

# GET LOST!! IN HENRY COE 2011

(A ROGAINE)

## SAFETY PLAN (PROPOSED)

DRAFT 1.0 19 APRIL 2011

### A. EVENT OVERVIEW

1. The event will be held on Saturday and Sunday, 05, 06 November 2011 at Henry Coe State Park. The event's parking, registration, start, and finish will be at the park's Hunting Hollow entrance. There will be aid stations at Willson Camp and possibly at Dowdy Ranch. 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 non-profit corporation. The event is co-sponsored by terraloco.
3. The event is a rogaie. Approximately 68 checkpoints will be placed over an area of the park of approximately 82 square kilometers. 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 park. 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. Four divisions (time limits) will be offered: 4 hours on Saturday, 4 hours on Sunday, 8 hours on Saturday, and 24 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 proposed event schedule is as follows (05, 06 November 2011):

06:00	Setup begins, first car in parking lot
06:30	Registration opens
07:34	Sunrise
08:00	Maps are handed out, all divisions except Sunday 4 hours
08:45	Briefing, 8 hours
09:00	Start, 8 hours
09:45	Briefing, Saturday 4 hours
10:00	Start, Saturday 4 hours
10:30	Registration closes
10:45	Briefing, 24 hours
11:00	Start, 24 hours
11:30	Vehicles and staff out to aid station(s)
12:30	Aid station setup begins
13:00	Aid station(s) open(s)
13:30	Food service begins, start/finish
14:00	Finish, 4 hours
15:30	Food service begins, aid station
17:00	Finish, 8 hours
17:30	Absolute deadline to finish, Saturday divisions

17:45	Search operations begin if needed, Saturday divisions
18:00	Awards, Saturday divisions
18:06	Sunset
02:00	Daylight savings time ends
06:30	Registration reopens
06:35	Sunrise
07:00	Maps are handed out, Sunday 4 hours
07:30	Registration closes
07:45	Briefing, Sunday 4 hours
08:00	Start, Sunday 4 hours
08:30	Food service ends, aid station(s) close(s)
10:00	Finish, 24 hours
10:30	Absolute deadline to finish, 24 hours
10:45	Search operations begin if needed, 24 hours
11:00	Vehicles and staff back from aid station(s)
11:15	Awards, 24 hours
12:00	Finish, Sunday 4 hours
12:30	Absolute deadline to finish, Sunday 4 hours
12:45	Search operations begin if needed, Sunday 4 hours
13:00	Awards, Sunday 4 hours
13:15	Checkpoint retrieval begins
13:30	Food service ends, start/finish
15:00	All equipment out, except course equipment
16:30	Retrieval ends, all personnel out of the entrance area/parking lot
17:05	Sunset

6. The course that includes all checkpoints is approximately 78 kilometers. We do not expect any teams to be able to collect all checkpoints, but some will come close.

7. We will admit a maximum of 260 participants. Of this number, we will admit a maximum of 120 participants in the 24 hour division. Only qualified teams of 2 to 5 people, all of whom must have had previous endurance/navigation experience, will be allowed in the 24 hour division. We will allow teams of 2 to 5 people to enter the 8 hour event. We will allow individuals and teams of up to 5 people to enter the 4-hour events.

8. Participants take part on their own risk and are responsible for their safety. Each individual and each team member will be required to sign a liability waiver form (APPENDIX 5).

9. Get Lost!! Running, Racing held a rogaine with 4 hour and 8 hour divisions at Henry Coe State Park on 11 December 2010. There were no incidents, emergencies, or injuries among the 108 participants. No teams or individuals were past the absolute deadline to finish.

## **B. HAZARDS AND PREPAREDNESS**

10. Participants will be required to carry a compass and a whistle. In addition, participants in the 24 hour division will be required to carry at least two flashlights (main and back-up). A list of suggested equipment will be provided in the Safety Policy and Procedures section of the event bulletin (APPENDIX 3).

11. 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 nine locations on the course. At stops that are not aid stations, there will be at least

1.5 liters per participant; at the aid station(s), at least 5.0 liters/participant; and at the start/finish, at least 3.0 liters per participant. The intended water stop locations are Gibson Pond, Willson Peak, Timm Spring 2, Center Flats, Coit Lake, and Elderberry Spring (in addition to the aid station(s) at Willson Camp and possibly at Dowdy Ranch; if there is no aid at Dowdy Ranch, there will be at least water). We will treat the spring water, or provide bottled water if there is no spring.

