

## BIG EASY 2020 RACE RULES

1. All competitors compete at their own risk, and agree to abide by all race rules and observe all safety requirements and to compete (run/walk or ride) within their own limits to ensure their own safety and wellbeing.
2. All competitors must be of sufficient fitness and skill to safely complete the race that they enter.
3. Organisers reserve the right to withdraw from the race any competitor who shows signs of fatigue or injury during the race.
4. All competitors must reach cut off point within allocated time limit otherwise they will be redirected down a shorter course.\*
5. All competitors must dress sufficiently for the conditions and weather likely to be experienced during the race.
6. The event will be held in all weather conditions unless these are so extreme that the damage to the environment would be irreparable, or for any other reason that the organisers consider it unlikely that competitor's will be able to safely and successfully complete the race. In either case organisers reserve the right to cancel the event and reserve the right to retain all entry fees.
7. Competitors must obey all course marshals and follow the route as described and marked by the organisers.
8. Competitors must wear their race number on their bike (for riders) and on their chest (for runners and walkers) to be visible at all times, and ensure it is recorded at the finish.
9. All competitors must carry all rubbish out with them – any competitor caught dropping rubbish will be instantly disqualified.
10. All bike riders must wear an approved bike helmet when on their bike.
11. All competitors must attend the race briefing prior to their race start.
12. All competitors must sign the Personal Statement of Ability and Safety which states that you have read, understood, and agree to these conditions of entry
13. Entrants being overtaken must give right of way to faster entrants during the race.
14. Organisers reserve the right to require further information regarding entrants less than 16 years of age.

15. Any entrant who contravenes general competition or race rules will be ineligible for prizes.
16. Dogs, except guide dogs, are NOT to be brought onto the property. This is a working farm with stock animals and domestic animals are NOT allowed.
17. Entry fees are non-refundable and non-transferable. Late penalty fee of \$15 applies to registrations received after February 24<sup>th</sup> 2020.

**\*Cut off points and Time Limits**

27 Km Bike ride	If a competitor has not made it to the Blue Gum checkpoint within an hour and a half they will be diverted down the 20 Km track.
18 Km Run	If a competitor has not made it to the top at the Pond within an hour and a half they will be diverted down the 12 Km track.
Duathlon	If the runners are not back in time for the start of the Mt Bike events they will be disqualified. Those who arrive early have to wait and start with the Mt Bike events.

## **PERSONAL STATEMENT OF ABILITY AND SAFETY**

By entering the 2020 Whitehorse Big Easy:

I certify that I am in good health and agree to abide to the rules and regulations of the Whitehorse Big Easy and to obey any and all instructions from race officials so as not to put myself or others at risk.

I acknowledge that there are inherent risks involved with cross country running and mountain biking and fully realise the dangers of participating in an event such as this and fully understand the risks associated with such participation and my/our wellbeing during the event.

I understand and agree that situations may arise during the event, which may be beyond the immediate control of officials or organisers, and I must continually participate in a manner that does not endanger either myself, or others.

I further certify that my cycle equipment is in suitable order for the event and has been checked by a certified cycle mechanic.

I forever waive all civil claims or actions against the event organizers, land owners, volunteers and sponsors or any staff or agents of these groups or any other parties associated with the event. I verify that I am suitably trained for the event and am fully aware of all the risks involved.

I understand that all roads that I will be cycling on are open to normal traffic and will obey all road and cycling rules.

I understand that in the event of fire, earthquake, flooding, and/or any other extreme geological, meteorological or environmental event that makes the event and/or specific races unsafe or inaccessible, the event/race may be altered, postponed or cancelled without refund.

I authorise my name, voice, picture and information on this entry form to be used without payment to me in any broadcast, telecast, promotion, advertising, social media or any other way pursuant to the Privacy Act 1993.

I consent to receiving medical treatment which may be advisable in the event of illness or injuries suffered during the event. And that I have disclosed any allergies or medical conditions that may affect such treatment.

All entries must be signed by the participant and parent/guardian of those under 18.

## **IMPORTANT SAFETY NOTICES**

**MUSIC DEVICES.** The use of any sort of music device is strongly discouraged. These are dangerous due to users not being able to hear instructions from course officials or hear movements of other participants around them. Please do not wear these during the event.

**ROAD CONTROLS.** There will be some road controls in effect during parts of the course. BUT this does not mean there will be no vehicles on the roads. At all times you must keep left, watch for traffic and obey normal road rules.

**ACCIDENT RESPONSE.** Given the number of competitors on course relative to the number of support crew, it is likely that in an accident or emergency, you as a fellow competitor, may come upon that person before the support crews do. If so you should proceed as follows:

- **First on Scene:** If you are the first on the scene please stop and assist the injured/distressed competitor & gather as much information as possible.
- **Next on Scene:** Talk to first on scene then proceed to the nearest radio (Aid Station / Medic / 4WD / Tail End Charlie / Marshall) to report the situation (even if that means returning the way you came) so we can get expert help on the scene ASAP.
- **Others on Scene:** Stop to see if any assistance can be offered and proceed if not.
- If you assist please take a note of the time you take assisting the injured person and we may be able to credit your final race time, after verifying it, of course!

**BE SAFE, HAVE FUN AND ENJOY!**