

GET LOST!! IN JACKSON DSF 2013

(A ROGAINE)

JACKSON DEMONSTRATION STATE FOREST

SAFETY PLAN

(EXCERPT FROM EVENT PLAN)

REVISION 2.3 12 AUGUST 2013

A. EVENT OVERVIEW

1. The event will be held on Sunday, 01 September 2013 at Jackson Demonstration State Forest, subject to a permit from California Department of Forestry and Fire Protection. The event's parking, registration, start, and finish will be at the junction of Roads 200, 240, and 250, 2.0 km north of Camp 20 along Road 200. 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 rogaïne. Approximately 45 checkpoints will be placed over an area of Jackson Demonstration State Forest of approximately 55 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 JDSF. 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. We plan to offer on-foot and mountain bike divisions. Bike division participants will be instructed to ride entirely on official, open roads and trails while inside the Demonstration State Forest. Bikes may not be ridden off trail, but may be carried.
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. The part of Jackson Demonstration State Forest that we plan to map and use for this event is all of the State Forest east of Roads 310 and 330, excluding active timber harvest areas and other areas of concern.
7. The proposed event schedule is as follows (01 September 2013):

06:42	Sunrise
07:00	Setup begins, first car in parking area
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, 4 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
19:45	Sunset
20:10	All personnel and equipment out of the State Forest

8. The course that includes all checkpoints is approximately 50 kilometers, measured along straight line. We do not expect any teams to be able to collect all checkpoints, but some bike teams may come close.

9. We will admit a maximum of 50 participants. We will allow teams of 2 to 5 people to enter the 8-hour divisions. We will allow individuals and teams of up to 5 people to enter the 4-hour divisions. We expect the event to sell out. Median expected turnout is 40 participants and minimum expected turnout is 30 participants. We will urge registered participants to carpool as soon as registrations exceed 25 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 divisions, without a shirt, to \$104 for entering the 8-hour divisions 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.

11. There will be up to 5 organizers' tents in the start/finish area. No goods or services will be solicited or sold in Jackson Demonstration State Forest; shirts are included in the basic event fee.

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. All equipment, including checkpoint markers, will be removed from the Demonstration State Forest by nightfall on Monday 02 September 2013.

B. ACCESS PLAN

14. A single access route will be used for Get Lost!! in Jackson DSF. 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 Camp 20, the junction of Road 200 and California Highway 20, and is normally open. Take Road 200 north for for 1.22 mi (1.96 km); arrive at the parking/start/finish area. Allow 5 minutes from Highway 20/Camp 20.

Reverse route:

Take Road 200 south for 1.22 mi (1.96 km) to its junction with California Highway 20 at Camp 20. Allow 5 minutes to Highway 20/Camp 20.

The junction of Road 200 and Highway 20, and the junction of Roads 233 and 200, will be signposted.

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.

16. Participant vehicles will be limited to 25. If registration numbers exceed 25 participants, we will strongly urge the participants to carpool.

17. Staff trips on days other than the event day are minimal, and will use the above access route.

18. Sanitation will be provided by a Get Lost!! Contractor, United Site Services. The contractor will use the above route to deliver the portable toilet(s) to the junction of Roads 200, 240, and 250.

C. HAZARDS AND PREPAREDNESS

19. Participants will be required to carry 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).

20. 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).

21. The most likely site- and season-specific hazards at JDSF in September will be poison oak, encounters with persons performing illicit activities, logging activity, vehicles, hunters, ticks, and other recreational State Forest users.

(a) 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.

(b) We will avoid known areas of illicit activities, and active timber harvest areas and closed roads, in planning the course.

(c) The course will be planned so as to minimize the need for crossing Highway 20.

(d) Participants will be reminded to wear bright clothing in order to prevent them being mistaken for game. We will offer bright orange vests for every participant. Information about the event will be posted at locations at which hunting information and regulations are posted in Jackson Demonstration State Forest no later than one week before the event.

(e) Participants will be reminded about ticks and their dangers.

(f) The course will be planned so as to minimize extended singletrack bicycle trail use. The number of participants of our event, and their spread over time and the lack of a single best route, will most likely prevent the appearance of heavy use of any of JDSF's trails.

22. In case a participant or team is/are hopelessly lost, the safety bearing for this area is SOUTH or NORTH to Highway 20, and will be included on the participants' maps (Appendix 2).

23. 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).

24. 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 will not allow individuals to participate in the 8-hour divisions. We emphasize the requirement for participants to help a team or participant in distress in both advance information and event-day notes.

25. We have identified areas of marginal cell phone coverage along Highway 20, which do not include Camp 20. The payphone at Camp 20 is missing. In case of an emergency requiring immediate communications, event personnel will drive to the nearest area with coverage, or to a Highway 20 call box, whichever is closer.

26. Short-distance FRS radios will be used by event personnel. FRS Channel 1 (462.5625 MHz) will be used for emergency communications and FRS Channel 8 (467.5625 MHz) for all other communications.