Salt pills and plain salt will be offered for free at the start/finish and the aid station(s), providing at least 3000 mg sodium ion per participant. Post-race food and aid station snacks are 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 bulletin (APPENDIX 3). In particular, we highlight the dangers of hyponatremia (low sodium).

12. The most likely site- and season-specific hazards at Henry Coe in December will be steep slopes, poison oak exposure, hypothermia, mountain lions, and ticks.

(a) During the course of terrain survey for the map, all areas that the organizers deem excessively steep and/or unsafe will be noted. These areas, as well as all areas prohibited by the park, will be marked out of bounds on the participants' maps, and participants will be instructed to avoid these areas during a pre-event briefing. We did not identify any such areas during the survey for our 2010 event, but there may be some in Braen Canyon, Coon Hunters Gulch, and the two canyons south, where our 2010 event did not extend.

(b) The description of poison oak is available on the Bay Area Orienteering Club's website and will be included in the event information handout. During the course of terrain survey for the map, extensive areas of poison oak growth will be noted. They will be presented in a special color on the participants' map so they can be avoided by those who are sensitive. Tecnu® will be provided by the organizers for free. This mechanism was implemented at our 2010 event (copies of the map are available), and worked well. We are unaware of exposure cases that required medical attention.

(c) Participants will be reminded to use common sense with respect to clothing in pre-event info and the event information bulletin. We will insistently suggest using layers and carrying a space blanket.

(d) The event bulletin will include information on how to behave in order to survive a mountain lion encounter. One animal was sighted during our 2010 event, behaving peacefully.

(e) Participants will be reminded about ticks and their dangers. Several were removed after our 2010 event. We are unaware of medical complications.

13. In case a participant or team is/are hopelessly lost, the safety bearing for this area is WEST to Gilroy Hot Springs Road or Canada Road, and is included on the participants' maps (APPENDIX 2).

14. The event staff will include a licensed EMT (APPENDIX 1). At our 2010 event, we had three licensed physicians, and expect to have no shortage of qualified medical personnel among the participants and staff. First aid kits will be at the start/finish and at the aid station. Nearest hospital information will be on the participants' maps (APPENDIX 2).

15. The team aspect of the event is perhaps the best safety instrument. We will not allow individuals to participate in the 8 hour event or the 24 hour event. We will not allow anyone to enter the 24 hour event if we do not feel they are adequately prepared.

16. We will maintain two-way communications between the aid station staff and the start/finish staff using short-range, public-band radios. There is no cell phone reception at the start/finish, but there is good GSM reception at

the Willson Camp aid station. We are unaware of cell phone reception at Dowdy Ranch. We will use this radio link as the gateway for the start/finish staff's communications with the outside world.

## C. SEARCH AND RESCUE

17. During the course of terrain survey for the map, cell phone reception will be mapped for at least the two major national carriers. We are aware of two areas of reliable GSM reception on hillsides facing west, one of which includes the Willson Camp aid station, but have not mapped out Verizon's coverage. Maps of these reception zones will be provided to event personnel to aid in the possible search and rescue operations. Cell phones will be added to the list of required equipment for the participants if we consider the coverage to be adequate; according to our current knowledge, this is not the case. Cell phone contact information for the organizers will be included on the participants' maps (APPENDIX 2). These cell phones will be within a coverage area throughout the duration of the event.

18. 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.

19. A team or individual participant will be deemed missing if they are not at the finish before 17:30:00 for Saturday divisions, before 10:30:00 on Sunday for the 24 hour division, or before 12:30:00 for the Sunday 4 hour division, AND if we cannot reach them through their cell phones and their emergency contacts; OR if other information surfaces earlier, possibly from the aid station(s) or contacts with other participants. For example, we may declare a 4-hour team missing at an earlier time, shortly after their 14:00 time limit expires. Search operations will commence within 15 minutes of the instant a team or a participant is deemed missing:

(a) 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.

(b) We have the capability to read out each checkpoint's electronic station and verify whether a team/individual visited it or not. In case a search commences, 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.

(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 cell phones, 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 State Parks, Parks will be notified and/or the local Search and Rescue group will be contacted. They will be given all relevant information in the organizers' possession.

20. Rescue operations will commence as soon as information about a team or individual in distress reaches the organizers. In this case, Parks will be notified and the local Search and Rescue group will be contacted as quickly as possible.

