

THE JLF TREK SA GUIDE
10.5KM
KUITPO FOREST
8 AUGUST 2020

JODI LEE
FOUNDATION

LIFE THREATENING EMERGENCY 000 OR 112
COMMAND CENTRE 0456 169 640

PREVENTING
BOWEL ~~CANCER~~

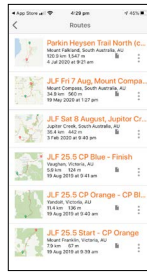
JODILEEFUNDATION.ORG.AU



TREK MAP

DOWNLOAD RIDE WITH GPS APP

- From your phone click this link:
https://ridewithgps.com/auto_approve/Club/3974/e07KZI3aKpoCP4GU
- Sign up for a **Ride with GPS** account, or sign into your existing account



- Download the **Ride with GPS** app:
On your iPhone: <https://itunes.apple.com/us/app/ride-with-gps-bike-computer/id893687399?ls=1&mt=8>
On your android device: https://play.google.com/store/apps/details?id=com.ridewithgps.mobile&utm_campaign=android_app&utm_source=site&utm_medium=android_page
- Sign in with the email and password used to create your account
- You will find The JLF Trek maps located under More > Organisation

EVENT SAFETY

RULES AND PROCEDURES

- At each checkpoint you **MUST** sign in with our event management team
- The JLF Trek is held in remote areas, through terrain that is rough, steep and sometimes with no or limited vehicle access
In an emergency, be aware that response times may be delayed
- Mobile coverage is limited and often not available, this will result in your phone battery depleting quickly - don't use an online tracking device during the event
- Make sure to download the **Ride with GPS** app and **Emergency+** app ahead of time and familiarise yourself with how to use them
- Make sure one member of your group has their phone on Aeroplane Mode, which will preserve battery, in case of an emergency
- Save the Command Centre number **0456 169 640** in your phone
- At all times you should trek with at least one other person
- Carry a basic first aid kit injuries including an emergency space blanket

St Johns will be located at each checkpoint and at the finish line

EMERGENCY PROCEDURES

LOST

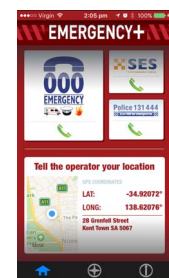
- Refer to your **Ride with GPS** app to work out your location and the turn you have missed
- Try to retrace your steps until you find a marker or recognise a landmark
- If you can hear people, shout to attract their attention
- If you can't find a marker and feel lost, call the Command Centre on **0456 169 640**
Provide your GPS location by looking at the **Emergency + app** or **Ride with GPS app**, or your approximate location eg between CP Blue & CP Orange, 2kms past CP Blue
Take a screen shot of your GPS location and text it to the Command Centre
- If there is no mobile coverage, find a high vantage point for better reception and call the Command Centre
- Remain in one location until help arrives. Do not move unless instructed to and keep warm

ACCIDENT AND INJURY

- Administer first aid and if possible continue to the next checkpoint
- If unable to continue, wrap yourself or the injured person in an emergency space blanket and seek shelter
- Ensure at least two other trekkers stay with the injured person, three is preferable
- Contact the Command Centre on **0456 169 640**
Provide your GPS location by looking at the **Emergency+ app** or **Ride with GPS app**, or your approximate location eg between CP Blue & CP Orange, 2kms past CP Blue
Take a screen shot of your GPS location and text it to the Command Centre
- If there is no mobile coverage, find a high vantage point for better reception and call the Command Centre

EMERGENCY+ APP

- Download the **Emergency+ app** which will provide your GPS location in the case of emergency



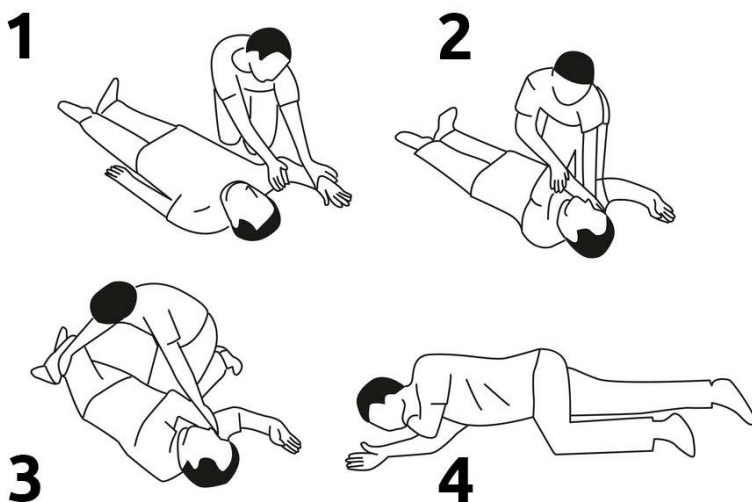
LIFE THREATENING EMERGENCY

- Turn off aeroplane mode on your phone and dial 000 or 112
- If there is no mobile phone coverage, send two hikers to the top of a hill to call 000 when they have range
- Administer first aid - at least one hiker to stay with the injured person at all times
- Provide your GPS coordinates and/or your most accurate details of your location
- Call the Command Centre on 0456 169 640 to advise of the situation and the name and BIB number of the hiker
- Follow up by taking a screen shot of your GPS location and text it to the Command Centre
- Follow the DRSABCD action plan and commence CPR

PERSON RESPONSIVE

- Wrap in an emergency blanket and seek shelter until help arrives
- In cold weather, keep out of the wind and try to remain warm and dry
- In hot weather, stay in the shade, drink water and reduce loss of body fluids

RECOVERY POSITION



DRSABCD action plan



In an emergency call **triple zero (000)** for an ambulance

D DANGER

Ensure the area is safe for yourself, others and the patient.

R RESPONSE

Check for response—ask name—squeeze shoulders

No response

- Send for help.

Response

- make comfortable
- check for injuries
- monitor response.



S SEND for help

Call Triple Zero (000) for an ambulance or ask another person to make the call.

A AIRWAY

Open mouth—if foreign material is present:

- place in the recovery position
- clear airway with fingers.

Open airway by tilting head with chin lift.



B BREATHING

Check for breathing—look, listen and feel.

Not normal breathing

- Start CPR.

Normal breathing

- place in recovery position
- monitor breathing
- manage injuries
- treat for shock.



C CPR

Start CPR—30 chest compressions : 2 breaths

Continue CPR until help arrives or patient recovers.



D DEFIBRILLATION

Apply defibrillator if available and follow voice prompts.

© St John Ambulance Australia. St John encourages first aid training as this information is not a substitute for first aid training.

SATURDAY AUGUST 8

TOTAL DISTANCE START TO FINISH 10.5KM

TO VIEW MAP [CLICK HERE](#)

START TIME: ARRIVE FROM 12:45PM TO COLLECT EVENT BIB AND SIGN IN

START: 1:00PM SHARP

LOCATION: CHOOKARLOO CAMPING GROUND KUITPO FOREST

The locations and distance between checkpoints is approximate AND may alter due to unforeseen circumstances.

CHECKPOINT	LOCATION	CHECKPOINT OPEN TIMES	KMS AND TERRAIN	FACILITIES
START	CHOOKARLOO CAMPING GROUND KUITPO FOREST GPS: -35.202943, 138.714274	12.45PM BRIEFING 1.00PM START	START – FINISH 10.5KM MODERATE	ST JOHN TOILETS
FINISH	FOX GORDON WINERY CELLAR DOOR (473 BADGERS RD, THE RANGE) GPS: -35.219999, 138.639795	12.00PM – 5:45PM		ST JOHN TOILETS CELEBRATION