



MORNING *Blue Trek*



25.0KM - MT. NEBO TO ENOGGERA
RESERVOIR - TREK HOUSE HEADQUARTERS

SUNDAY 8TH OF OCTOBER 2023

0630 DEPART

FOR MT.NEBO BY BUS FROM TREK HOUSE,
ENOGGERA RESERVOIR, THE GAP

ARRIVE BACK AT 1230

FOR BBQ LUNCH /COFFEE/SPEECHES

EXCLUSIVE QPS TREK
FOR EMPLOYEES
AND DIRECT FAMILY

TREK²HEALTH
RESILIENCE VIA EARTH

HANDBOOK



The Morning Blue Trek will be hosted and conducted by Trek2Health and will commence on Sunday morning 8th October 2023 at 0600 when registrations open.

The meeting place for this event will be The Trek House at 1434 Waterworks Road, The Gap. Please park at The BCC Park 'n Ride Bus station car park, The Gap and walk 40 metres to the Trek House to collect your registration entry bib and Trek2Health bandana. Event crew will be onsite at 0600 and the private bus charter will leave at 0630 for Mt. Nebo, all participants will be provided with a trek hand booklet with the registration confirmation email, this booklet will explain all aspects of what to bring for this morning trek.

After arriving at Mt. Nebo there will be a safety briefing before we commence our long journey to the Trek House at Enoggera Reservoir for a 1230-1245 arrival, followed by a BBQ lunch and coffee/cold drink with presentations from Mental Health experts and acknowledgement of the top fundraisers.

THE ROUTE

Starting Point – The Trek House at 1434 Waterworks Road, The Gap. Please park at The BCC Park 'n Ride Bus station car park, The Gap and walk 40 metres to the Trek House.

The route for Morning Blue Trek consists of a 25.0km walk via a stunning rainforest track and onto remote fire trails towards Scrub Creek Bush camp for our first of many 5.0km rest and water stops. We will then continue in a easterly direction along very steep descending and

ascending fire trails down the southern side of Mt. Nebo Road, we are almost home along southerly tracks that will take us to the Trek House by 1230-1245 to meet family and friends.

The trek will also have Event crew support staff – who have operated in the area and ranges for over 15 years, should you need water or support.

PLEASE NOTE that this walk is a controlled paced trek and we will be walking as one group at 3.5km to 4.5km per hour. The group must stay in between the front trek leader and the rear trek leader at all times. Medical professionals will be roaming the route in 4x4 vehicles.