## **APPENDIX 1: EVENT SAFETY PERSONNEL (PROPOSED)**

SAFETY COORDINATOR	VLADIMIR GUSIATNIKOV	+1 971 998 0321
EVENT DIRECTOR	REX WINTERBOTTOM	+1 510 681 6181
EMERGENCY MEDICAL TECH	WENDELL DOMAN	+1 415 405 6122

## **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.

05 NOVEMBER 2011	06 NOVEMBER 2011
SUNRISE: 07:34 AM	SUNRISE: 06:35 AM
SUNSET: 06:06 PM	SUNSET: 05:05 PM

AT 02:00 AM ON 06 NOVEMBER, DST ENDS;  
MOVE YOUR WATCH TO 01:00 AM

SAFETY BEARING: WEST TO GILROY HOT SPRINGS ROAD OR CANADA ROAD  
START/FINISH IS ON GILROY HOT SPRINGS ROAD EAST OF CANADA ROAD

SATURDAY 4 HOUR FINISH IS AT 2:00:00 PM  
SATURDAY 8 HOUR FINISH IS AT 5:00:00 PM  
24 HOUR FINISH IS AT 10:00:00 AM (NO DAYLIGHT TIME)  
SUNDAY 4 HOUR FINISH IS AT 12:00:00 NOON  
PENALTY IS 10 POINTS FOR EACH MINUTE AND FRACTION THEREAFTER  
PARTICIPANTS ARE DISQUALIFIED IF MORE THAN 30 MINUTES LATE  
SATURDAY SEARCH COMMENCES AT 5:45 PM SHARP!  
SUNDAY 24 HOUR SEARCH STARTS AT 10:45 AM; 4 HOUR SEARCH AT 12:45 PM

EVENT STAFF CONTACTS:  
VLADIMIR +1 971 998 0321  
REX +1 510 681 6181

CELL PHONE COVERAGE:  
SPOTTY, VERIZON  
GOOD, GSM AT&T/T-MOBILE: CHECKPOINTS 40, 41, 53, 62, 75, 80, 81,  
CENTRAL AID STATION  
NO CELL COVERAGE AT START/FINISH

EMERGENCY: 911

HOSPITAL:  
SAINT LOUISE REGIONAL  
9400 NO NAME UNO  
GILROY, CA 95020

+1 800 423 2032

+1 408 848 2000

DIRECTIONS: OUT ON GILROY HOT SPRINGS; GILROY HS BECOMES ROOP, ROOP BECOMES LEAVESLEY. STAY ON LEAVESLEY UNTIL THE PREMIUM OUTLETS. RIGHT ON SAN YSIDRO, LEFT ON LAS ANIMAS. LAS ANIMAS BECOMES NO NAME UNO (10 MILES TOTAL FROM START/FINISH)

## **APPENDIX 3: GET LOST!! IN HENRY COE SAFETY POLICY AND PROCEDURES (SECTION 1 OF THE EVENT PARTICIPANT BULLETIN, ALSO PROVIDED TO EVENT STAFF)**

### **A. IN CASE OF EMERGENCY**

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

### **B. REQUIRED AND SUGGESTED EQUIPMENT**

**REQUIRED:** Compass; Whistle; Two flashlights if going for 24 hours (main and back-up); SPORTident electronic tag (ONE PER PARTICIPANT).

**SUGGESTED:** Appropriate clothing and shoes; Water bottle/hydration pack; Salt tablets; Food; Flashlight for 4 and 8 hour participants; Blister tape; First aid kit; Space blanket.

**AID:** One fully stocked aid station. Seven water-only stations on the course with plain water (bottled water or treated spring water). Your water reservoir should be large enough to sustain you between visits to these points. There are many natural springs in the area, all of which are shown on your map. Spring and stream water must be treated.

### **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.

**POISON OAK:** Learn to identify it if you're sensitive, and wash with Tecnu®, before and after. Large areas are marked on the map.

**HYPOTHERMIA:** It can get cold, especially at ridgetops. It may rain. Bring several layers of clothing.

**HYPONATREMIA:** Take salt pills or eat salty food starting at 3 hours into the event at the latest. 200–400 milligrams of sodium ion per hour are advised. Drinking only plain water depletes sodium in your body. Other electrolytes may also help prevent cramps.

**MOUNTAIN LIONS:** Present. Appear as large as you can, and walk slowly away from the cat or wait for the cat to move on.

**TICKS:** Present, with infectious agents. Inspect yourself promptly after the race.

### **D. DAYLIGHT SAVING TIME CHANGE**

At 02:00:00 am Sunday morning, move your watch back one hour. The time becomes 01:00:00 am PST.

