

GET LOST!! IN FORT ORD 2013

(A ROGAINE)

FORT ORD NATIONAL MONUMENT

SAFETY PLAN

(EXCERPT FROM EVENT PLAN)

REVISION 1.3 28 JUNE 2013

A. EVENT OVERVIEW

1. The event will be held on Saturday, 03 August 2013 at Fort Ord National Monument, subject to a permit from the Bureau of Land Management. The event's parking, registration, start, and finish will be at Fort Ord Public Lands Day Site. 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.
3. The event is a rogaine. Approximately 45 checkpoints will be placed on official, open trails over Fort Ord National Monument. 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 National Monument. At least one map per participant will be issued. Checkpoint visits will be relayed to the organizers by the participants via cellphones. Checkpoints will be worth varying numbers of event score points.
4. We plan to offer on-foot and mountain bike divisions. All participants will be instructed to stay entirely on official, open trails while inside the National Monument.
5. For both foot and bike participants, two event durations (time limits) will be offered: 4 hours and 8 hours. Participants arriving after the time limit will be subject to a score penalty. Participants arriving more than 30 minutes late will be disqualified.
6. We plan to map and use the entire Fort Ord National Monument for this event (approx. 28.7 km²), excluding areas not open to the public.
7. The proposed event schedule is as follows (03 August 2013):

06:15	Sunrise
07:10	First car through the Gigling/Eighth gate
07:30	Setup begins, first car at the Day Site
08:30	Registration opens
09:00	Maps are handed out, all divisions
09:40	Briefing, all divisions

09:55	Registration closes
10:00	Start, all divisions, foot and bike
13:30	Food service begins, start/finish
14:00	Finish, 4 hours
14:30	Award ceremony, 2 hours
18:00	Finish, 8 hours
18:30	Absolute deadline to finish; Checkpoint retrieval commences
18:30	Award ceremony, 8 hours
18:45	Search operations begin if needed
19:00	Food service ends
19:30	Checkpoint retrieval ends
20:00	All personnel and equipment out of the Day Site
20:12	Sunset
20:20	Last car out of the gate

8. The course that includes all checkpoints is approximately 75 kilometers along trails. We do not expect any foot teams to be able to collect all checkpoints, but good bike teams will be able to complete the course.

9. We will admit a maximum of 200 participants. We will allow individuals and teams of 2 to 5 people to enter the event. We do not expect the event to sell out. Median expected turnout is 100 participants and minimum expected turnout is 60 participants. We will urge registered participants to carpool as soon as registrations exceed 100 participants.

10. All event registration will take place in advance at <http://getlostxx.com/register>. Entry fees will range from \$52 for early entry in the 4-hour course, without a shirt, to \$104 for entering the 8-hour course less than a week before the event. There will be discounts of up to \$10 (cumulative) for Bay Area Orienteering Club members, Orienteering USA members, and California Adventure Racing Association affiliated athletes. We will not sell event-associated merchandise; shirts are included in the basic event fee.

11. There will be up to 5 organizers' tents, and up to 5 vendor and sponsor tents (subject to vendor and sponsor interest), in the start/finish area.

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.

13. Get Lost!! Running, Racing held its inaugural rogaine event at Fort Ord Public Lands on 03 March 2012. The event durations were 2 hours and 4 hours. There were no incidents, emergencies, or injuries among the 35 participants. One team was less than two minutes past the absolute deadline to finish.

