

# THE JLF TREK SA HIKE GUIDE

17-18 MAY, 2019

# 80KM

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

# CRITICAL TIMES

## BRIEFING SESSION – 80KM TREK

**DATE:** Thursday 16 May  
**TIME:** Registration 5pm – 6pm  
Briefing 6pm – 7pm  
**VENUE:** Chiton Rocks Surf Life Saving Club  
Hindmarsh Esplanade, Chiton

Attendance at this session is **compulsory** for all 80km participants to ensure the safety of trek participants. You will receive your bib, cap and t-shirt at this session.

## BUS TRANSFER TIMES

**80KM:** 5.50am Friday and Saturday  
departing from Encounter Bay Footy Club  
16 Armstrong Road, Victor Harbor

Please arrive promptly as transfer to the Trek Starting Line cannot be guaranteed for participants who do not arrive by the allocated time.

80km trek participants will be given the option to reduce their walk time on day 2 by departing from the 25km start line (subject to coach availability). This option will be discussed by trek operators at the end of day 1.

## TREKKING CUT OFF TIMES

For safety reasons, the following cut off times will apply to all Trekkers. Walkers who do not reach a checkout by the determined time will be provided coach transfer to the finish line.

### DAY 1

**CHECKPOINT 2:** 1.45PM  
**CHECKPOINT 3:** 3.30PM

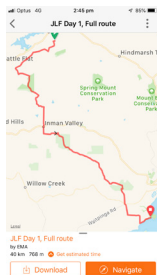
### DAY 2

**CHECKPOINT 2:** 12.35PM  
**CHECKPOINT 3:** 4.15PM

# HIKING APP

## RIDE WITH GPS

- Click this link: [https://ridewithgps.com/auto\\_approve/Club/3974/e07KZl3aKpoCP4GU](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](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 line
- 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 an online tracking device during the hike
- Make sure to download the Ride With GPS app ahead of time and familiarise yourself with how to use it

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

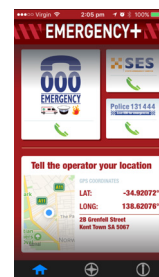
- Try to retrace your steps until you find a marker or recognise a landmark
- Refer to the maps to work out your location and the turn you have missed
- If you can hear people, shout to attract their attention
- If you CANNOT find a marker and feel lost, call the Command Centre on **0456 169 640**
- 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



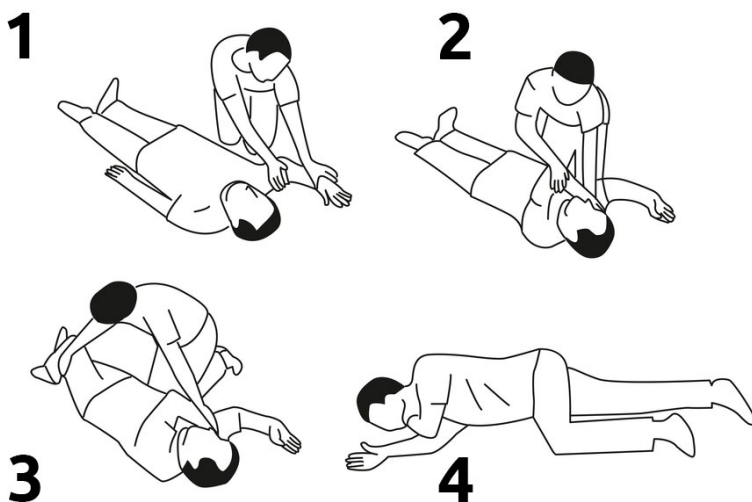
# LIFE THREATENING EMERGENCY

- 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 FRIDAY MAY17

TOTAL DISTANCE START TO FINISH 40KM

BUS LOADING: 5.50AM

BUS DEPARTS: 6.00AM SHARP

LOCATION:

ENCOUNTER BAY FOOTY CLUB  
16 ARMSTRONG ROAD, VICTOR HARBOR

CHECKPOINT	LOCATION	CHECKPOINT OPEN TIMES	KMS AND TERRAIN	FACILITIES
START	CR ROWLEY RD & STEPHENS RD,  (FLEURIEU MILK COMPANY)  MYPONGA  GPS: -35.554479, 138.603154	6.35AM	START TO CP1 8KM MILD	PARKING
CP1	NUNN ROAD, MYPONGA  GPS: -35.439785, 138.424151	7:30AM - 9:15AM	CP1 - CP2 14.5KM HARD	MORNING TEA TOILET ST JOHN
CP2	HANCOCK RD, INMANN VALLEY  GPS: -35.516558, 138.485990	10:00AM - 2:30PM  1.45PM FINAL DEPARTURE TIME IF CONTINUING TO FINISH	CP2 - CP3 10.2KM MODERATE	LUNCH TOILET ST JOHN
CP3	TUGWELL RD & HALLS CREEK RD BLACK VALLEY  GPS: -35.564134, 138.560351	11:00AM - 5:15PM  3.30PM FINAL DEPARTURE TIME IF CONTINUING TO FINISH	CP3 - FINISH 7.3KM MODERATE	AFTERNOON TEA TOILET ST JOHN
FINISH	PETREL COVE  GPS: -35.591804, 138.599792	12.15PM - 5:30PM		SHUTTLE BUS BACK TO CARS ST JOHN