### **E. TIME LIMIT**

4 hour event Saturday:	02:00 pm
8 hour event:	05:00 pm Saturday
24 hour event:	10:00 am Sunday (PST)
4 hour event Sunday:	12:00 noon (PST)

## **F. INTENTION SHEET**

Each team and individual participant will be required to fill out an intention sheet, which is a copy of the event map, with their anticipated route. The actual route taken does not have to match the intended route exactly. Intention sheets are due at the briefing 15 minutes before the respective start.

## **G. TEAMMATES STAY TOGETHER**

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

## **H. SEARCH PROCEDURES**

At 05:15:00 pm, that is 15 minutes after the Saturday 8 hour time limit, we will generate a list of teams and individuals who have not reported back from the 8 hour and the Saturday 4 hour courses. We will take into account the download information and all cars/shuttles still missing passengers. We may do so earlier, especially for the Saturday 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, we will retrieve the missing participants' intention sheets, and use them to narrow down the areas to search. We will 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.

We will apply these exact procedures to the 24 hour event (starting at 10:15:00 am Sunday), and to the Sunday 4 hour event (starting at 12:15:00 pm).

## **I. CELL PHONE COVERAGE AND COMMUNICATIONS**

There is no cell phone coverage for all providers at the start/finish. There is GSM coverage (AT&T/T-Mobile) at Checkpoints 40, 41, 53, 62, 75, 80, 81 **[SAMPLE ONLY]**, and the aid station. Communications from the start/finish will be relayed by the aid station through use of short-range radios.

## **J. MEDICAL PERSONNEL**

There are several physicians and a licensed EMT among the participants.

## **APPENDIX 4: SAFETY-RELATED PROCEDURES (MANUAL FOR EVENT STAFF)**

### **A. REGISTRATION AND START**

#### **AT REGISTRATION (OPEN 06:30 AM SATURDAY; 06:30 AM SUNDAY):**

1. All participants must read, understand, and sign a liability waiver form.
2. All participants must provide a legible name, address, 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 (Saturday 4 hours); 05:00:00 pm (8 hours); 10:00:00 am (24 hours); 12:00:00 noon (Sunday 4 hours) teams must discontinue their course and head directly to the finish. Participants are also reminded of the daylight saving time change.

#### **DURING COURSE PLANNING (08:00 AM—10:45 AM SATURDAY; 07:00 AM—07:45 AM SUNDAY):**

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 (08:45 AM—08:55 AM; 09:45 AM—09:55 AM; 10:45 AM—10:55 AM SATURDAY; 07:45 AM—07:55 AM SUNDAY):**

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 (08:55 AM—09:00 AM; 09:55 AM—10:00 AM; 10:55 AM—11:00 AM SATURDAY; 07:55 AM—08:00 AM SUNDAY):**

7. The number of each team's members is matched with registration information.
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. 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 05:15:00 PM, that is 15 minutes after the Saturday 8 hour time limit, we will generate a list of teams and individuals who have not reported back from the 8 hour and the Saturday 4 hour courses. We will take into account the download information and all cars/shuttles still missing passengers. We may do so earlier, especially for the Saturday 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, we will retrieve the missing participants' intention sheets, and use them to narrow down the areas to search. Forty-five minutes after the time limit expires, or earlier, we will 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.

We will apply these exact procedures to the 24 hour event (starting at 10:15:00 am Sunday), and to the Sunday 4 hour event (starting at 12:15:00 pm).

## 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 know that Rogaining, as an outdoor action sport, carries a significant risk of personal injury. I know that there are natural and man-made 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.

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

Waive and release any and all rights, liabilities, and claims for damages and/or suit I may have against Get Lost!! Running, Racing, Inc.; Orienteering USA; their sponsors; their employees, agents, contractors, and owners; and their representatives, successors, and assigns;

And the State of California, its officers, agents, and employees;

For, or by reason of, any death of or injury or injuries to any person or persons, or damages to property of any kind whatsoever, whether the person or property of Get Lost!! Running, Racing, Inc., its agents or employees, or third persons,

From any cause or causes whatsoever while in or upon Henry W. Coe State Park or any part thereof during the term, or because, of this event,

Or occasioned by any occupancy or use of Henry W. Coe State Park or any activity carried on by Get Lost!! Running, Racing, Inc. in connection therewith.

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 \_\_\_\_\_