27. Advance event information will contain the requirement for all motorized vehicles on the Demonstration State Forest to carry fire suppression equipment, including, at a minimum, either an axe and a long-handled, point-bladed shovel, or a fire extinguisher. Participants will be informed of the right of the State Forest to inspect vehicles at any time.

D. 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. Although there is no cell phone coverage in most of Jackson Demonstration State Forest, frequently it is the case that a missing participant has found safety closer to civilization and can be reached on her/his cellphone. 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 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 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 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 Administrative Director 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 California Department of Forestry and Fire Protection, emergency first responders and Mendocino 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.

E. 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 E 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.

34. Participants will be advised to carry an AT&T or Verizon cellphone. Participants will be 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 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.

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	TBA	+1 XXX XXX XXXX

Get Lost!! Running, Racing 284 Monterey Blvd. San Francisco, CA 94131	+1 971 998 0321
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Laura Tremaine 12115 Burke St., Suite 1 Santa Fe Springs, CA 90670	+1 415 302 7147
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California Department of Forestry and Fire Protection Jackson Demonstration State Forest 802 N. Main St. Fort Bragg, CA 95437	+1 707 964 5674
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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.

BIKES MAY NOT BE RIDDEN OFF MAPPED TRAILS!

01 SEPTEMBER 2013
SUNRISE: 06:42 AM
SUNSET: 07:45 PM

SAFETY BEARING: SOUTH OR NORTH TO HIGHWAY 20

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:
VLADIMIR/ADMIN. DIRECTOR +1 971 998 0321

EMERGENCY: 911
CELL PHONE COVERAGE: TOPS OF RIDGES, AT&T AND VERIZON

HOSPITAL:
FRANK R. HOWARD MEMORIAL HOSPITAL
1 MADRONE STREET
WILLITS, CA 95490
+1 707 459 6801

DIRECTIONS: OUT ALONG THE POSTED ROUTE TO HIGHWAY 20. TAKE HIGHWAY 20 EAST FOR 15.9 MILES. RIGHT ON SOUTH MAIN STREET, THEN THIRD RIGHT ON MADRONE STREET (18 MILES TOTAL FROM START/FINISH)

APPENDIX 3: GET LOST!! IN JACKSON DSF 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: Whistle; Appropriate clothing; SPORTident electronic card (ONE PER PARTICIPANT).

SUGGESTED: Cellphone; Compass; Bike map holder; Bottles or other containers able to carry at least 0.5 liters of water per team member; Food/energy snacks; Salt tablets; First aid kit; Space blanket.

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

C. HAZARDS

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

ILLCIT ACTIVITIES: Immediately exit all areas in which anything appears to be cultivated.

LOGGING: Do not enter areas where logging is underway, whether or not they are marked on your map.

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.

VEHICLES: Look both ways before you cross, and be extremely careful while you are crossing Highway 20. Beware of traffic on forest roads.

HUNTERS: Wear an orange vest that we provide.

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

OTHER TRAIL USERS: Beware of cyclists on singletrack.

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 the download information and all cars/shuttles still missing passengers. If the list is not empty, we will first attempt to reach the participants' cellphones 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 Administrative Director or by authorized emergency personnel.

H. CELLPHONE COVERAGE AND COMMUNICATIONS

There is some cellphone coverage for AT&T and Verizon, mostly atop ridges. Cellphone coverage cannot be relied upon. Call boxes along Highway 20 are stationed frequently and are operational.

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. FIRE SAFETY AND SPEED LIMIT

All motorized vehicles on the State Forest shall carry fire suppression equipment, including, at a minimum, either an axe and a long-handled, point-bladed shovel, or a fire extinguisher. Vehicles may be inspected by the State Forest at any time.

The speed limit on forest roads in Jackson Demonstration State Forest is 15 mph.

K. KEEP BIKES ON TRAIL AND RESPECT OTHER USERS

Any bike division participant or team seen riding off trail, riding closed/forbidden trails, or riding unmapped 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 the State Forest.

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 divisions) and 06:00:00 pm (8-hour divisions), 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.
7. The participants are reminded of the requirement to ride 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.
10. Participants' SPORTident electronic tag numbers are read and matched with registration information.

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 06:15:00 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 the download information and all cars/shuttles still missing passengers. If the list is not empty, we will first attempt to reach the participants' cellphones 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 Administrative Director 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

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

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

For, or by reason of, any death of or injury or injuries to me and/or my minor child, any other person or persons, or damages to property of any kind whatsoever, whether the property of mine or my minor child or the person or property of Get Lost!! Running, Racing, Inc., its employees, volunteers, or agents, or third persons,

From any cause or causes whatsoever while in or upon Jackson Demonstration State Forest or any part thereof during the term, or because, of Get Lost!! in Jackson DSF,

Or occasioned by any occupancy or use of Jackson Demonstration State Forest 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 _____