THE LOCATIONS AND DISTANCE BETWEEN CHECKPOINTS IS APPROXIMATE AND MAY  
ALTER DUE TO UNFORESEEN CIRCUMSTANCES

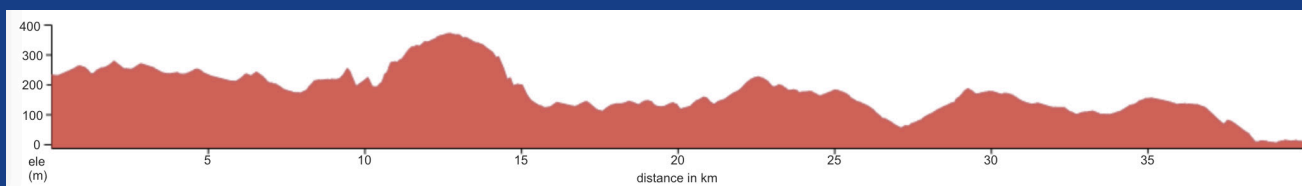
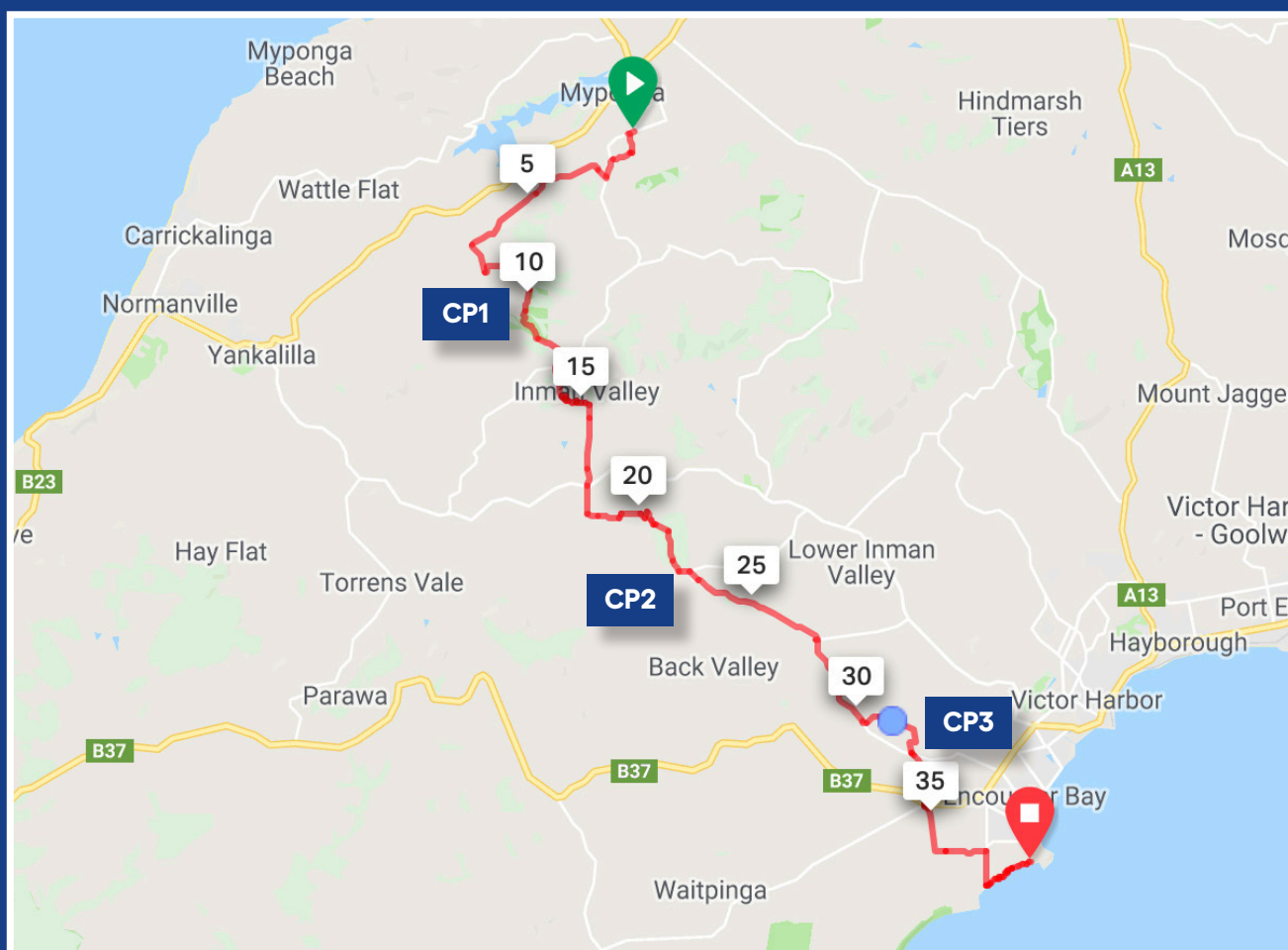


