

# GET LOST!! IN PANOCHE HILLS 2014

## PANOCHE HILLS PUBLIC LANDS TUMEY HILLS AND PANOCHE HILLS RECREATION AREAS

### SAFETY PLAN

(EXCERPT FROM EVENT PLAN)

REVISION 1.0 06 JULY 2014

#### A. EVENT OVERVIEW

1. The event will be held on Saturday, 06 September 2014 and Sunday, 07 September 2014 on Panoche Hills Public Lands, subject to a permit from the United States Government, U.S. Department of the Interior, Bureau of Land Management. The area used by the event is part of Panoche Hills (proper) Recreation Area and the entirety of Tumey Hills Recreation Area. The event's staging: parking, registration, camping, start, and finish will be at the (northeastern) Tumey Hills recreation access area, coordinates 36.6190° N, -120.6545° W. 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 75 checkpoints will be placed over an area of Tumey Hills and Panoche Hills of approximately 110 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 Panoche Hills Public Lands. 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. The area for the bike divisions will exclude Panoche Hills Wilderness Study Area. Due to the extent of the terrain required for a Championship-length rogaine, a portion of the Wilderness Study Area of at most 24 square kilometers is likely to be used for the on-foot division. Both foot and bike division participants will be allowed to travel off trail, and checkpoints will be placed off trail.
5. For both foot and bike participants, three event durations (time limits) will be offered: 4 hours, 8 hours, and 24 hours (Championship divisions). 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 Panoche Hills Public Lands that we plan to map and use for this event is all of Tumey Hills and the part of Panoche Hills south of 36.64° N, excluding any part of the Wilderness Study Area for the bike divisions and excluding other areas of concern. This area is larger than the required 110 square kilometers; the area will be narrowed down in a subsequent revision of this Plan.

7. The proposed event schedule is as follows (06, 07 September 2014):

04:00	Setup begins, first car in the staging area
06:00	Check-in opens
06:36	Sunrise
07:00	Maps are handed out, all divisions
07:40	Briefing, 4-hour and 8-hour divisions
08:00	Start, 4-hour and 8-hour divisions, foot and bike
08:40	Briefing, 24-hour divisions
08:55	Check-in closes
09:00	Start, 24-hour divisions
11:30	Food service begins, staging area
12:00	Finish, 4 hours
12:30	Absolute deadline to finish, 4 hours
12:40	Award ceremony, 4 hours
16:00	Finish, 8 hours
16:20	Award ceremony, 8 hours
16:30	Absolute deadline to finish, 8 hours
16:45	Search operations begin if needed, 4 hours and 8 hours
19:24	Sunset
06:37	Sunrise
09:00	Finish, 24 hours
09:30	Absolute deadline to finish, 24 hours
09:45	Search operations begin if needed, 24 hours
09:50	Checkpoint retrieval begins
10:00	Award ceremony, 24-hour Championships
11:00	Food service ends
18:30	Checkpoint retrieval ends
19:23	Sunset
20:00	All personnel and equipment out of the staging area

8. The course that includes all checkpoints is approximately 115 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 200 participants. We will allow teams of 2 to 5 people to enter the 8-hour and the 24-hour divisions. We will allow individuals and teams of up to 5 people to enter the 4-hour divisions. We do not expect the event to sell out. Median expected turnout is 150 participants, and minimum expected turnout is 120 participants.

10. All event registration will take place in advance at <http://getlostxx.com/register>. Entry fees will range from \$30 for early entry in the 4-hour divisions, without a shirt, to \$209 for entering the 24-hour divisions less than two weeks before the event. There will be discounts of up to \$15 (cumulative) for Bay Area Orienteering Club members, Orienteering USA members, and California Adventure Racing Association affiliated athletes. Neither Get Lost!! nor its sponsors will sell event-associated merchandise; shirts, memorabilia, and all food and refreshments are included in the basic event fee.

11. Camping will be offered to event participants at the staging (start/finish) area throughout the duration of the event. Camping will not be allowed on Friday or Sunday nights.

There will be up to 5 organizers' tents in the staging 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 6 to this Plan.

13. Get Lost!! Running, Racing held one rogaine event at Panoche Hills Public Lands on 04 January 2014. The event durations were 4 hours and 8 hours. There were 34 participants comprising 19 teams, three staff members, and one spectator. Two of the teams (three participants) were on bike, the rest were on foot. There were no injuries to the participants, spectators, or staff, and no teams or individuals were past the absolute deadline to finish. Search or rescue were not needed.