B. ACCESS PLAN

14. A single access route will be used for Get Lost!! in Fort Ord. This route will be used for participant and staff access, and for emergency vehicle access and evacuations. The route is as follows:

Access gate is at the intersection of Eighth Avenue and Gigling Road in Seaside. Take Gigling Road east for 1.53 mi (2.45 km); Gigling Road ends. Take a left on Watkins Gate Road, go for 0.02 mi (0.04 km), and then an almost immediate right on Henneken's Ranch Road. Take Henneken's Ranch Road south for 1.76 mi (2.84 km); Henneken's Ranch Road ends at Eucalyptus Road. Take a left on Eucalyptus Road. Take Eucalyptus Road east for 0.29 mi (0.46 km) to the intersection with Barloy Canyon Road. Continue straight (east) through the intersection; Eucalyptus Road becomes Jack's Road. Take Jack's Road east for 2.08 mi (3.35 km). The Day Site is on Jack's Road. All of this route is paved, and the total distance from the access gate is 5.68 miles (9.13 kilometers). Allow 20 minutes from the access gate.

Reverse route:

Take Jack's Road (heading northwest) for 2.08 mi (3.35 km) to the intersection with Barloy Canyon Road. Continue straight (west) through the intersection; Jack's Road becomes Eucalyptus Road. Take Eucalyptus Road west for 0.29 mi (0.46 km). Take a right on Henneken's Ranch Road. Take Henneken's Ranch Road north for 1.76 mi (2.84 km) to its junction with Watkins Gate Road. Take a left on Watkins Gate Road, and very shortly, after 0.02 mi (0.04 km), keep to the right (to the west) on Gigling Road. Take Gigling Road for 1.53 mi (2.45 km) to the access gate at the intersection of Eighth Avenue and Gigling Road in Seaside. All of this route is paved, and the total distance to the access gate is 5.76 miles (9.28 kilometers). Allow 20 minutes to the access gate.

All (four) road junctions and intersections on this route will be signposted by us in both directions. Participants are reminded of the 25 mph speed limit.

15. Participants on the course will not be using the access route during the event in numbers that would be significant enough to disrupt possible emergency-related traffic.

C. HAZARDS AND PREPAREDNESS

16. Participants will be required to carry bottles or other containers capable of holding at least 0.5 liters of water per team member, a cellphone (AT&T or Verizon), a whistle, and clothing appropriate to the weather, accounting for the possibility of injury or exhaustion. A list of suggested equipment will be provided in the Safety Policy and Procedures section of the event-day instructions (Appendix 3).

17. 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 three or four 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).

18. The most likely site- and season-specific hazards at Fort Ord in August will be unexploded ordnance, poison oak, and rattlesnakes.

(a) Participants will be reminded to watch out for unexploded ordnance, and not to approach or touch any strange or unfamiliar objects, in particular ones that look manmade or may be metal.

(b) The description of poison oak is available on the Bay Area Orienteering Club's website and the participants are referred to it. Poison oak treatment product will be provided by our sponsor, Zanfel Laboratories, for free in quantities enough to treat all of the participants who are potentially exposed.

(c) Participants will be reminded not to approach rattlesnakes, and instructed not to put their hands or feet where they can't see them.

19. In case a participant or team is/are hopelessly lost, the safety bearing for this area is EAST to Highway 68 and/or Reservation Road, and will be included on the participants' maps (Appendix 2). Participants are reminded of the requirement to stay on official, open trails should they utilize the safety bearing.

20. The event staff includes a licensed EMT dedicated to handling medical emergencies. We typically have one or more licensed physicians among our participants. The Emergency Medical Responder will provide all first-aid supplies necessary to stock the medical aid station at the start/finish. Nearest hospital information will be on the participants' maps (Appendix 2).

21. 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 information and event-day notes.

D. COMMUNICATIONS PLAN

22. Cellphone coverage by AT&T and Verizon has been verified satisfactory throughout the entire territory of the National Monument, including the Day Site. Participants will be required 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 and turned on throughout the duration of the event.

23. The Safety Coordinator will compile a list of important phone numbers, including all event personnel, qualified medical personnel among the participants, Monterey County first responders and search and rescue organizations, Fort Ord Reuse Authority, and the Bureau. The Safety Coordinator is the person responsible for maintaining communications in case of emergency.