# THE JLF TREK

## FRIDAY

## SUMMARY MAP

# 40<sub>KM</sub>



# THE JLF TREK FRIDAY

## START-CP1 8KM

TERRAIN

MILD

FACILITIES AT BUS LOADING

PARKING AND TOILETS

FACILITIES AT CP1

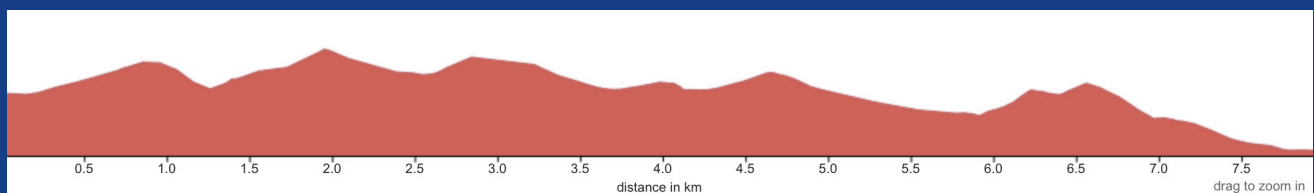
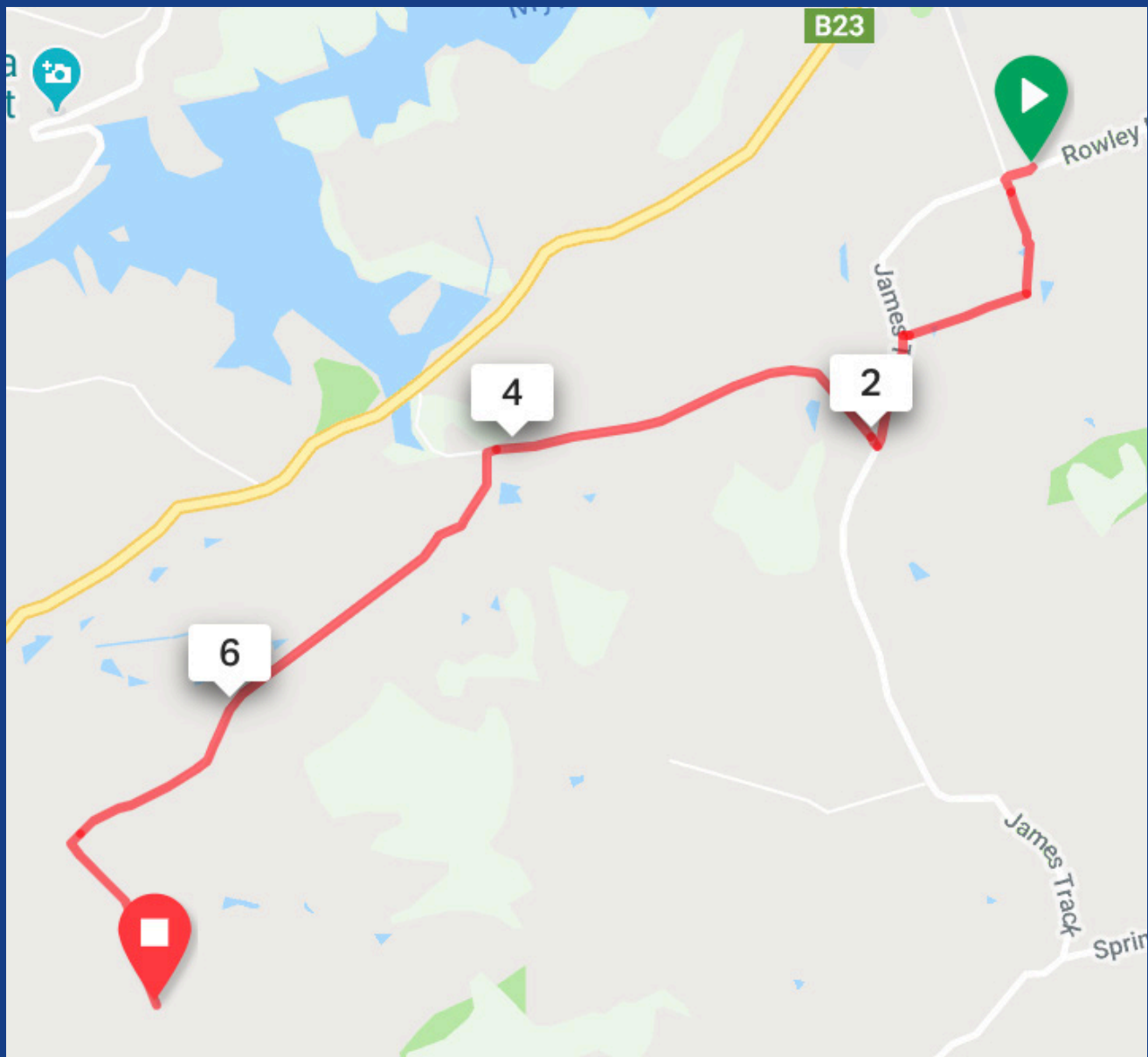
ST JOHN

CHECKPOINT	LOCATION	OPEN TIME
START	CR ROWLEY RD & STEPHENS RD, (FLEURIEU MILK COMPANY) MYPONGA GPS: -35.401967, 138.469215	6.35AM
CP1	NUNN ROAD, MYPONGA GPS: -35.439785, 138.424151	7.30AM – 9.15AM



# THE JLF TREK FRIDAY

START-CP1 **8KM**



# THE JLF TREK FRIDAY

CP1-CP2 **14.5KM**

TERRAIN

HARD

FACILITIES

MORNING TEA

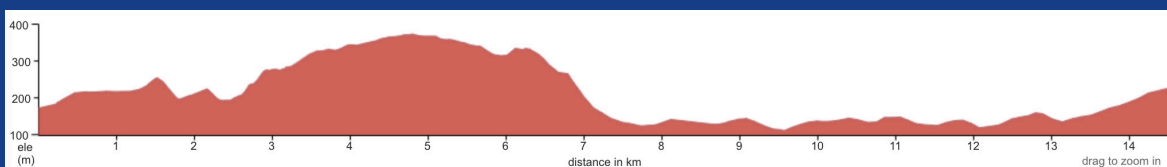
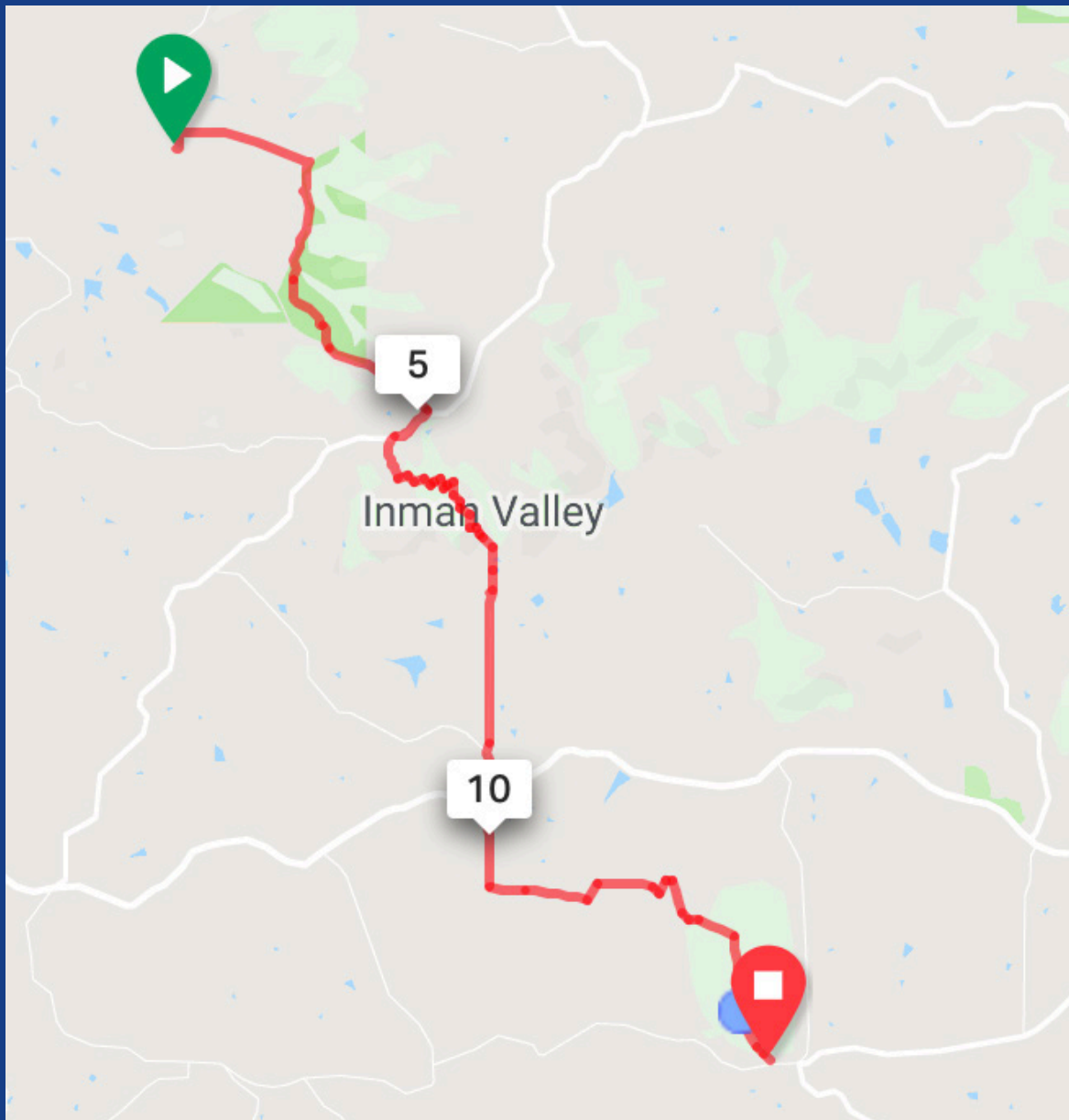
TOILET