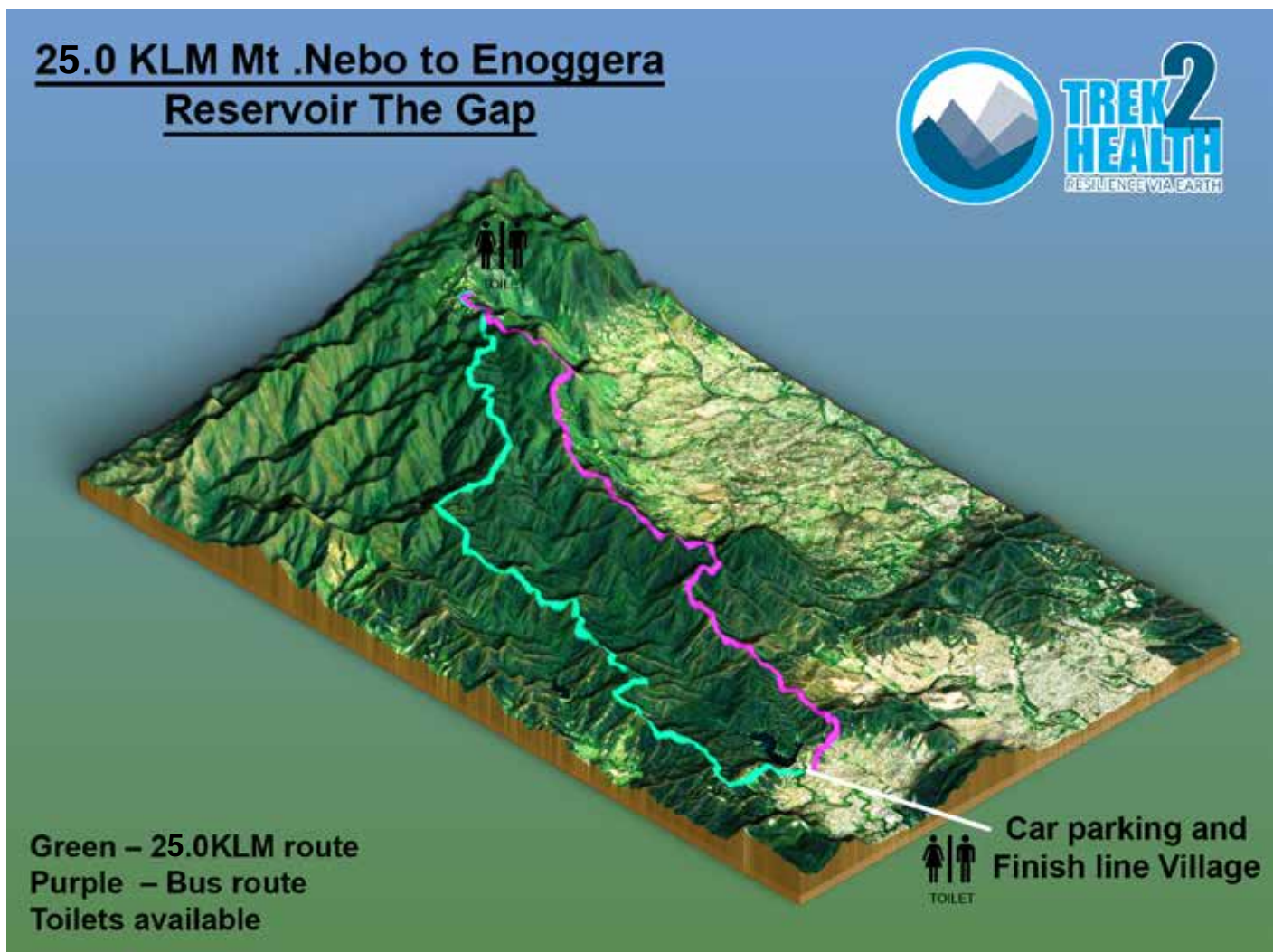
YOUR COMMITMENT

I understand that I will be fully prepared physically and have the appropriate personal gear and rations to complete the Morning Blue Trek. I understand that my ticket price is \$25.00 and the fundraising goal is \$150.00. Participants will receive an online fundraising page to collect donations. Funds raised support Trek2Health, an organisation founded with a single, noble objective – provide ongoing support to police officers, in our communities.

2023

MORNING BLUE TREK

SUNDAY 08/10/2022 TIME 0600 FOR 0630 DEPARTURE



MT. NEBO TO ENOGGERA RESERVOIR THE GAP

TRIAL PROFILE 25.0KM



MORNING BLUE TREK

QPS COMMUNITY

MORNING/DAY TREK 25.0KM

TEST YOUR RESILIENCE AND ASSIST IN RAISING MUCH NEEDS FUNDS FOR OUR TREK RESILIENCE MODULES - 08/10/2023 – EVENT OFFICALLY OPENS 0600 AT THE TREK HOUSE, Parking – Waterworks Road The Gap – Please see map below for meeting point - public parking options are available within The Gap BCC Park & Ride bus station.



FAQS

CAN I MAKE MY OWN WAY TO THE START POINT?

All trekkers must attend a briefing which is held on the bus prior to the trek commencement, therefore all trekkers must meet at the meeting point located at the Gap. TREK HOUSE

CAN CHILDREN UNDERTAKE THE TREK?

