences, and the corp yard), will be marked out of bounds on the participants' maps.

(b) Event staff will be instructed to look out for possible signs of heat stroke, and will implement the emergency response procedures (Section G of the Event Plan) if they spot such signs.

20. In case a participant is hopelessly lost, the safety bearing for this area is NORTH to James Donlon Boulevard, and will be included on the participants' maps (Appendix 2).

21. The event staff includes a licensed EMT available for handling medical emergencies. We typically have one or more licensed physicians among our participants. Nearest hospital information will be on the participants' maps (Appendix 2).

22. The team aspect of the event is perhaps the best safety instrument. Participants are encouraged to team up, in no small part by our fee structure that strongly favors teams. We emphasize the requirement for participants to help a team or participant in distress in both advance event information and event-day notes.

D. COMMUNICATIONS PLAN

23. Cellphone coverage varies through the territory of the preserve. FRS radio communications will be used by the organizers to supplement cellphones. FRS Channel 1 (462.5625 MHz) will be used for emergency communications and FRS Channel 8 (467.5625 MHz) for all other communications.

24. Participants will be encouraged to carry an AT&T or Verizon cellphone. A list of contact numbers for the event personnel will be included on the front of the participants' maps (Appendix 2). These phones will be charged, turned on, and reachable throughout the duration of the event.

25. The Administrative Director will compile a list of important phone numbers, including all event personnel, qualified medical personnel among the participants, Contra Costa County first responders and search and rescue organizations, and the Regional Park District. The Administrative Director is the person responsible for maintaining communications in case of emergency.

26. The Administrative Director shall be present at the start/finish throughout the event with the only exception of response to emergencies.

27. The emergency telephone at the Visitor Center may be utilized for response to emergencies if cellphone coverage is not available.

E. SEARCH

28. All car license plates will be recorded by the organizers before the start and matched with the participants. Personal cell phone numbers and emergency contact information (for someone not present at the event) will be collected during advance registration. The event's scoring software is able to instantly generate a listing of participants who are still on the course.

29. A team or individual participant will be deemed missing if they are not at the finish before 15:00:00 (thirty minutes after the 4 hour time limit) AND we cannot reach them through their cell phones and their emergency contacts; OR if other information surfaces earlier, possibly through contacts with other participants. For example, we may declare a 2 hour team missing at an earlier time, shortly after their 12:30 time limit expires. Search operations will commence within 15 minutes of the instant a team or a participant is deemed missing:

(a) Terrain is open at Black Diamond Mines. We will dispatch spotters to high points along Ridge Trail, armed with binoculars.

(b) Prior to the start, each team and individual participant will be required to complete an "intention sheet" showing their anticipated route. These sheets will be collected at the pre-start. In case a team is missing, the sheets will allow for quick checks of which area of the event to single out for the search.

(c) We have the capability to read out each checkpoint's electronic station and verify whether a team/individual visited it or not. If the missing participant is not located in Step (a), a small number of most likely checkpoints will be singled out for this operation based on the missing team/individual's intention sheet. The station(s) will be reached quickly by an event worker (using a mountain bike when allowed and practical) and read out, most likely on the spot. This knowledge will allow us to further narrow down the search area.

(d) Event personnel will be dispatched to this most likely search area. They will be directed by the event's Administrative Director and equipped with at least FRS radios, cellphones, flashlights, first aid kits, and mountain bikes.

(e) In case the missing team/individual is still not located after this search, or before a deadline further set by the District, emergency first responders and Contra Costa County Sheriff's Search and Rescue will be contacted. They will be given all relevant information in the organizers' possession.

30. Rescue operations are detailed in the following section.

F. EMERGENCY RESPONSE AND RESCUE PLAN

31. An emergency may be declared with or without a participant being deemed missing. In particular, a participant may experience an emergency in a known location and/or when accompanied by a teammate or another participant. Conversely, a missing participant does not constitute an emergency until our resources for the search, listed in Section F of the Event Plan, have been exhausted.

32. An emergency can be declared by the event's Administrative Director. An emergency shall be declared as soon as the information reaches the event personnel.

33. In all emergencies the Administrative Director will contact first responders by dialing 911 and follow their instructions. If cellphone coverage is not available at the start/finish or the location of the Administrative Director, the Director or a staff member designated by the Director will drive to the Visitor Center and utilize a dedicated emergency phone located there. Communications between this staff member and staff at the start/finish will be via FRS Channel 1 (462.5625 MHz).

If both cellphone coverage and the emergency telephone are not available, the Administrative Director will dispatch a staff member to the intersection of Somersville Road and James Donlon Boulevard, where cellphone coverage has been verified good. Communications between this staff member and staff at the start/finish will be via FRS Channel 1 (462.5625 MHz).

34. Participants will be encouraged to carry an AT&T or Verizon cellphone and are instructed to call 911 in an emergency, and to also notify the organizers. A list of contact numbers for the event personnel will be provided on the front of the participants' maps (Appendix 2). Participants are required to help a team or individual in distress.