ST JOHN

CHECKPOINT	LOCATION	OPEN TIME
CP1	NUNN ROAD, MYPONGA GPS: -35.439785, 138.424151	7.30AM – 9.15AM
CP2	HANCOCK RD, INMANN VALLEY GPS: -35.516558, 138.485990	10:00AM – 2:30PM 1.45PM FINAL DEPARTURE TIME IF CONTINUING TO FINISH

# THE JLF TREK FRIDAY

CP1-CP2 **14.5KM**



# THE JLF TREK FRIDAY

CP2-CP3 **10.2KM**

TERRAIN

MODERATE

FACILITIES

LUNCH

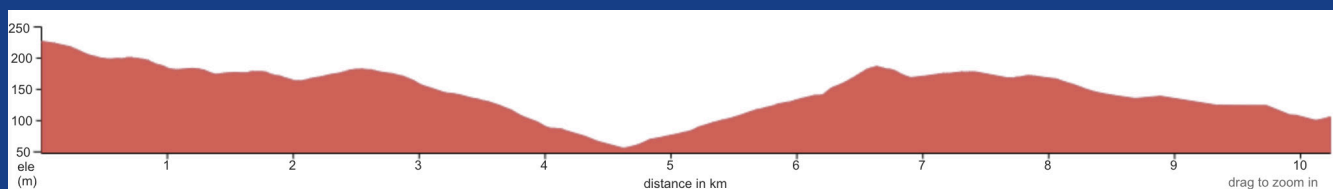
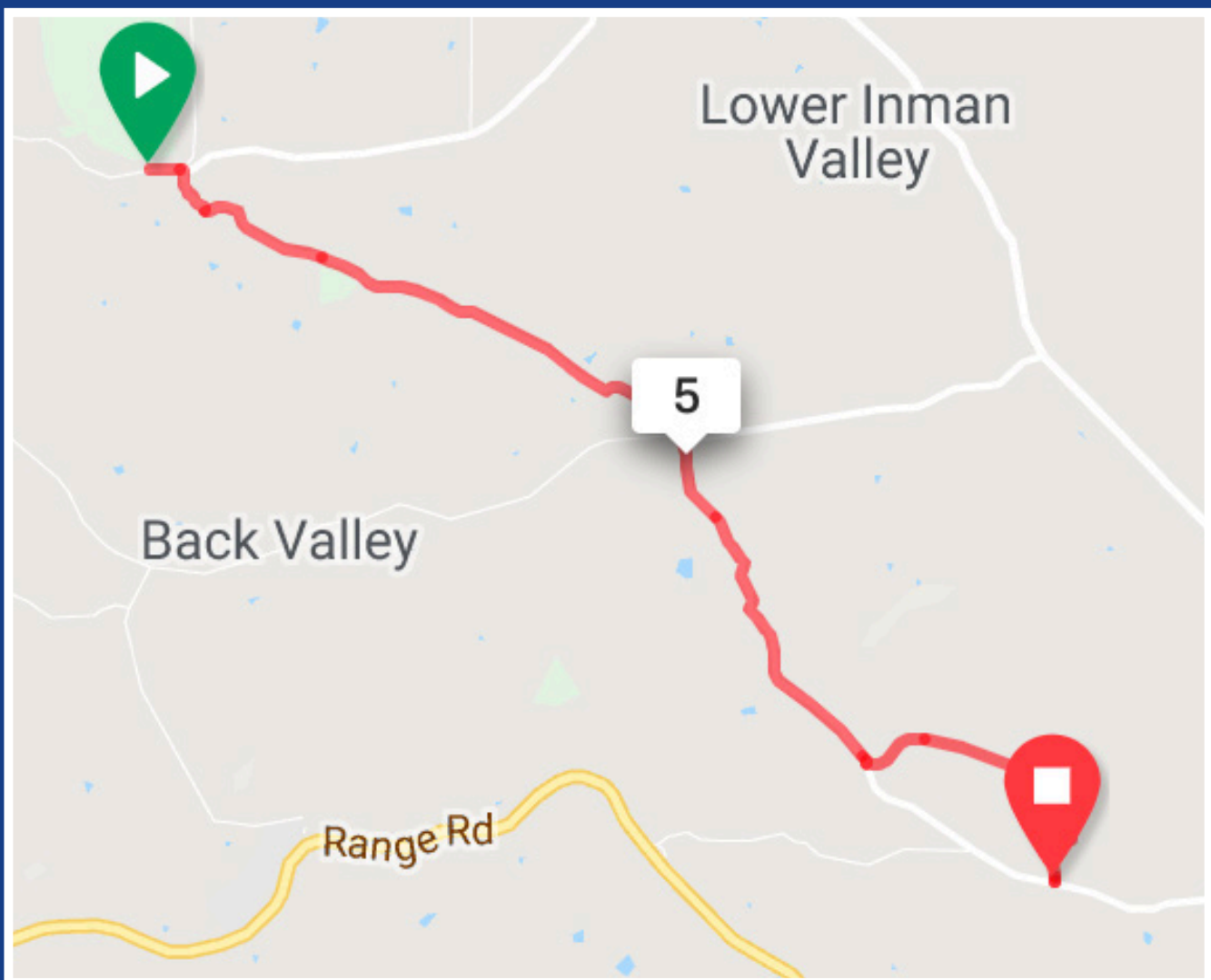
TOILET