24. The Safety Coordinator shall be stationed throughout the event at a location near the start/finish that has verified cellphone coverage, with the only exception of response to emergencies.

25. Short-distance FRS radios will be used as backup to cellphone communications. FRS Channel 1 (462.5625 MHz) will be used for emergency communications and FRS Channel 8 (467.5625 MHz) for all other communications.

E. SEARCH

26. 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.

27. A team or individual participant will be deemed missing if they are not at the finish before 18:30:00 (thirty minutes after the 8-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 4-hour team missing at an earlier time, shortly after their 12:00 time limit expires. Search operations will commence within 15 minutes of the instant a team or a participant is deemed missing:

(a) The event's scoring software knows whether a team/individual visited a particular checkpoint location. The last checkpoint visited by the missing team will be determined.

(b) The missing individual/team's intention sheet will be retrieved, and their next checkpoint will be determined. The two checkpoints will define the area to single out for the search.

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

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

F. EMERGENCY RESPONSE AND RESCUE PLAN

28. 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.

29. An emergency can be declared by the event's Administrative Director and/or by its Safety Coordinator. An emergency shall be declared as soon as the information reaches the event personnel.

30. In all emergencies the Safety Coordinator, or the Administrative Director if the Safety Coordinator is unavailable, will contact first responders by dialing 911 and follow their instructions.

31. Participants will be required 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.

32. The event's Emergency Medical Responder will be present at the medical aid station at the start/finish throughout the 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.

33. The Safety Coordinator will prioritize responses to multiple emergencies based on their seriousness.

APPENDIX 1: CONTACTS

Administrative Director	Vladimir Gusiaticnikov	+1 971 998 0321
Safety Coordinator	TBA	+1 XXX XXX XXXX
Course Designer	TBA	+1 XXX XXX XXXX

Get Lost!! Running, Racing
284 Monterey Blvd.
San Francisco, CA 94131

+1 971 998 0321

Laura Tremaine
12115 Burke St., Suite 1
Santa Fe Springs, CA 90670

+1 415 302 7147

Monterey County Regional Fire District
19900 Portola Dr.
Salinas, CA 93908

Dave Jensen

+1 831 755 5013
+1 831 241 4789

Bureau of Land Management
20 Hamilton Court
Hollister, CA 95023

+1 831 630 5035

Fort Ord Reuse Authority
920 2nd Ave., Suite A
Marina, CA 93933

+1 831 883 3672

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.

STAY ON OFFICIAL, OPEN TRAILS!!

03 AUGUST 2012
SUNRISE: 06:15 AM
SUNSET: 08:12 PM

SAFETY BEARING: EAST TO RESERVATION ROAD OR HIGHWAY 68
STAY ON OFFICIAL, OPEN TRAILS IF YOU USE THE SAFETY BEARING!

4-HOUR FINISH IS AT 2:00:00 PM
8-HOUR FINISH IS AT 6:00:00 PM
PENALTY IS 10 POINTS FOR EACH MINUTE AND FRACTION THEREAFTER
PARTICIPANTS ARE DISQUALIFIED IF MORE THAN 30 MINUTES LATE
SEARCH COMMENCES AT 6:45 PM SHARP!

EVENT STAFF CONTACTS:
XXX/SAFETY COORDINATOR +1 XXX XXX XXXX
VLADIMIR/ADMIN. DIRECTOR +1 971 998 0321

EMERGENCY: 911
CELL PHONE COVERAGE: ACCEPTABLE, AT&T AND VERIZON, EXCEPT IN LOW AREAS

HOSPITAL:
MONTEREY BAY URGENT CARE
245 WASHINGTON STREET
MONTEREY, CA 93940
+1 831 372 2273

DIRECTIONS: OUT ALONG THE POSTED ROUTE. TAKE GIGLING ROAD WEST. RIGHT ON GENERAL JIM MOORE BOULEVARD, SHORTLY A LEFT ON LIGHTFIGHTER DRIVE. MERGE ON HIGHWAY 1 SOUTH. EXIT 402B FOR DEL MONTE AVENUE TOWARD PACIFIC GROVE. FOLLOW DEL MONTE AND THE FACILITY WILL BE ON YOUR RIGHT AT WASHINGTON STREET (14 MILES TOTAL FROM START/FINISH)

APPENDIX 3: GET LOST!! IN FORT ORD 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 Safety Coordinator. 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; Cellphone (AT&T or Verizon); Whistle.

