

JODI LEE
FOUNDATION

THE JLF TREK VIC HIKE GUIDE

7 SEPTEMBER, 2019

10KM

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

**PREVENTING
~~BOWEL CANCER~~**

CRITICAL TIMES

BRIEFING SESSION – 10KM TREK

DATE: Saturday September 7

TIME: Registration 11.15am – 11.30am
Briefing 11.30am

LOCATION: Fryerstown School, 5 Camp Street, Fryerstown (street parking available)

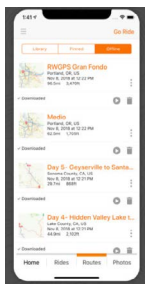
BUS LOADING: 11.40am

Please arrive promptly

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>



EMERGENCY PROCEDURES

LOST

- Try to retrace your steps until you find a marker or recognise a landmark
- Refer to Ride with GPS 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 the start and your first checkpoint)
- 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

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

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 CP Pink & CP Orange, 2kms past CP Pink)
- 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



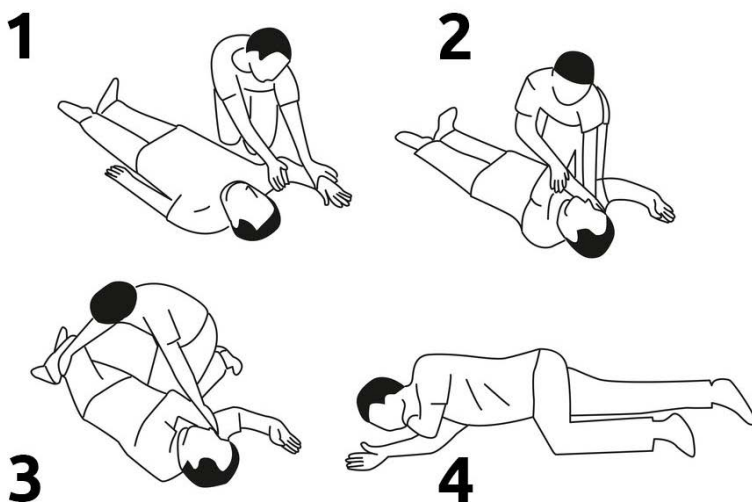
LIFE THREATENING EMERGENCY

- 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 SEPT 7

TOTAL DISTANCE START TO FINISH 10.5KM

BUS DEPARTS: 11.40AM SHARP

**LOCATION: FRYERSTOWN SCHOOL, 5 CAMP STREET, FRYERSTOWN
(STREET PARKING AVAILABLE)**

CHECKPOINT	LOCATION	CHECKPOINT OPEN TIMES	KMS AND TERRAIN	FACILITIES
START	PORCUPINE RIDGE ROAD & HELGE TRACK GLENUCE GPS: -37.190444, 144.209001	12.15PM		
CP BLUE	VAUGHAN MINERAL SPRINGS OFF GREVILLE ST, VAUGHAN GPS: -37.161659, 144.214698	10:45AM - 5.00PM 4.00PM FINAL DEPARTURE TIME IF CONTINUING TO FINISH	START - CP BLUE 4.5KM MILD-MODERATE	AFTERNOON TEA TOILET ST JOHN
FINISH	FRYERSTOWN SCHOOL 5 CAMP ST, FRYERSTOWN GPS: -37.141309, 144.252118	11.30AM - 6.00PM	CP BLUE - FINISH 6KM MODERATE	TOILET ST JOHN AFTER PARTY