ST JOHN

CHECKPOINT	LOCATION	OPEN TIME
CP2	HANCOCK RD, INMANN VALLEY GPS: -35.516558, 138.485990	10:00AM - 2:30PM 1.45PM FINAL DEPARTURE TIME IF CONTINUING TO FINISH
CP3	TUGWELL RD & HALLS CREEK RD BLACK VALLEY GPS: -35.564134, 138.560351	11:00AM - 5:15PM 3.30PM FINAL DEPARTURE TIME IF CONTINUING TO FINISH

# THE JLF TREK FRIDAY

CP2-CP3 **10.2KM**



# THE JLF TREK FRIDAY

## CP3-FINISH 7.3KM

**TERRAIN**

**MODERATE**

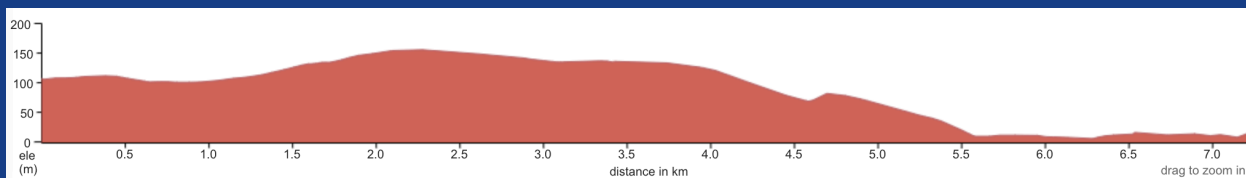
**FACILITIES**

**SHUTTLE BUS BACK TO CARS  
ST JOHN**

CHECKPOINT	LOCATION	OPEN TIME
CP3	TUGWELL RD & HALLS CREEK RD BLACK VALLEY GPS: -35.564134, 138.560351	11:00AM - 5:15PM 3.30PM FINAL DEPARTURE TIME IF CONTINUING TO FINISH
FINISH	PETREL COVE GPS: -35.591804, 138.599792	12.15PM - 5:30PM

# THE JLF TREK FRIDAY

CP3-FINISH **7.3KM**





# THE JLF TREK

## SATURDAY MAY 18

**TOTAL DISTANCE START TO FINISH 35.5KM**

**BUS LOADING: 5.50AM**

**BUS DEPARTS: 6.00AM SHARP**

**LOCATION:**

**ENCOUNTER BAY FOOTY CLUB**

**16 ARMSTRONG ROAD, VICTOR HARBOR**

CHECKPOINT	LOCATION	CHECKPOINT OPEN TIMES	KMS AND TERRAIN	FACILITIES
START	CR TAYLOR RD & TUNKHEAD RD  GPS: -35.599817, 138.354116	6.35AM	START TO CP1 8.5KM HARD	NIL
CP1	MOUNT SCRUB RD (WHERE THE TRACK LEAVES THE ROAD)  GPS: -35.614444, 138.403616	7:30AM - 9:30AM	CP1 – CP2 10.3KM MODERATE -HARD (SOFT SAND BEACH WALKING & POSSIBLE WATER CROSSING)	MORNING TEA TOILET ST JOHN
CP2	WAITPINGA BEACH CAR PARK DENNIS ROAD, WAITPINGA  GPS: -35.633413, 138.499378	9.00AM - 1.10PM  12:35PM FINAL DEPARTURE TIME IF CONTINUING TO WALK	CP2 – CP3 12.6KM MODERATE- HARD	LUNCH TOILET ST JOHN
CP3	KING HEAD  GPS: -35.604198, 138.582149	11:00AM - 4.45PM  4.15PM FINAL DEPARTURE TIME IF CONTINUING TO FINISH	CP3 – FINISH 4.1KM MILD	AFTERNOON TEA TOILET ST JOHN
FINISH	EAT AT WHALERS 121 FRANKLIN PARADE, ENCOUNTER BAY  GPS: -35.586478, 138.598931	11.30AM - 5:30PM		ST JOHN

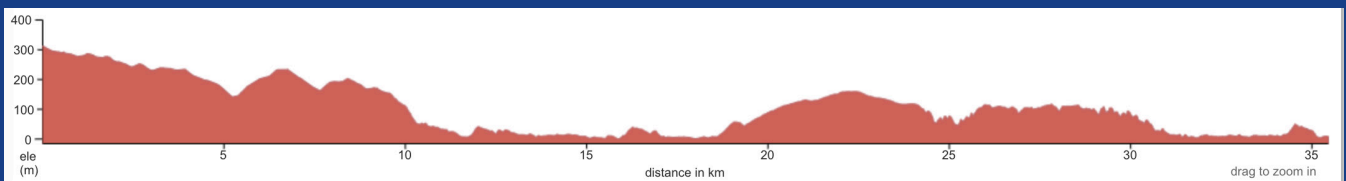
**THE LOCATIONS AND DISTANCE BETWEEN CHECKPOINTS IS APPROXIMATE AND MAY ALTER DUE TO UNFORESEEN CIRCUMSTANCES**