Several elite-level rogaine teams attended the event. The winning team (a male/female foot team from Catalonia, Spain) visited 34 of the 45 checkpoints, spaced about 1.0 kilometer apart (measured along straight lines), within 8 hours. For comparison, checkpoints will be spaced about 1.5 km apart for the proposed 2014 event.

There was a single incident. During the event, there were 30 to 50 target shooters in the area. A staff member who was returning from marking the course reported a bullet passing within one meter. The staff member was on a marked trail and was wearing a bright yellow jacket. The staff member interrogated the shooter, who responded that he didn't see the staff member. The incident was reported to the Bureau's law enforcement rangers in attendance.

Get Lost!! Running, Racing held two rogaine events of 24-hour or longer duration at Henry Coe State Park, including the U.S. Rogaine Championships on 05, 06 November 2011 and Henry Coe Adventure Trex on 01–03 November 2013. There were no incidents, emergencies, or injuries among the 209 combined participants of the two events. Search or rescue were not needed.

## B. ACCESS PLAN

14. Parking for the event will be at the (northeastern) Tumey Hills recreation access area. The exact layout of the parking will be determined in the course of discussions with the Bureau, and a map will be provided in a subsequent revision of this Plan.

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

From Interstate 5 Exit 368 (Panoche Road), take W Panoche Road west. After 0.96 mi (1.54 km), take a left on Panoche Road. Follow Panoche Road south for 1.14 mi (1.84 km) to Tumey Hills recreation access area; pavement stops 0.15 mi (0.25 km) after the left turn. Turn left and proceed a further 0.34 mi (0.54 km) into the recreation access area. Allow 7 minutes from Interstate 5.

Reverse route:

Exit Tumey Hills recreation access area by going 0.34 mi (0.54 km) north. Turn right on Panoche Road and follow it for 1.14 mi (1.84 km), of which the first 0.99 mi (1.59 km) are unpaved. Take a right on W Panoche Road and go east for 1.16 mi (1.87 km) to Interstate 5 entrance. Allow 8 minutes to Interstate 5.

We will place two directional signs: one at the junction of W Panoche Road and Panoche Road, the other at the turn into Tumey Hills recreation access area.

16. 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.

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 Tumey Hills recreation access area. We plan on also using the permanent toilet at the recreation access area.

## C. HAZARDS AND PREPAREDNESS

19. Participants will be required to carry bottles or other containers capable of holding at least 0.5 liters of water per team member, a watch or another time-telling device, and a whistle. Participants will be required to wear clothing appropriate to the weather, including one brightly colored item. In addition, participants in the 24-hour divisions will be required to carry two operational flashlights per team. A list of suggested equipment will be provided in the Safety Policy and Procedures section of the event-day instructions (Appendix 4).

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 six locations on the course in the amount of at least 2.0 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 in quantity of at least 2 gels per participant, and may be available at locations on the course in addition to the start/finish. Food will be continuously available throughout the event at the staging area according to the schedule, and 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 Panoche Hills in September will be target shooters, heat exposure, and mountain lions.

(a) Participants will be required to wear bright clothing. We will also offer bright orange vests for every participant.

Irresponsible firearm bearers presented a significant hazard to our participants at the inaugural event in Panoche Hills in January of 2014. Although each and every participant, without exception, wore an orange vest or another bright and distinctive item of clothing, in several cases firearms were discharged in the general direction of the participants, and in one case a staff member reported a close call. The use of Panoche Hills for an athletic event has not been common and there has not been an understanding among the target shooters that such use is at all possible.

To remedy the issue, signs will be placed at four locations in Panoche Hills Public Lands where target practice is likeliest to happen, or on access routes to these locations (Appendix 1). These locations are the two Tumey Hills recreation access areas, side of Panoche Road by Box Canyon, and side of Panoche Road by the "Entering Public Lands" BLM sign. The signs will be placed starting in June of 2014, and inspected and replaced approximately once per month. We will also post on [calguns.net](http://calguns.net).

(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.

(c) The event bulletin will include information on how to behave in order to survive a mountain lion encounter.

22. In case a participant or team is/are hopelessly lost, the safety bearing for this area is SOUTH (from Panoche Hills) or NORTH (from Tumey Hills) to Panoche Road, 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 3).

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 24-hour or 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.

## **D. COMMUNICATIONS PLAN**

25. Areas of cell phone coverage will be identified during the survey for the course. They will be included in a subsequent version of this Plan and will be communicated to the participants in pre-event information. 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.

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

27. 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.

28. 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.