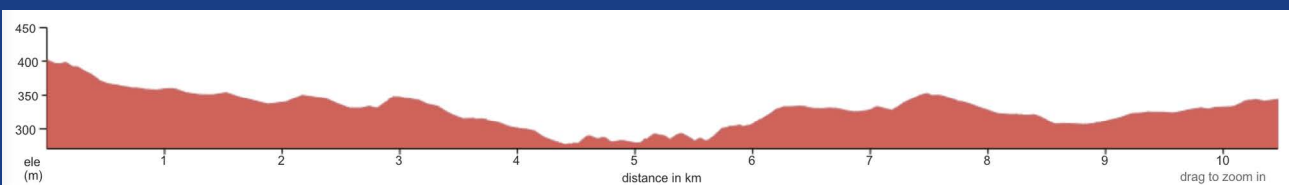
THE LOCATIONS AND DISTANCE BETWEEN CHECKPOINTS IS APPROXIMATE AND MAY ALTER DUE TO UNFORESEEN CIRCUMSTANCES

THE JLF TREK

SATURDAY

SUMMARY MAP

10.5_{KM}



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 SHOELACES**
- **SOCKS** – include one spare pair.
- **GATORS** – lightweight, keep debris out of boots/shoes.
- **NICKS/SKINS/TIGHTS** – prevent chafing, support recovery and performance.
- **CLOTHING** – consider all weather conditions and ensure you have clothing suitable for wind, rain and hot and cold conditions.
- **LIGHTWEIGHT GLOVES**
- **HATS** – baseball cap, lightweight beanie and/or broad-brimmed lightweight hat – personal preference and to suit all weather conditions.
- **BUFF®** – Multi use – sun protection, dust protection, neck protection, sweat, etc.
- **SUNGLASSES**
- **HIKING POLES** – personal preference.
- **SMALL PACK TO CARRY GEAR** – lightweight, durable, tested and trialled.
- **HYDRATION** – camel-pack or water bottle with at least a litre of water at start. Top up water will be available at the checkpoints.
- **FOOD** – Snacks will be provided but you may like to top up with your own snacks.
- **PERSONAL MED KIT** – lightweight, covers personal medications, bandaids, tape, anti-chafing, insect repellent, sunscreen, hand gel, painkillers, etc.
St John services available at checkpoints and finish only.
- **COMMUNICATIONS** – mobile phone (fully charged).
- **PERSONAL ID**

OUR STORY

Our story begins with Jodi Lee.

In 2008, Jodi, and her husband Nick and their two children were living in Vietnam. Happily married for 12 years and having the time of their lives, living and working overseas, bowel cancer was the furthest thing from their minds.

Nick was away when Jodi rang complaining of constipation, abdominal pain and some bloating. Her doctor quickly recognised an obstruction and ordered scans. Jodi had cancer, and the tumour had all but blocked her bowel. She was only 39.

With no family history or symptoms, the diagnosis hit Jodi and Nick hard. After a successful operation to remove the tumour, they received the worst news possible – the cancer had spread to Jodi’s lymph and liver. At best, she only had two years to live.

The hardest thing was telling their young children Jack and Arabella that their Mum was going to die. Jodi was 41 when she passed away on 16 January 2010.

The saddest part of Jodi’s story is that it could have been different if her bowel cancer was detected early.

With that simple fact as our driving force, the Jodi Lee Foundation was established in 2010.

Today, we continue to share Jodi’s story as it resonates with so many people and impacts thousands of lives. We regularly hear stories of family, friends and work colleagues impacted by bowel cancer. We hear stories of delays in diagnosis, misunderstanding around screening tests and despair that the symptoms were not picked up early enough. We also hear words of hope. Hope that by raising awareness around bowel cancer prevention we can empower people to be healthy and active, explore their family history, act quickly on symptoms or take a screening test.

And hope that by sharing Jodi’s story we can save more lives.

Your involvement and fundraising efforts will help us to continue raising awareness of bowel cancer prevention through our national campaigns and fundraising events.



OUR VISION

To prevent bowel cancer.

OUR MISSION

To empower everyone to take active steps to prevent bowel cancer and lead healthy lives.

OUR VALUES

Courage, Compassion, Integrity, Empowerment

**PREVENTING
BOWEL ~~CANCER~~**



SUPPORTING PARTNERS



THE PAELLA PAN
CREATIVE CATERING



EVENT MANAGERS



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