# THE JLF TREK

# SATURDAY

# SUMMARY MAP

## 35.5<sub>KM</sub>



# THE JLF TREK SATURDAY

START-CP1 8.5KM

TERRAIN

FACILITIES

HARD

MORNING TEA

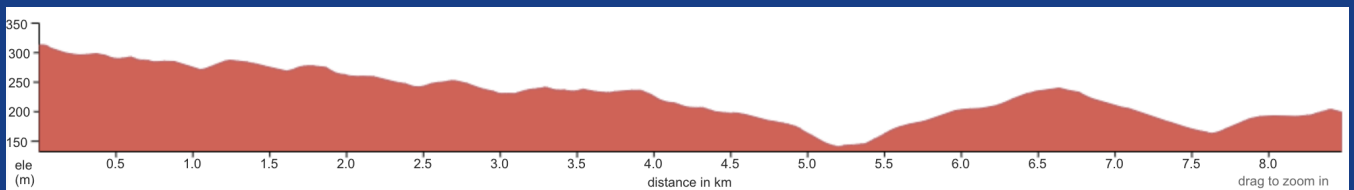
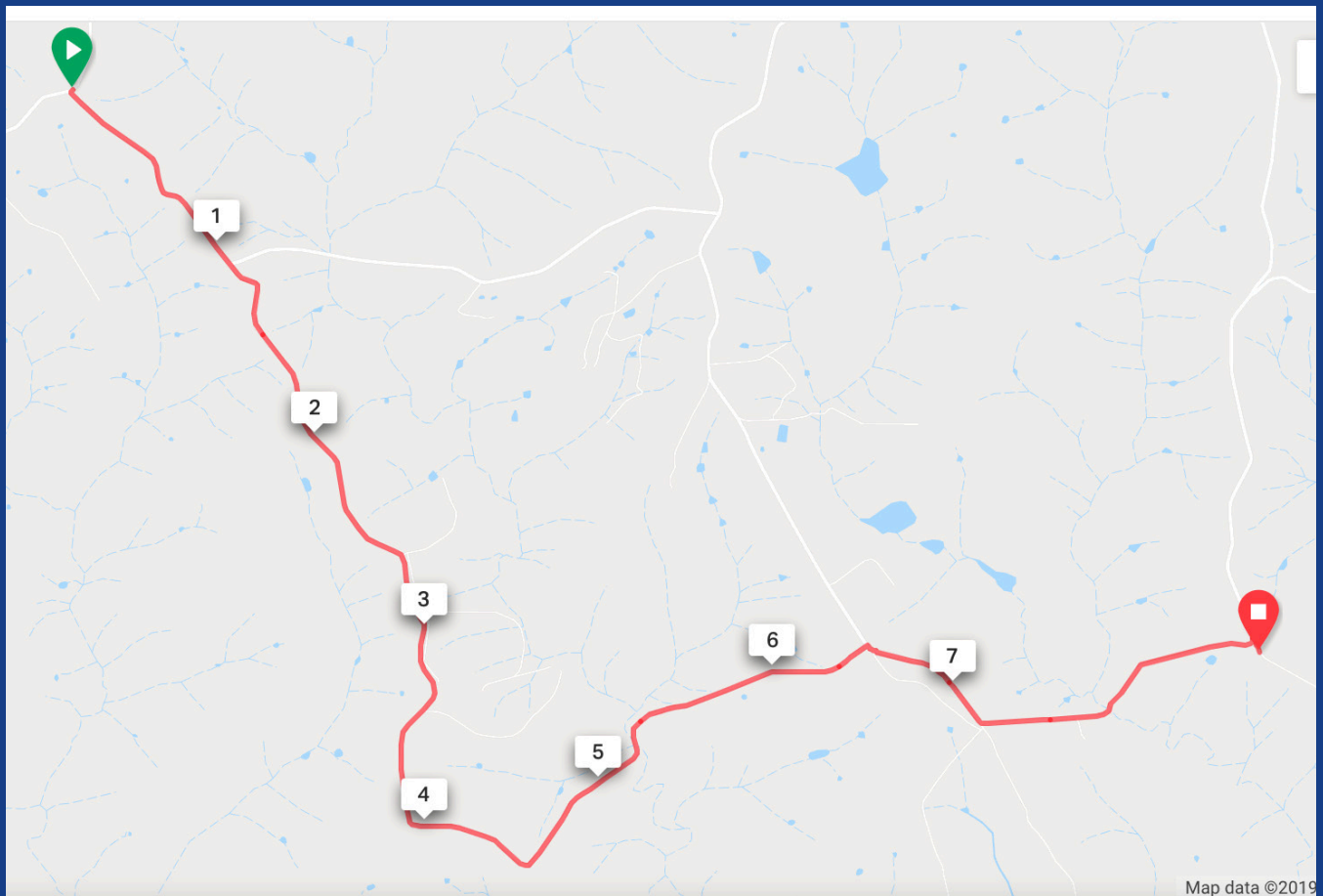
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TOILET

CP	LOCATION	OPEN TIME
START	CR TAYLOR RD & TUNKHEAD RD GPS: -35.599817, 138.354116	6.35AM
CP1	MOUNT SCRUB RD (WHERE THE TRACK LEAVES THE ROAD)  GPS: -35.614444, 138.403616	7:30AM - 9:30AM

# THE JLF TREK SATURDAY

START-CP1 **8.5KM**



# THE JLF TREK SATURDAY

CP1-CP2

DISTANCE **10.3KM**

## TERRAIN

MODERATE - HARD

(SOFT SAND BEACH WALKING & POSSIBLE WATER CROSSING)