35. The event's Emergency Medical Responder will be present at the start/finish beginning at the completion of the 4 hour event, except as needed to respond to an emergency. The Responder is able to reach the injured participant on the course if it is unreasonable to expect the participant to reach the medical aid station on her/his own. Neither the Responder nor the organizers are authorized to transport an injured participant, and will call 911 in case transport is necessary.

36. The Administrative Director will prioritize responses to multiple emergencies based on their seriousness.

APPENDIX 1: CONTACTS

Administrative Director	Vladimir Gusiaticnikov	+1 971 998 0321
Course Designer	Bill Cusworth	+1 206 550 2905

Get Lost!! Running, Racing 284 Monterey Blvd. San Francisco, CA 94131		+1 971 998 0321
---	--	-----------------

Road Runner Sports 1975 Diamond Blvd. Concord, CA 94520		+1 925 825 8052
---	--	-----------------

East Bay Regional Park District 2950 Peralta Oaks Court Oakland, CA 94605		+1 888 327 2757
---	--	-----------------

APPENDIX 2: SAFETY INFORMATION ON PARTICIPANTS' MAPS

There will be at least one map per participant issued. The text below will be on the face of this map.

18 MARCH 2012
SUNRISE: 07:14 AM
SUNSET: 07:17 PM

SAFETY BEARING: NORTH TO JAMES DONLON BLVD
START/FINISH IS AT THE SOUTHERN END OF SOMERSVILLE ROAD

2 HOUR FINISH IS AT 12:30:00 PM
4 HOUR FINISH IS AT 2:30:00 PM
PENALTY IS 10 POINTS FOR EACH MINUTE AND FRACTION THEREAFTER
PARTICIPANTS ARE DISQUALIFIED IF MORE THAN 30 MINUTES LATE
SEARCH COMMENCES AT 3:15 PM SHARP!

EVENT STAFF CONTACTS:
VLADIMIR/ADMIN. DIRECTOR +1 971 998 0321

EMERGENCY: 911
CELL PHONE COVERAGE: SPOTTY, AT&T AND VERIZON

HOSPITAL:
JOHN MUIR URGENT CARE
2700 GRANT ST., SUITE 200
CONCORD, CA 94520
+1 925 674 2500

DIRECTIONS: OUT ON SOMERSVILLE ROAD; TAKE HIGHWAY 4 WEST. EXIT 15A FOR HIGHWAY 242
SOUTH. EXIT 2 FOR GRANT STREET, TAKE A LEFT. GO UNDER THE FREEWAY, THE FACILITY WILL
BE ON YOUR LEFT (15 MILES TOTAL FROM START/FINISH)

APPENDIX 3: GET LOST!! IN BLACK DIAMOND SAFETY POLICY AND PROCEDURES

(SECTION 1 OF THE EVENT-DAY INFORMATION NOTES, ALSO PROVIDED TO EVENT STAFF)

A. IN CASE OF EMERGENCY

If there is an emergency, call 911 and also notify the Administrative Director. Contact info is on the front of your map.

B. REQUIRED AND SUGGESTED EQUIPMENT

REQUIRED: Bottles or other containers able to carry at least 0.5 liters of water per team member; Whistle; Watch; SPORTident electronic tag (ONE PER PARTICIPANT).

SUGGESTED: Cellphone (AT&T or Verizon); Compass; Appropriate clothing and shoes; Salt tablets; Food/energy snacks; First aid kit; Space blanket.

AID: Two water-only stations on the course with plain bottled water.

C. HAZARDS

STEEP SLOPES: If we thought it's not safe, it's marked out of bounds on the map. Shoes with a good tread are helpful.

HEAT EXPOSURE: Stay well hydrated. Look out for signs of heat stroke in your teammate, such as absence of sweating, rapid pulse, difficulty breathing, and confusion.

D. TIME LIMITS

2 hour event: 12:30 pm

4 hour event: 2:30 pm

E. INTENTION SHEET

Each team and individual participant must mark their intended route on a copy of the competition map. This so-called intention sheet will be collected at the briefing 15 minutes before the start. Teams and participants who do not provide an intention sheet will not be allowed to start. It is not critical that the team follow this plan, however the intention sheet will give us a good idea where to look for a team should it become missing.

F. TEAMMATES STAY TOGETHER

All teammates must stay within unaided voice distance and must punch at checkpoints together in order to claim credit. Not staying together will yield disqualification.

G. SEARCH PROCEDURES

At 02:45:00 pm, that is 15 minutes after the 4 hour time limit, we will generate a list of teams and individuals who have not reported back from the course. We will take into account the download information and all cars/shuttles still missing passengers. We may do so earlier for the 2 hour event. If the list is not empty, we will first attempt to reach the participants' cell phones and then their listed emergency contact numbers.

If these attempts are unsuccessful, we will retrieve the missing participants' intention sheets, and use them to narrow down the areas to search. We will first dispatch spotters to look for the missing person(s) from high points on the ridge. If unsuccessful, we'll then dispatch event staff to query SPORTident stations in this likely area. Past experience shows that these workers are quite likely to discover the missing team(s). If the missing participants are still not found, the stations will be read out to further narrow down the search area.