## E. SEARCH

29. 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 may be no cell phone coverage in most of Panoche Hills Public Lands, 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.

30. A 4-hour or 8-hour division team or individual participant will be deemed missing if they are not at the finish before 16:30:00 on Saturday (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.

A 24-hour division team will be deemed missing if they are not at the finish before 09:30:00 on Sunday (thirty minutes after the 24-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. 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 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 Fresno County Sheriff's Search and Rescue will be contacted. They will be given all relevant information in the organizers' possession.

31. Rescue operations are detailed in the following section.



## F. EMERGENCY RESPONSE AND RESCUE PLAN

32. 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 C of the Event Proposal, have been exhausted.

33. 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.

34. 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.

35. 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.

36. 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.

37. In the event of a fire at the staging (start/finish) area, fire extinguishers will be used. If fire is not controlled, first responders will be contacted by dialing 911 and advised of the exact location of the fire.

In the event of a grass fire in the event area or another large-scale emergency, an evacuation may be declared by the Safety Coordinator, or the Administrative Director if the Safety Coordinator is unavailable, after consulting with BLM and/or Fresno County authorities.

38. If evacuation has been declared, the Safety Coordinator and available staff will promptly contact all other staff and advise them of the condition and the need for an evacuation. According to the circumstances and the time available for evacuation, the Safety Coordinator shall direct all staff to assist with notifying and evacuating all event participants in their respective areas. The Safety Coordinator should specify the area(s) to which participants should report after evacuating in order to facilitate the accounting (head-count) process.

The Safety Coordinator, or the Administrative Director if the Safety Coordinator is unavailable, will maintain communications with the BLM and/or Fresno County authorities by the most efficient means available, advising them of the approximate number of affected participants, especially those who might take some time to be accounted for. This could be the case if competitors are out on the course when evacuation is declared. The Safety Coordinator shall keep the emergency responders informed of such participants and the efforts underway by staff to reach and/or rescue such participants.

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

## APPENDIX 1: EVENT ADVANCE SIGN

Four signs will be placed, one at each Tumey Hills recreation access area, one on Panoche Road by Box Canyon, and one on Panoche Road by the “Entering Public Lands” sign at the northern boundary of the Public Lands. A scannable QR code will be added to the link.

# HIKERS AND CYCLISTS IN THE HILLS SEPTEMBER 6<sup>TH</sup> AND 7<sup>TH</sup>, 2014

ON A SINGLE WEEKEND, SEPTEMBER 6<sup>TH</sup> AND 7<sup>TH</sup>, THERE WILL BE PEOPLE HIKING AND RIDING IN THE HILLS. PLEASE BE CAREFUL!!

ALL INFORMATION ABOUT THE CROSS-COUNTRY NAVIGATION EVENT:  
[http://getlostxx.com/Get\\_Lost\\_in/Panoche\\_Hills/2014](http://getlostxx.com/Get_Lost_in/Panoche_Hills/2014)

THIS EVENT IS CONDUCTED UNDER A SPECIAL RECREATION USE PERMIT  
ON LANDS ADMINISTERED BY THE UNITED STATES GOVERNMENT,  
BUREAU OF LAND MANAGEMENT.

ENJOY YOUR PUBLIC LANDS!!

## APPENDIX 2: CONTACTS

Administrative Director	Vladimir Gusiaticnikov	+1 971 998 0321
Safety Coordinator	Rex Winterbottom	+1 510 681 6181
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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Bureau of Land Management 20 Hamilton Court Hollister, CA 95023	+1 831 630 5035
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## APPENDIX 3: 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.

06 SEPTEMBER 2014

SUNRISE: 06:36 AM

SUNSET: 07:24 PM

07 SEPTEMBER 2014

SUNRISE: 06:37 AM

SUNSET: 07:23 PM

SAFETY BEARING: SOUTH OR NORTH TO PANOCHE ROAD

4-HOUR FINISH IS AT 12:00:00 NOON

8-HOUR FINISH IS AT 4:00:00 PM

24-HOUR FINISH IS AT 9:00:00 AM

PENALTY IS 10 POINTS FOR EACH MINUTE AND FRACTION THEREAFTER

PARTICIPANTS ARE DISQUALIFIED IF MORE THAN 30 MINUTES LATE

SEARCH FOR 4-HOUR AND 8-HOUR TEAMS COMMENCES AT 4:45 PM SHARP!

SEARCH FOR 24-HOUR TEAMS COMMENCES AT 9:45 AM SHARP!

