

JODI LEE
FOUNDATION

THE JLF TREK SA HIKE GUIDE

18 MAY, 2019

10KM

**LIFE THREATENING EMERGENCY 000 OR 112
COMMAND CENTRE 0456 169 640**

**PREVENTING
~~BOWEL CANCER~~**

CRITICAL TIMES

SATURDAY 18 MAY

12PM - 12.15PM REGISTRATION

12.15PM BRIEFING AND START

LOCATION: Eat at Whalers

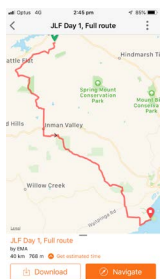
121 Franklin Parade,

Encounter Bay

HIKING APP

RIDE WITH GPS

- Click this link: https://ridewithgps.com/auto_approve/Club/3974/e07KZl3aKpoCP4GU
- Sign up for a Ride with GPS Account (or sign into your existing Ride with GPS account)
- Download the Ride with GPS mobile app from the App Store on your iPhone: <https://itunes.apple.com/us/app/ride-with-gps-bike-computer/id893687399?ls=1&mt=8>
Google Play Store 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
- Once installed, Sign In with the email and password you just used to create your account
- You will find your routes located under Menu -> Organization: <https://s3.amazonaws.com/rwgps/screenshots/G8sTD.png>



EVENT SAFETY

We ask that you please note the following:

- A St Johns Officer will be located at each checkpoint and at the Finish
- This event is being conducted in remote areas, through terrain that is rough, steep and sometimes with no or limited vehicle access
- In an emergency, please 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 a tracking device during the hike.

To complement the event risk and emergency procedures, we ask you to abide by these guidelines:

- Carry a basic first aid kit with you for minor accidents or injuries including an emergency space blanket
- You **MUST** sign in and record the time you arrive at each checkpoint
- During the hike make sure one member of your group has their phone on aeroplane mode in case of an emergency
- Save the Command Centre mobile number in your phone - **0456 169 640**
- At all times you should hike with at least one other person
- Follow the maps from **RIDE WITH GPS** as you hike, noting twists in the path, roads, and other landmarks to keep track of your location

EMERGENCY PROCEDURES

LOST

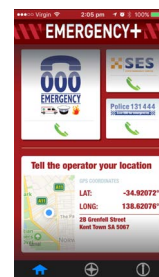
- Try to retrace your steps until you find a marker or recognise a landmark
- Refer to the maps to work out your location and the turn you have missed
- If you can hear people, shout to attract their attention
- If you CANNOT find a marker and feel lost, call the Command Centre on **0456 169 640**
- Provide your GPS (location) by looking at your Emergency + app, and/or your approximate location (eg between CP1 & CP2, 2kms past CP1)
- Follow up by taking a screen shot of your GPS location and text it to the Command Centre
- If there is no mobile phone coverage, make your way to the top of a hill and call for help
- Remain in one location until help arrives. Do not move unless instructed to and keep comfortable and 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 hikers stay with the injured person, three is preferable
- Contact the Command Centre on **0456 169 640**
- Provide GPS coordinates using the Emergency + app, and/or your approximate location (eg between CP1 & CP2, 2kms past CP1)
- Take a screen shot of your GPS location and text it to the Command Centre
- If there is no mobile phone coverage, two hikers should make their way to the top of a hill and call for help

EMERGENCY+ APP

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



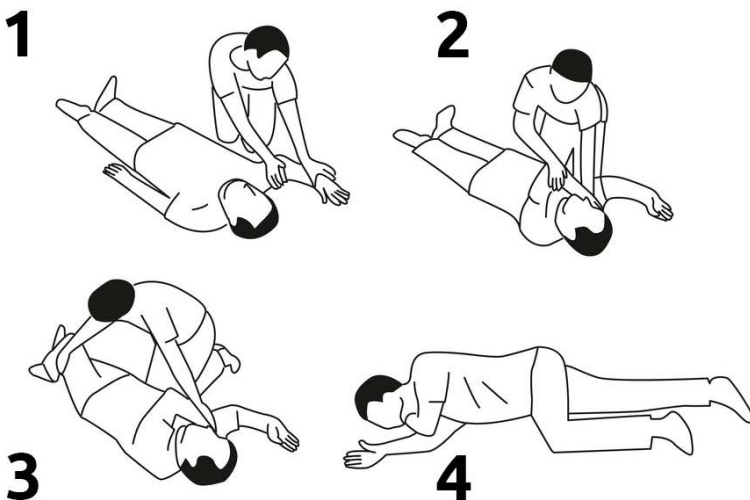
LIFE THREATENING EMERGENCY

- 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.