This event is being conducted in remote areas, through terrain that is rough, steep and sometimes with no or limited vehicle access. Therefore, only children aged 16+ can participate and must be accompanied by an adult.

DO I HAVE TO FUNDRAISE?

You are registering for a fundraising event when you participate in this trek. Your entry ticket is \$25.00, it is highly encouraged for all participants to fundraise to the best of their ability, official TREK2HEALTH SHIRTS received when you reach the goal of \$150.00 per person. When you register your fundraising page be generated automatically to make it easy to collect donations, and feel free to give Trek2Health call on 0401 713 039 to discuss your fundraising ideas.

WHAT IF I NEED HELP WHILST TREKKING?

If you need medical assistance, to reduce the distance you walk you can speak to one of the medics and/ or support vehicle crew who will assist you. This can be arranged by calling either 0401 713 039 or 0414 311 972.

WHAT/HOW MUCH FOOD/WATER SHOULD I BRING ON THE TREK?

You will need 1 litre of water at the commencement of the trek. There will be mobile car drink stations at all times, all support vehicles will carry water. Participants will need to have enough snacks for this five hour walk. Please note we will have fresh fruit available should it be required.

WHAT HAPPENS IF I REGISTER BUT THEN CANNOT PARTICIPATE?

We do not refund registration fees or any money raised for Trek2Health, however if a trekker is unable to participate they may transfer their registration (but not fundraising) to another person by notifying Trek2Health in writing 3 days prior to commencement of the trek.

DO I NEED INSURANCE?

While we undertake all measures possible to ensure your safety, but you are responsible for your own health and wellbeing in the lead up to and during the event. Make sure you have the relevant health coverage if you so desire.

SAFETY

1. Use your personal discretion in the event of injury or emergency as to which of the following recommended procedures to use: - If the injury or emergency is considered life threatening ring 000. State your name and that you are participating in the MORNING BLUE TREK - If the injury or emergency is not considered life threatening alert the nearest Medic or Trek Leader or, if they are not in close proximity call 0401 713 039 or 0414 311 972, and inform them of the situation.
2. Teams are responsible for both their own and their team's behaviour. Contravention of any checkpoint property owner's regulations may lead to the team's withdrawal for the trek. All trekkers must stay between the front and rear trek leaders.
3. Teams must carry mobile phones, preferably on two different networks. It is highly recommended that one phone is connected to the Telstra Network. All phone numbers in use must be provided to event organisers on registration.
4. Prescription medication and pain killers are your own responsibility. These cannot be issued by First Aid.
5. It is recommended to keep a rain poncho on hand depending on forecast weather.
6. BUSH FIRE Alert officials if you site a bush fire on 0401 713 039 or 0414 311 972. An emergency evacuation plan will be enacted by your trek leader and the support network. Follow event officials' instructions and remain at a checkpoint if advised to do so by officials. In the unlikely event that you are trapped, TREK2HEALTH LTD will call emergency services on 000 or 112 from a mobile; attempt to find a safe position in water, away from trees (in clear ground), in low ground or dig a trench, cover your mouth and nose with a wet piece of clothing.

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.

CHECKLIST

Provided below is a suggested list of equipment that can help you and your team prepare for the trek ahead.

TREKKERS ON THE TRACK:

- FOOTWEAR – proven and trialled hiking shoe or boot
- SPARE LACES
- SOCKS – include spares
- GATORS – lightweight keep gear out of boots/shoes
- NICKS /SKINS/TIGHTS – prevent chafing, support recovery and performance.
- CLOTHING – consider all weather conditions - ensure you have clothing suitable for windy raining, hot and cold conditions.
- LIGHTWEIGHT GLOVES – Keep the hands warm
- HATS – baseball cap, lightweight beanie, broad-brimmed lightweight hat – personal preference
- BUFF – Multi use – sun protection, dust protection, neck protection, sweat, etc.
- SUNGLASSES
- HIKING POLES – personal preference
- SMALL CAMELPAK TO CARRY GEAR – lightweight, durable, tested and trialled
- HYDRATION – Camelpak or water bottle.
- SNACKS – food packs specially designed, lightweight, individual food packs.
- PERSONAL MED KIT – lightweight – covers personal medications, band aids, tape, chafing, Insect repellent, sunscreen, hand gel, painkillers, etc. – Please note trek medics and first aid tents are also available.
- COMMUNICATIONS – mobile phone (fully charged)
- PERSONAL ID