SUGGESTED: Compass; Bike map holder; Salt tablets; Food/energy snacks; First aid kit; Space blanket.

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

C. HAZARDS

UNEXPLODED ORDNANCE: DO NOT APPROACH OR TOUCH ANYTHING THAT LOOKS MANMADE. Stay on trails. Do not enter trails that are posted closed, and do not enter trails that are marked as forbidden routes on your map.

POISON OAK: Learn to identify it if you're sensitive, and treat with Zanfel Wash afterwards.

RATTLESNAKES: Do not approach. Do not put your hands or feet where you can't see them.

D. TIME LIMITS

4-hour event: 2:00 pm

8-hour event: 6:00 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 06:15:00 pm, that is 15 minutes after the 8-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 information provided by the scoring system, and all cars/shuttles still missing passengers. We may do so earlier for the 4-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, the cellphone scoring system will determine the last checkpoint visited by the missing participant(s). We will then retrieve the missing participants' intention sheets, and use them to narrow down the area to search. We will then dispatch event staff to this area. Past experience shows that these workers are quite likely to discover the missing team(s).

If the missing participants are still not found, full-scale search will commence. The search will be directed by the event's Safety Coordinator or by authorized emergency personnel.

H. CELL PHONE COVERAGE AND COMMUNICATIONS

Cellphone coverage is acceptable for AT&T and Verizon throughout the entire event area, except in several low-lying areas.

I. MEDICAL PERSONNEL

There will be a dedicated EMT stationed at the start/finish who will operate a medical aid tent. The EMT can reach an injured person on the course if necessary.

J. SPEED LIMIT

The speed limit on Fort Ord National Monument is 25 mph.

K. STAY ON TRAILS AND RESPECT OTHER USERS

Any participant or team seen traveling off trail, entering closed/forbidden trails, or taking shortcuts will be disqualified. Please observe trail etiquette. Cyclists, yield to foot travelers; both, yield to equestrians. Friendly, respectful interaction with other trail users is key to our future ability to use Fort Ord National Monument.

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 02:00:00 pm (4-hour division) and 06:00:00 pm (8-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 trails, 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.
7. The participants are reminded of the requirement to stay on official, open trails, disqualification penalty for not doing so, and are reminded of the trail etiquette and the requirement to be respectful to other trail users.

DURING PRE-START (09:45 AM—10:00 AM):

8. 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.
9. The number of each team's members is matched with registration information.
10. Required equipment is verified. If any of the required equipment is missing, the team/participant will not be allowed to start.
11. Participants' cellphone numbers are entered into the scoring system.

B. FINISH

The finish will be manned until all teams and individuals who started have reported back or been otherwise accounted for.

C. SEARCH

At 06:45:00 pm, that is 15 minutes after the 8-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 information provided by the scoring system, 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, the cellphone scoring system will determine the last checkpoint visited by the missing participant(s). We will then retrieve the missing participants' intention sheets, and use them to narrow down the area to search. We will then dispatch event staff to this area. Past experience shows that these workers are quite likely to discover the missing team(s).

If the missing participants are still not found, full-scale search will commence. The search 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, volunteers, agents, contractors, and sponsors; and their representatives, successors, and assigns,

And the United States Government, its Agencies, representatives, and authorized right-of-way grantees; Monterey County Parks Department; and their directors, officers, employees, agents, and commissioners

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 Fort Ord.

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 federal law and 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 _____