

100KM TEAM RELAY

# TREK4LIFE

SUPPORTING FRONTLINE

MENTAL HEALTH

100KM EXTREME  
TEAM CHALLENGE  
SUNDAY 18TH JUNE  
ENOGGERA RESERVOIR  
CIRCUIT, THE GAP,  
BRISBANE

Presented by  
**TREK2HEALTH**  
RESILIENCE VIA EARTH



TREK4LIFE is a 100 km Extreme Team Challenge with a minimum of 4 and maximum of 12 people in each team. To complete this team challenge you will collect 12 flags over 12 laps to achieve a team total of 100 kilometres. This is a resilience boosting challenge in support of Mental Health Awareness. Funds raised support Trek2Health's life-changing mental wellness services for our local frontline workers and veterans.

#### **ABOUT OUR CAUSE**

Trek2Health is an organisation founded with a single, noble objective - provide ongoing support to First Responders and Emergency Services personnel such as firefighters, EMTs, and police officers in our communities. TREK4LIFE is open to all frontline people, their families and friends, members of the public are all welcome, all and any support that will help these community heroes. This event is a great way to get in touch with nature, get some exercise and support a great cause. TREK4LIFE 2023, 18th of June 2023 will follow the current COVID-19 safety Guidelines.

#### **THE SCIENCE BEHIND GREEN EXERCISE**

From an evolutionary perspective, we are hard wired to operate in nature, not live a sedentary lifestyle under artificial lights, working long work hours in front of a glaring screen. Exercising in nature acts as a counter measure to the irritation and chronic stress provoked by the modern, urban lifestyle. We all know that exercising outdoors is good for us, but its benefits for mental health are more far reaching than you may realise. Research has shown how green exercise significantly "increased self-esteem and improved mood such as a reduction in anger." The presence of water in the environment was especially beneficial. Click here to learn more. (link text to <https://www.trek2health.org.au/our-services/>)

#### **TREK4LIFE 100KM EXTREME TEAM CHALLENGE**

TREK4LIFE 100KM is a Team Orientated Challenge. All trekkers must create a team or join a team. Create your own Team and invite your friends, family, workplace, or community group. All team members must register online before trek day. Team minimum is 4 people (3 laps each) start at 6am Team maximum of 12 people (1 lap each) all team members start at 230pm Or make your own combo to reach 100km team total, e.g. 4 people (3 laps each, last departure at 1030am) or 6 people (2 laps each last departure 1230pm) Each lap is approx. 8.5km – a tranquil bush walk with a few gentle hills to boost your resilience. Each lap consists of an exhilarating 8.5km walk on wide fire trails, around the picturesque Enoggera Reservoir and will take approximately 2 hours. This outstanding Trek offers a few short, sharp hills along the way to boost your resilience, as you enjoy some of Brisbane's best bush landscape – tranquil eucalypt forest and lake views. We appreciate your best efforts to reach 100km per team. This trek will be lots of fun! You're doing your friends a favour by inviting them to destress in nature via an unforgettable wilderness adventure.

# 2023

## TREK4LIFE 100KM EXTREME TEAM CHALLENGE

SUNDAY 18TH JUNE, 2023

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\*\* 8.5km circuit of Enoggera Reservoir – average walking time per circuit 2 hours \*\*

Each team will complete a total of 12 laps of the circuit to achieve the 102km total distance. Please let your Team Leader know how many laps you will be walking. Your team can walk together or at any time that suits you, in between the earliest and last departure times.