## FACILITIES

LUNCH

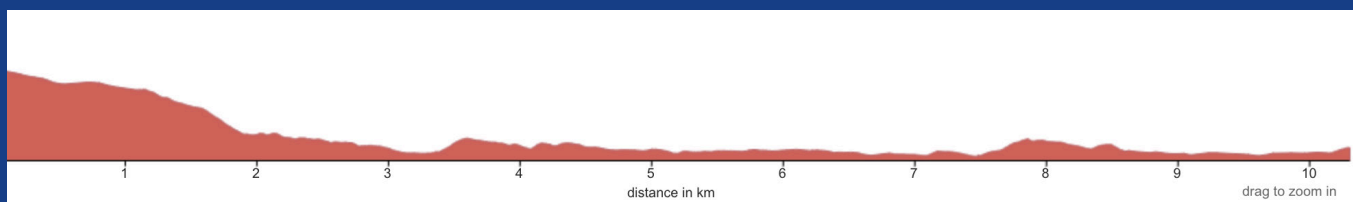
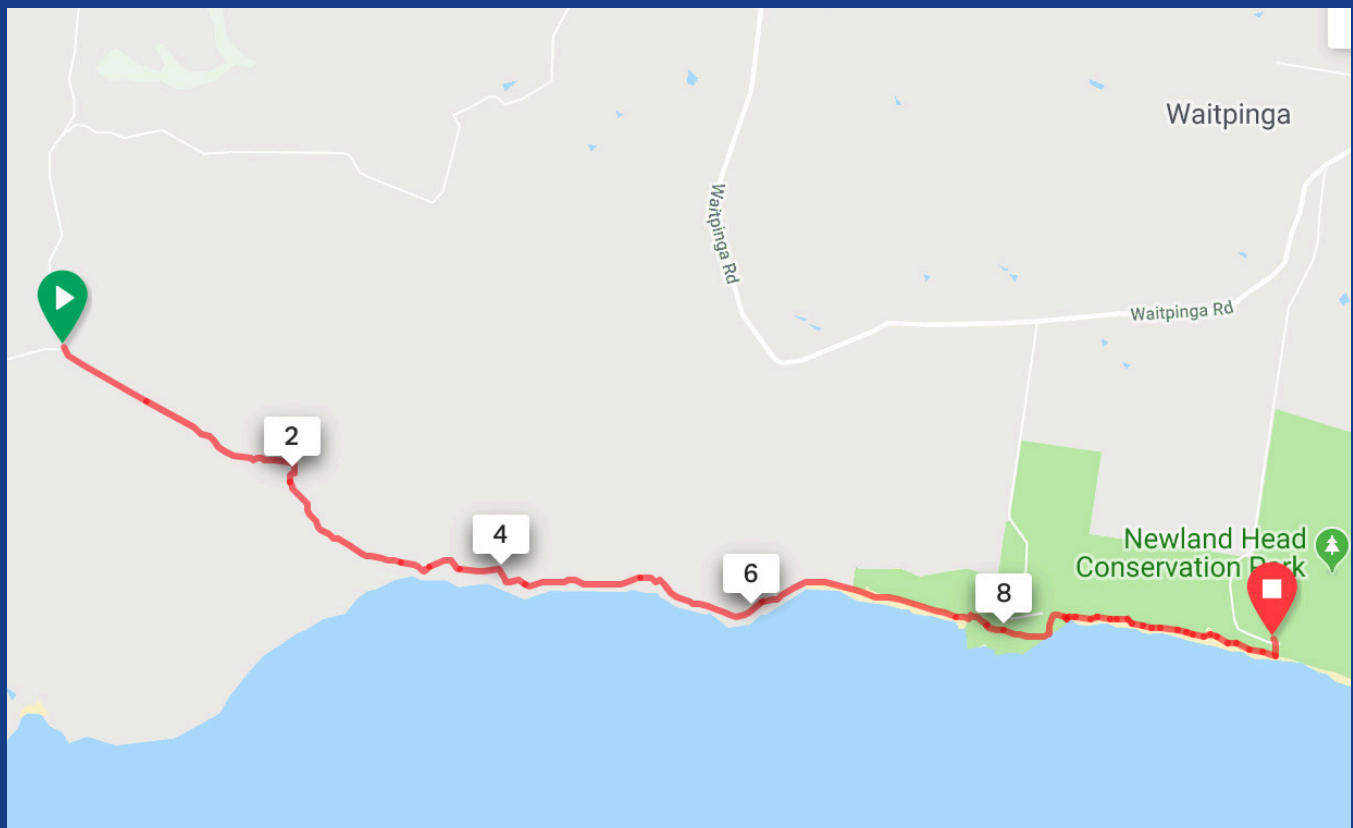
TOILET

ST JOHN

CHECKPOINT	LOCATION	OPEN TIME
CP1	MOUNT SCRUB RD (WHERE THE TRACK LEAVES THE ROAD) GPS: -35.614444, 138.403616	7:30AM - 9:30AM
CP2	WAITPINGA BEACH CAR PARK DENNIS ROAD, WAITPINGA GPS: -35.633413, 138.499378	9.00AM - 1.10PM  12:35PM FINAL DEPARTURE TIME IF CONTINUING TO WALK