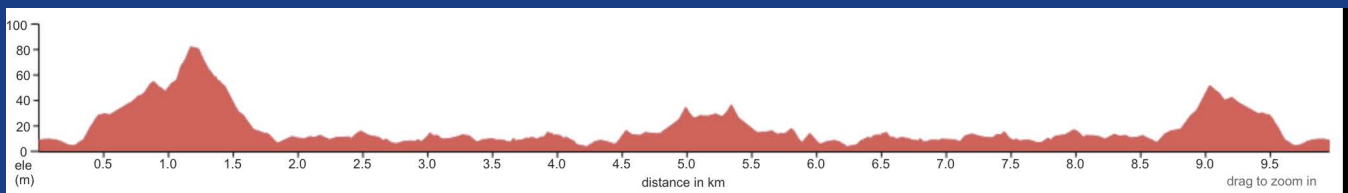
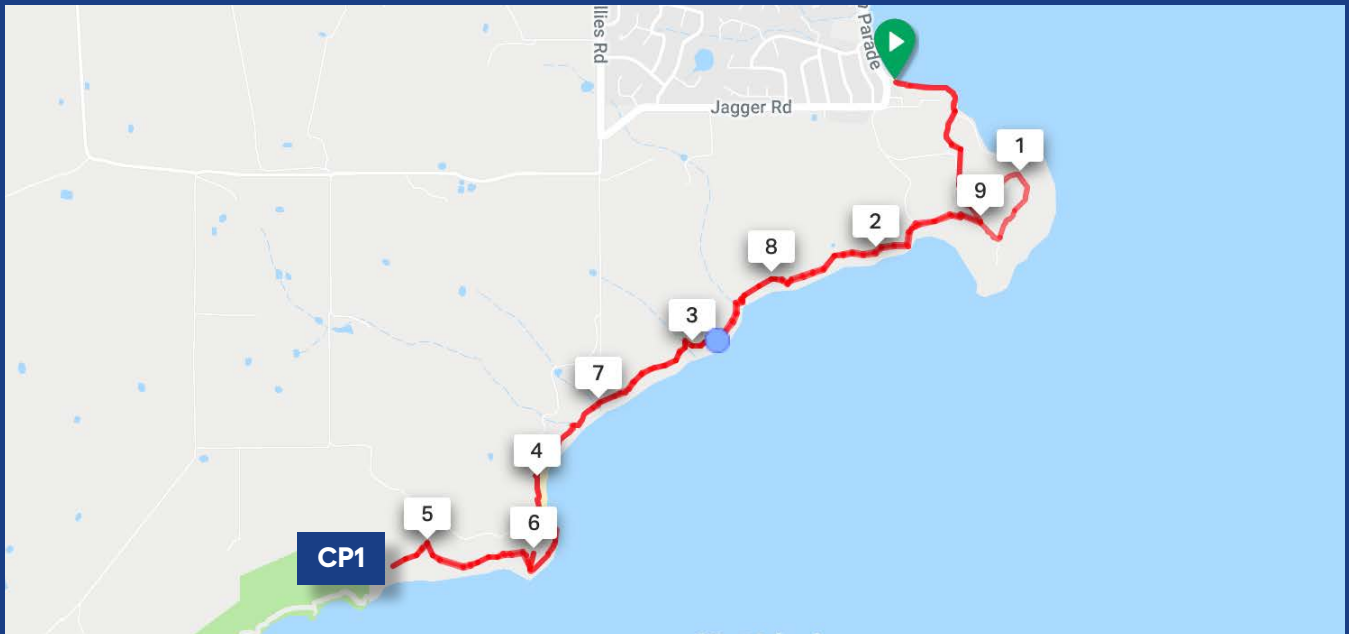
© St John Ambulance Australia. St John encourages first aid training as this information is not a substitute for first aid training.

THE JLF TREK

SATURDAY

SUMMARY MAP

10_{KM}



THE JLF TREK SATURDAY

START - CP1 - FINISH

DISTANCE **10KM**

TERRAIN

MILD

FACILITIES

ST JOHN

TOILETS ON SITE

AFTER PARTY

| CHECKPOINT | LOCATION | OPEN TIME |
|------------|--|-------------------------------------|
| START | EAT AT WHALERS 121 FRANKLIN PARADE, ENCOUNTER BAY GPS: -35.586478, 138.598931 | ARRIVE 12PM FOR 12.15PM START |
| CP1 | KING HEAD GPS: -35.604198, 138.582149 | MUST DEPART NO LATER THAN 4.15PM |
| FINISH | EAT AT WHALERS 121 FRANKLIN PARADE, ENCOUNTER BAY GPS: -35.586478, 138.598931 | |



**LIFE THREATENING EMERGENCY 000 OR 112
COMMAND CENTRE 0456 169 640**