Sun 18 June 2023 | Sunrise 0637 | Sunset 1703

### Team start and finish times

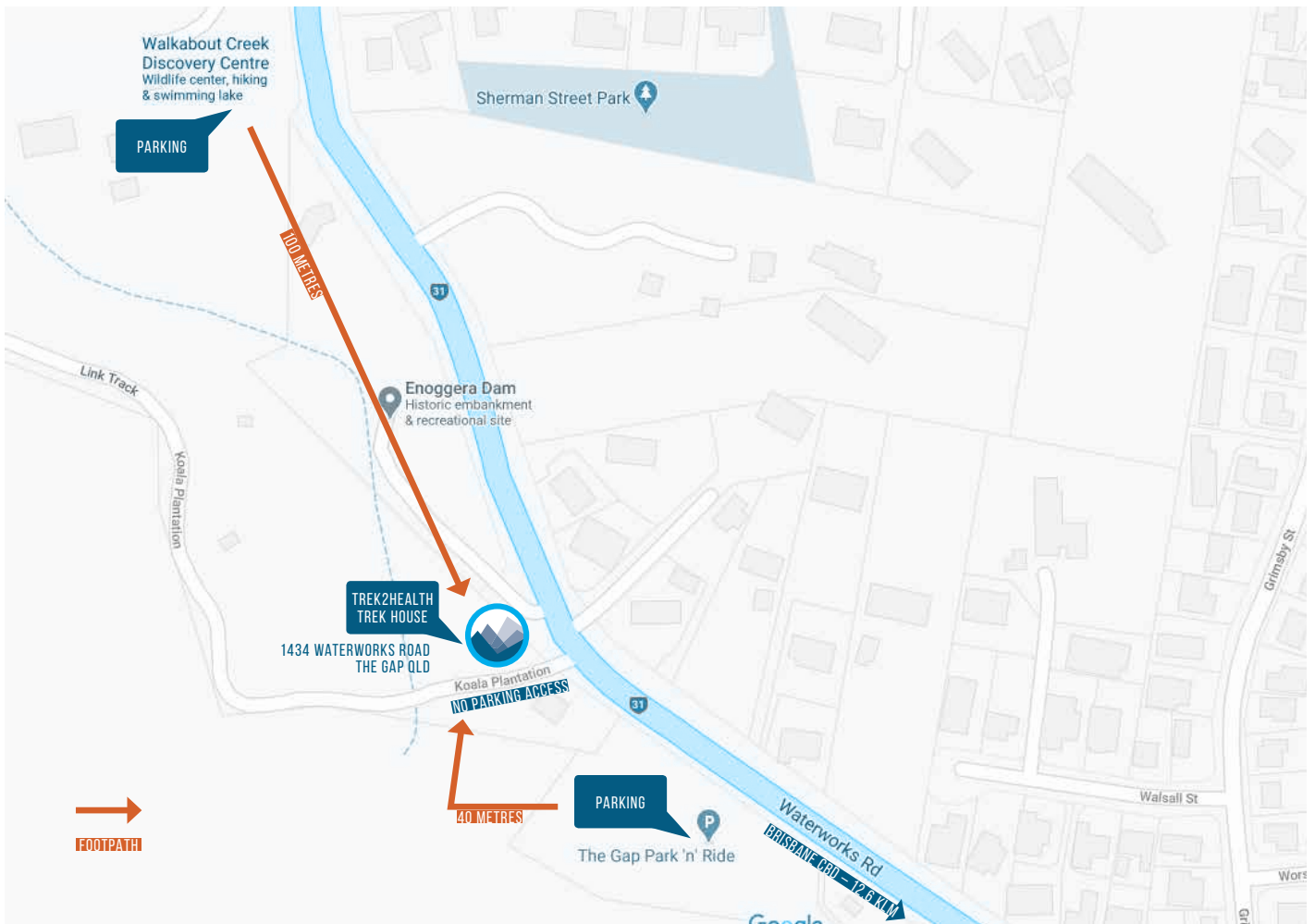
	No. of laps	Distance	Earliest departure	Last departure
4 person team	3 laps each	25.5km	0630	1030
5 person team	• 2 people x 3 laps each	32km	0630	1030
	• 3 people x 2 laps each	17km		
6 person team	2 laps each	17km	0630	1230
7-11 person team	1-2 laps each		0630	1230
12 person team	1 lap each	8.5km	0630	1430

# 2023

## TREK4LIFE 100KM EXTREME TEAM CHALLENGE

SUNDAY 18TH JUNE, 2023

BOOST YOUR RESILIENCE AND ASSIST IN RAISING MUCH NEEDS FUNDS TO SUPPORT THE MENTAL WELLNESS OF OUR FRONTLINE WORKERS AND VETERANS. TREK4LIFE 100KM EVENT VILLAGE OPENS 0530 AT THE BEAUTIFUL TREK2HEALTH HEADQUARTERS – 1434 Waterworks Road The Gap – Please see map below for public transport and parking options.



# FAQS

## **CAN I MAKE MY OWN WAY TO THE START POINT?**

Yes, public transport is available nearby (bus route 385, embark at the final stop: The Gap park 'n' ride, Enoggera Reservoir) and there is ample public car parking available within the area, a short 50 metre walk to the Event Village.

## **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?**

TREK4LIFE 100KM is a community fundraising event with a minimum fundraising goal of \$1000.00 per team to participant. There are great rewards available for top fundraisers. When you register select your fund-raising target and your fundraising page will automatically generate your personalised page – this makes asking for and receiving donations easy. And feel free to give Trek2Health an email at [support@trek2health.org.au](mailto:support@trek2health.org.au) to discuss your fundraising ideas, Trek2Health are here to help!

## **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 0401 713 039.

## **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 each two-hour lap walk. Please note we will have fresh fruit available prior to the trek.

## **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 insurance and ambulance cover

# 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 TREK4LIFE 100KM - 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.
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 jacket 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

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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

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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, any team(s) must have a minimum of two members with a maximum of six members

3. Teams 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 (excluding 12km trek). All trek groups 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 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 their 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.