# THE JLF TREK SATURDAY

CP1-CP2 **10.3KM**



# THE JLF TREK SATURDAY

CP2-CP3

DISTANCE **12.6KM**

TERRAIN

MODERATE - HARD

FACILITIES

AFTERNOON TEA

TOILET

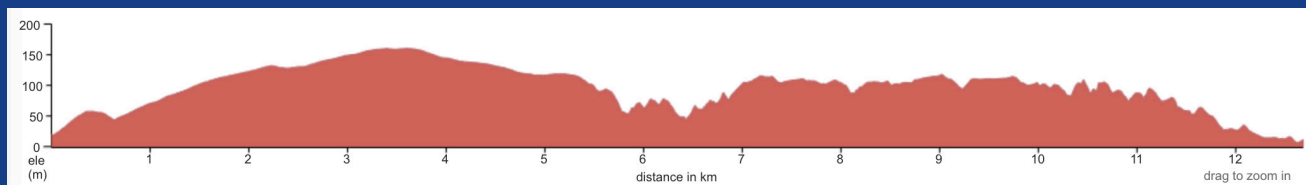
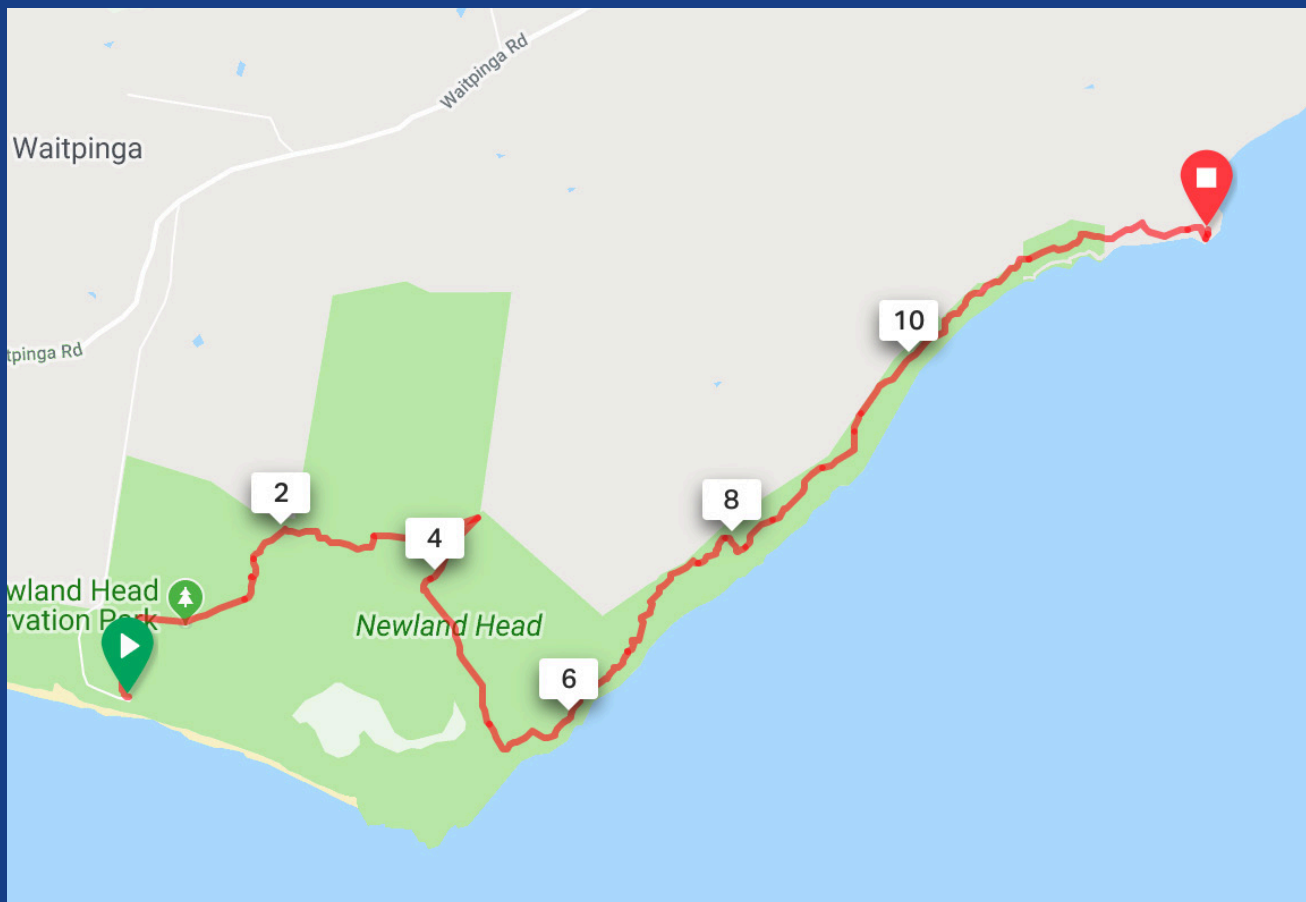
ST JOHN

CHECKPOINT	LOCATION	OPEN TIME
CP2	WAITPINGA BEACH CAR PARK DENNIS ROAD, WAITPINGA GPS: -35.633413, 138.499378	9.00AM - 1.10PM 12:35PM FINAL DEPARTURE TIME IF CONTINUING TO WALK
CP3	KING HEAD GPS: -35.604198, 138.582149	11:00AM - 4.45PM 4.15PM FINAL DEPARTURE TIME IF CONTINUING TO FINISH



# THE JLF TREK SATURDAY

CP2-CP3 **12.6KM**



# THE JLF TREK

# SATURDAY

## CP3-FINISH

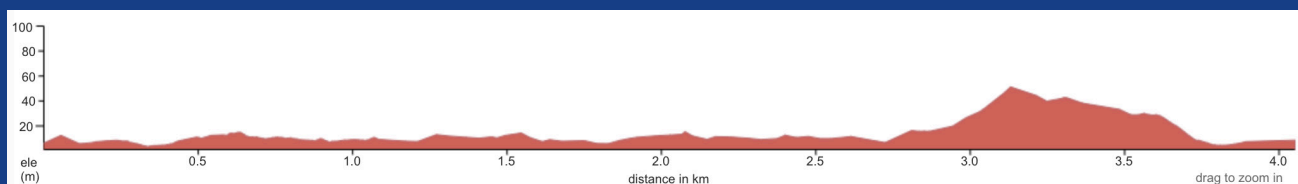
## DISTANCE 4.1KM

TERRAIN MILD  
FACILITIES ST JOHN  
TOILETS ON SITE  
AFTER PARTY

CHECKPOINT	LOCATION	OPEN TIME
CP3	KING HEAD GPS: -35.604198, 138.582149	11:00AM - 4.45PM 4.15PM FINAL DEPARTURE TIME IF CONTINUING TO FINISH
FINISH	EAT AT WHALERS 121 FRANKLIN PARADE, ENCOUNTER BAY  GPS: -35.586478, 138.598931	11.30AM - 5:30PM

# THE JLF TREK SATURDAY

CP3-FINISH **4.1KM**







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