Full-scale search will commence as soon as this information is generated, and will be directed by the event's Administrative Director or by authorized emergency personnel.

H. CELL PHONE COVERAGE AND COMMUNICATIONS

Cellphone coverage varies for AT&T and Verizon. It is unreliable and/or absent in the canyons, including the start/finish.

I. MEDICAL PERSONNEL

There will be an EMT stationed at the start/finish beginning at the completion of the 4 hour event.

APPENDIX 4: SAFETY-RELATED PROCEDURES

(MANUAL FOR EVENT STAFF)

A. CHECK-IN AND START

AT REGISTRATION (OPEN 08:30 AM):

1. All participants must read, understand, and sign a liability waiver form (unless signed electronically in advance).
2. All participants must provide a legible name, phone number, car license plate number, and an emergency contact (for someone not at the event) if not already submitted through pre-registration, or if the early submission is incorrect.
3. All participants are informed of the time limits. At these designated cutoff times of 12:00:00 noon (2 hour division) and 02:00:00 pm (4 hour division), individual participants and teams must discontinue their course and head directly to the finish.

DURING COURSE PLANNING (09:00 AM—09:45 AM):

4. Each team and individual participant must mark their anticipated route on an intention sheet. This sheet is a copy of the event map, and will be retained by the organizers. One sheet per team.

DURING MANDATORY PRE-EVENT BRIEFING (09:40 AM—09:45 AM):

5. The participants are informed of the mandatory out-of-bounds areas, and any and all possible hazards discovered by the organizers at the last minute.
6. The participants are reminded of the safety and emergency information, the time limit, penalties for late arrival, mandatory disqualification if over 30 minutes late, and search procedures if over 45 minutes late.

DURING PRE-START (09:45 AM—10:00 AM):

7. Intention sheets are collected from all teams and individual participants. If the intention sheet is not available or is incomplete, the team/participant will not be allowed to start.
8. The number of each team's members is matched with registration information.
9. Required equipment is verified. If any of the required equipment is missing, the team/participant will not be allowed to start.
10. Participants' SPORTident electronic tag numbers are read and matched with registration information.

B. FINISH

1. The finish will be manned until all teams and individuals who started have reported back or been otherwise accounted for.
2. Immediately after a team's finish, all team members must download their SPORTident electronic tags into the organizers' database.

C. SEARCH

At 02:45:00 pm, that is 15 minutes after the 4 hour time limit, we will generate a list of teams and individuals who have not reported back from the course. We will take into account the download information and all cars/shuttles still missing passengers. We may do so earlier for the 2 hour event. If the list is not empty, we will first attempt to reach the participants' cell phones and then their listed emergency contact numbers.

If these attempts are unsuccessful, we will retrieve the missing participants' intention sheets, and use them to narrow down the areas to search. We will first dispatch spotters to look for the missing person(s) from high points on the ridge. If unsuccessful, we'll then dispatch event staff to query SPORTident stations in this likely area. Past experience shows that these workers are quite likely to discover the missing team(s). If the missing participants are still not found, the stations will be read out to further narrow down the search area.

Full-scale search will commence as soon as this information is generated, and will be directed by the event's Safety Coordinator or by authorized emergency personnel.

APPENDIX 5: LIABILITY WAIVER FORM

RELEASE AND WAIVER OF LIABILITY

IF YOU DO NOT FULLY ACCEPT THE FOLLOWING CONDITIONS AND DO NOT SIGN THIS WAIVER, YOU WILL NOT BE PERMITTED TO PARTICIPATE IN THIS EVENT.

I, the undersigned, know that Rogaining, as an outdoor action sport, carries a significant risk of personal injury. I know that there are natural and manmade hazards, environmental conditions, and risks, which, in combination with my action, can cause me serious, or possibly even fatal, injury. I agree that I, as a participant, must take an active role in understanding and accepting these risks, conditions, and hazards. I agree that I alone am responsible for my own safety while participating in this event.

In consideration of the acceptance of this entry, intending to be legally bound, I do hereby for myself, my heirs, executors, and administrators

Agree to hold Get Lost!! Running, Racing, Inc.; its directors, employees, agents, contractors, and sponsors; and their representatives, successors, and assigns,

And the East Bay Regional Park District, its officers, agents, and employees

Harmless from any and all liability, action, causes of action, debts, claims, and demands of every kind and nature whatsoever

Which I now have or which may arise from, or in connection with, my activity during Get Lost!! in Black Diamond.

The terms of this agreement shall also serve as release and assumption of risk from the heirs, executors, and administrators for all members of my family. I further agree that this Release and Waiver of Liability is intended to be as broad as permitted under California law, and that if any portion thereof is held invalid, it is agreed that all other portions shall continue in full legal force and effect.

Name (please print) _____ Signature _____

Parent or guardian must sign if entrant is under 18 _____ Date _____