EVENT STAFF CONTACTS:

REX/SAFETY COORDINATOR +1 510 681 6181

VLADIMIR/ADMIN. DIRECTOR +1 971 998 0321

EMERGENCY: 911

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

HOSPITAL:

MEMORIAL HOSPITAL LOS BAÑOS

520 WEST I STREET

LOS BAÑOS, CA 93635

+1 209 826 0591

DIRECTIONS: PANOCHE ROAD NORTH TO INTERSTATE 5. TAKE INTERSTATE 5 NORTH FOR 23.3 MILES. TAKE THE MERCY SPRINGS ROAD/CA-165 EXIT TO LOS BAÑOS. FOLLOW MERCY SPRINGS ROAD/HIGHWAY 165 NORTH FOR 8.8 MILES. IN LOS BAÑOS, TURN LEFT ONTO E PACHECO BOULEVARD, THEN FIRST RIGHT ONTO H STREET. IN 1.0 MILES, TAKE A LEFT ON 2<sup>ND</sup> STREET AND THEN THE FIRST RIGHT ONTO WEST I STREET. 38 MILES TOTAL FROM START/FINISH.

## APPENDIX 4: GET LOST!! IN PANOCHE HILLS 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; Appropriate clothing, including a **brightly colored item**; Watch; Whistle; SPORTident electronic card (ONE PER PARTICIPANT); Two flashlights per team if doing the 24 hours.

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

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

### C. HAZARDS

**TARGET SHOOTERS:** Wear a bright item of clothing at all times. Announce your presence immediately and loudly when you see them.

**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.

**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.

### D. TIME LIMITS

<b>4-hour events:</b>	<b>12:00 noon</b>
<b>8-hour events:</b>	<b>4:00 pm</b>
<b>24-hour events:</b>	<b>9:00 am</b>

## **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 20 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**

Fifteen minutes after the respective time limit expires, 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.

## **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.

## **APPENDIX 5: SAFETY-RELATED PROCEDURES**

(MANUAL FOR EVENT STAFF)

### **A. CHECK-IN AND START**

**AT REGISTRATION (OPEN 06:00 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 (4-hour divisions), 4:00:00 pm (8-hour divisions), and 09:00:00 am (24-hour divisions), individual participants and teams must discontinue their course and head directly to the finish.

**DURING COURSE PLANNING (07:00 AM–08:40 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 BRIEFINGS (07:40 AM–07:45 AM; 08:40 AM–08:45 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 for bike riders to stay out of prohibited areas, 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 (07:45 AM–08:00 AM; 08:45 AM–09:00 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**

Fifteen minutes after the respective time limit expires, 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, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT

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

In consideration of being permitted to participate in any way in Get Lost!! in Panoche Hills (Activity), I and/or my minor child, our personal representatives, assigns, heirs, and next of kin:

1. Acknowledge, agree, and represent that I and/or my minor child understand the nature of orienteering activities and that I and/or my minor child are qualified, in good health, and in proper physical condition to participate in such activity. I further agree that if at any time I believe conditions to be unsafe, I and/or my minor child will immediately discontinue further participation in the Activity.
2. Fully understand that (a) orienteering activities involve risks and dangers of serious injury or in extreme cases, death (risks). (b) These risks and dangers may be caused by me and/or my child's own actions, or inaction, or the actions or inaction of others participating in the activity, the condition in which the activity takes place, or the negligence of the "releasees" named below; (c) there may be other risks either not known to me or not readily foreseeable, and I fully accept all such risks and responsibility for losses, costs and/or damages I and/or my minor child incur as a result of my participation in the Activity.
3. Hereby accept and assume all such risks, and assume all responsibility for the losses, costs and/or damages following such injury, or death, even if caused in whole or in part, by the negligence of the "releasees" named below.
4. Hereby release, discharge, and covenant not to sue Orienteering USA; Get Lost!! Running, Racing; Sports Basement; the United States Government, its agencies, U.S. Department of the Interior, Bureau of Land Management, their representatives and authorized right-of-way grantees; and their respective administrators, directors, officers, officials, employees, contractors, agents, commissioners, and volunteers, other participants, and any sponsors and advertisers—each considered one of the "releasees" herein—from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I and/or my minor child, or anyone on my and/or my minor child's behalf, makes a claim against any of the "releasees" I will indemnify, save, and hold harmless each of the "releasees" from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim.
5. I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and have signed it freely without the inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Name (please print) \_\_\_\_\_ Signature \_\_\_\_\_

Parent or guardian must sign if entrant is a minor child under 18 \_\_\_\_\_ Date \_\_\_\_\_