Carry only what you need on the course, anything extra should be given to the trek leaders. Remember to bring your light snacks, hydration and first aid will be provided on course and at rest checkpoints. Please note that you are responsible to bring water container, either camel pack or water bottle, no cups at hydration stops.

TERMS & CONDITIONS

TREK2HEALTH LTD are the event organisers of TREK2HEALTH COMMUNITY TREK SERIES. If we deem the route unsafe (due to but not limited to heavy rain, lightning, high winds, bushfire or 'acts of god') we may, at our sole discretion, re-route The TREK2HEALTH COMMUNITY TREK SERIES, find an alternative shortened course, or cancel the event. If the event is cancelled, re-routed or shortened, no refund of registration fees, fundraising monies or transfer to another TREK2HEALTH COMMUNITY TREK SERIES event will be made. Due to the nature of our events and the months of preparation involved, the event will not be re-scheduled to any other weekend. We also reserve the right to change the route or checkpoint locations or distances as necessary. Any changes will be communicated to participants prior to the event.

1. All team members must be aged 18 or above unless approved by the organiser in advance in writing and will only be so approved where a parent or guardian has signed the appropriate form(s). The minimum age for students participating in the event is 16 years of age and they must be accompanied by an adult for the entirety of the course or where multiple adults are involved for each leg. Where necessary adults accompanying minors must be Blue Card certified.

2. At the start of the event, form your own team(s) with a minimum of two members, keep an eye on each other.

3. Teams and individuals must register and check in during their allocated check in period (refer to the Critical Times on the first page). Please note that the buses are unable to wait for late arrivals.

4. There is one major checkpoint throughout the course excluding the start and finish points. All trekkers must remain together between checkpoints. All participants must check in and check out as a group at each checkpoint. Checkpoint staff will not check in or check out a team until all members are accounted for.

5. Do not drop litter on the ground. Please respect the environment and carry out all your rubbish or discard at any bins provided. (This includes cigarette butts. Do not leave butts in tall grass or other flammable materials.)

Anyone observed littering will be removed immediately from the event.

6. Under no circumstances are any participants to be left unattended. If a participant is seriously injured and cannot be moved, one person must remain with them while another participant alerts the accompanying medical personnel. At all times an TREK2HEALTH LTD Event Medic should be no further than 500 metres away.

7. If you want to withdraw during the event, you must first report to the mobile Trek Group Leader or mobile Trek Group Medic who will sign you out. You will then hop into a transport vehicle and dropped off at finish line. at which time you will have your entry bib code recorded as having left the event.

8. If you do not notify event organisers of your intention to leave a checkpoint prior to doing so, this will result in an emergency services response. This can waste valuable resources, which may be required elsewhere and for which you may be held financially accountable.

9. Identification (ie Bibs) must be worn at all times during the event.

10. A team or individuals must notify TREK2HEALTH LTD organisers of any change of team members via email. No substitutions will be allowed once the event starts. Any team found to be substituting without prior notification or during the event will be withdrawn.

11. If, in the opinion of medical personnel, a team member is unable to continue for medical reasons the event organisers reserve the right to remove that member from the event.

12. Every participant must have completed their training, so they are fit enough to complete the chosen distance.

13. All participants must read the Trekkers Handbook and be fully prepared on the morning of the event to commence trek with all equipment and provisions.

