



# BUSH BABES AND BRO'S TRAIL RUNNING

## RULES AND REGULATIONS

Please read this section very carefully

Race is open to anyone 19 years of age by event day, is in good health, has agreed to the Terms and Conditions, and is physically able to participate.

### 1. ENVIRONMENTAL PROTECTION RULES

The event course is on Provincial Parks Land with designated sensitive areas

1. You must stay on the trail at all times.
2. Short cutting is strictly prohibited due to potential damage to vegetation, and potential wildlife along the course.
3. Absolutely no littering along the course.

### 2. EMERGENCY ASSISTANCE

1. If during the race, participant encounter another runner or staff member who is injured or sick and unable to move on their own, please give priority to assisting that person by telling race staff for assistance.
2. First Aide attendant will be located at the start finish area. All aide stations will have some first aid supplies and radio communication to race aide stations. Please note that, depending on the remoteness of the area, it may take a long period of time for help to reach participant.
3. If participant receives first aide assistance from first aide attendants, please make sure that you seek medical attention as soon as possible. As your health and safety is important to us, please contact the race director after you have seen a medical professional to update us on your condition.
4. First Aide attendants, course marshals and aide station captains have the authority to stop a racer from continuing the race, for injury, breaking the rules or they have missed the cut off time. This will be done by keeping you at the cut-off point and calling for removal. Please remember these are volunteers and our rules and regulations are in place for your safety.
5. If participant wishes to drop out of the race, you must do so at the nearest aid station. Please DO NOT cut the course to get to that station. Please stay on the marked course for your safety. Depending on your condition, an emergency evacuation may be required. This evacuation will be at the expense of the person being rescued.
6. In the case of an emergency, if you are unable to reach the nearest aid station, or finish line, you will be provided with an emergency number to contact our staff for assistance.



### 3. AID STATIONS & SUPPORT

1. Food and drinks will be provided at Aid Stations/Check points, if you have special dietary needs please provide for yourself.
2. It is the racers responsibility to ensure the check point captain has written your number down to show you made it through the check point, this is not only for race recording but for your safety.
3. The food and drinks at the aid stations are only for the racers.
4. Sorry no pacers.

### 4. MEDICAL ASSISTANCE & DROPPING OUT DURING THE RACE

1. In order to ensure race safety, race organizer will prepare and arrange for rescue and medical assistance during the race. However, each participant must recognize and understand that there are risks that may result in injuries and/or accidents associated with adventure racing. You are responsible for yourself and will be participating in this event at your own risk.
2. First aid tents staffed by a first aid attendant will be located at the start finish area. All aid stations will have minimal first aid supplies.
3. Please note that, depending on the area, it may take a long period of time for help to reach you. We will do our utmost to reach you in a timely fashion.
4. If you receive emergency medical assistance from a First aid crew, please make sure that you get examined by a medical professional ASAP.
5. Race marshals, aid station captains and rescue staff have the authority to stop a racer from continuing the race if it is deemed dangerous, you are injured, not following the rules or have not made the cut off time.
6. Depending on your condition, an emergency evacuation may be required. This evacuation will be at the expense of the person being evacuated.
7. **Dropping Out at An Aid Station:** Tell an aid station volunteer that you have decided to drop out of the race, please remain at that aid station for pick up.
8. **Dropping Out Along the Course:** If you are able to move on your own, please make your way to the closest aid station (either return to the aid station you just left or go the next aid station). If you are unable to make it without assistance, call first aid station at start/finish line (number will be provided) and follow their instructions. It may take time to get help out to you if you are out on the race course so please ensure you have the mandatory gear to keep you warm. **If you decide to drop out of the race, you must do so at the nearest aid station/check point so that racer check in can be notified. This is for your safety. Once you have dropped out of the race, you will be considered DNF. Remember to keep your race number with you as you will need it to retrieve your drop bags**



## 5. COURSE MARKERS

1. The race course will be marked using marking flagging, reflective flagging for darkness, tape, powder, and signs. Race marshals will also be positioned along the course. We make every effort to clearly mark the course, it is the participants responsibility to watch for the markers.
2. For your safety, racers will be stopped at road intersections to make sure it is safe to cross. Please follow the directions given by the race staff at these intersections.
3. The above signs, flagging and markers will be set up just before the race and will be removed after the last runner has gone through.

## **MANDATORY / RECOMMENDED GEAR & EQUIPMENT**

1. Personal cup for hot/cold drinks at aid stations, this is a cup-less event. Cups will not be

provided at the aid stations. **MANDATORY**

2. For the 50km and 100km racers a Water Reservoir min 500ml (you must carry a minimum of 500ml of water at the start line and for refill in indicate aid station). **MADITORY**

3. If you are running 50km or 100km head lamp with replacement batteries. Battery life will decline in cold temperatures, emergency blanket, cell phone, small amount of emergency food. **MADITORY**

4. Small first aid kit, whistle, pain medication, and antihistamine. **RECOMMENDED**

5. If participating in the water event you must have PDF, Leash, and Whistle on while on the water and Helmet while on the Mountain bike. **ABSOLUTLEY NO EXEPTIONS, MADITORY**

## **DISQUALIFICATION**

4. Race marshals present on the course, and those in charge aid stations are authorized to uphold the rules and regulations. They have the right to remove a participant for non-respect of volunteers, other racers, Short-cutting the route, Lacking mandatory safety equipment, Throwing garbage on the route, Not wearing bib number, Departure from a check point after the cut off time, Not passing through a check point, Using a pacer, receiving outside assistance (unless ill or injured), and Causing safety issues for themselves or others during the event.
5. **The Race Director has ultimate authority in regard to all rules, their interpretation, and their enforcement.**



#### **RACER RESPONSIBILITIES:**

1. You understand the unique nature and requirements of competing in an adventure event. You may be competing all day and night through varying terrain and have undertaken the necessary training to compete in such a race.
2. You will be responsible for yourself and have the ability to deal with any problems that may be encountered during the race.
3. You are able to deal with, on your own without assistance, deteriorating weather conditions such as low temperatures, strong winds, ruff water, and rain.
4. You are able to deal with extreme fatigue, digestive problems, muscle pain or cramping, and mild physical injuries on your own.
5. You are fully aware that when participating in an outdoor activity such as this event, we do our utmost to ensure your safety, but your ultimate safety is your personal responsibility and depends on your own skills and abilities.

#### **6. RACE ORGANIZATION RESPONSIBILITIES:**

1. Non-deliberate damage to property by race participants (e.g. plants and animals, objects, trails, etc.)
2. Marking and location of signs identifying the race course.
3. Race safety management.

#### **6. RACE CANCELLATION**

The race organization reserves the right to cancel or cut-short the race for the following reasons:

1. The inability to ensure event safety due to risks such as landslides, extreme weather, and extreme water conditions.
2. In such a case of natural disasters, or the race course cannot be changed to continue the race, the race will not be postponed to a later date.
3. The decision as to whether or not the race will be canceled will be made on the day before the race or on the day of the race. This will be communicated via email and social media channels.
4. In the event of fire, flood, or dangerous weather conditions the race organization reserves the right to make judgments and decisions regarding the shortening/canceling of the race, whether or not there will be refunds, the amount, and the method of communication.