

THE JLF TREK SA GUIDE

74KM

BAROSSA VALLEY

14 & 15 MAY 2021

JODI LEE
FOUNDATION

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

**PREVENTING
BOWEL ~~CANCER~~**

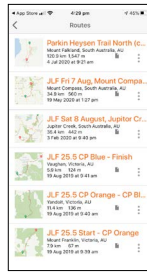
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TREK MAP

DOWNLOAD RIDE WITH GPS APP

- From your phone click this link:
https://ridewithgps.com/auto_approve/Club/3974/e07KZI3aKpoCP4GU
- Sign up for a **Ride with GPS** account, or sign into your existing account
- Download the **Ride with GPS** app:
On your iPhone: <https://itunes.apple.com/us/app/ride-with-gps-bike-computer/id893687399?ls=1&mt=8>
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
- Sign in with the email and password used to create your account
- You will find The JLF Trek maps located under More > Organisation



EMERGENCY PROCEDURES

LOST

- Refer to your **Ride with GPS** app to work out your location and the turn you have missed
- Try to retrace your steps until you find a marker or recognise a landmark
- If you can hear people, shout to attract their attention
- If you can't find a marker and feel lost, call the Command Centre on **0456 169 640**
Provide your GPS location by looking at the **Emergency + app** or **Ride with GPS app**, or your approximate location eg between CP 2 & CP 3, 2kms past CP 2
Take a screen shot of your GPS location and text it to the Command Centre
- If there is no mobile coverage, find a high vantage point for better reception and call the Command Centre
- Remain in one location until help arrives. Do not move unless instructed to and keep warm

EVENT SAFETY

RULES AND PROCEDURES

- At each checkpoint you **MUST** sign in with our event management team
- The JLF Trek is held in remote areas, through terrain that is rough, steep and sometimes with no or limited vehicle access
In an emergency, 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 event
- Make sure to download the **Ride with GPS** app and **Emergency+** app ahead of time and familiarise yourself with how to use them
- Make sure one member of your group has their phone on Aeroplane Mode, which will preserve battery, in case of an emergency
- Save the Command Centre number **0456 169 640** in your phone
- At all times you should trek with at least one other person
- Carry a basic first aid kit injuries including an emergency space blanket
St Johns will be located at each checkpoint and at the finish line

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 trekkers stay with the injured person, three is preferable
- Contact the Command Centre on **0456 169 640**
Provide your GPS location by looking at the **Emergency+ app** or **Ride with GPS app**, or your approximate location eg between CP 2 & CP 3, 2kms past CP 2
Take a screen shot of your GPS location and text it to the Command Centre
- If there is no mobile coverage, find a high vantage point for better reception and call the Command Centre

EMERGENCY+ APP

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



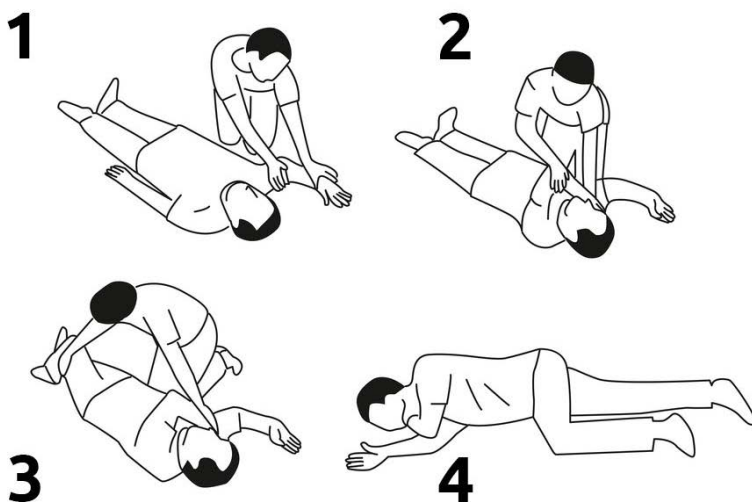
LIFE THREATENING EMERGENCY

- 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.

FRIDAY 14 MAY

TOTAL DISTANCE START TO FINISH 40.5KM

TO VIEW MAP [CLICK HERE](#)

BUS LOADING: FROM 5.55AM

BUS DEPARTS: 6.10AM SHARP

CARPARKING: KAPUNDA HARNESS RACING CLUB, 41 HANCOCK RD, KAPUNDA
(FINISH LOCATION)

The locations and distance between checkpoints is approximate AND may alter due to unforeseen circumstances.

CHECKPOINT	LOCATION	CHECKPOINT OPEN TIMES	KMS AND TERRAIN	FACILITIES
START	INTERSECTION BELVIDERE RD & SADDLEWORTH RD MARRABEL GPS: -34.140782, 138.865215	6.30AM	START TO CP 1 9.5KM MODERATE	NIL
CP 1	INTERSECTION MURRAYS ROAD & HEYSEN RD, RIVERTON GPS: -34.184283, 138.839393	7:35AM - 9:45AM	CP 1 – CP 2 11KM MODERATE	MORNING TEA ST JOHN TOILETS
CP 2	INTERSECTION OF MARYVALE CREEK RD & HEYSEN TRAIL, HAMILTON GPS: -34.230491, 138.889813	8:45AM - 1:00PM	CP 2 – CP 3 11.5KM MILD/MODERATE	LUNCH ST JOHN TOILETS
CP 3	CNR BRIDGE RD & BLACK JOES RD, KAPUNDA GPS: -34.291043, 138.883474	10:15AM - 5:00PM 3.20PM FINAL DEPARTURE TIME IF CONTINUING TO FINISH	CP 3 – FINISH 8.5KM MILD	AFTERNOON TEA ST JOHN TOILETS
FINISH	KAPUNDA HARNESS RACING CLUB 41 HANCOCK RD, KAPUNDA GPS: -34.341549, 138.903770	11.45PM - 5:45PM		ST JOHN TOILETS

SATURDAY 15 MAY

TOTAL DISTANCE START TO FINISH 33.5KM

TO VIEW MAP [CLICK HERE](#)

ARRIVE FROM: 6:45AM TO SIGN IN

START: 7:00AM

CARPARKING: OLD SCHOOL HOUSE, PEWSEY VALE
(FINISH LOCATION)

The locations and distance between checkpoints is approximate AND may alter due to unforeseen circumstances.

CHECKPOINT	LOCATION	CHECKPOINT OPEN TIMES	KMS AND TERRAIN	FACILITIES
START	OLD SCHOOL HOUSE PEWSEY VALE GPS: -34.68355, 138.96707	ARRIVE 6.45AM FOR 7.00AM START	START TO CP 1 6.5KM HARD	PARKING TOILETS
CP 1	OLD SCHOOL HOUSE PEWSEY VALE GPS: -34.68355, 138.96707	7.45AM - 9:15AM	CP 1 - CP 2 9KM MODERATE (SMALL HARD SECTION)	MORNING TEA ST JOHN TOILETS
CP 2	CNR HEWSEN TRAIL & DEWELLS TRAIL (ENTRY OFF CRICKS MILL RD), MT CRAWFORD GPS: -34.735157, 138.973397	9:00AM - 12.00PM	CP 2 - CP 3 6.5KM MILD/MODERATE	LUNCH ST JOHN TOILETS
CP 3	MT CRAWFORD INFORMATION CENTRE 745 WARREN RD MT CRAWFORD GPS: -34.714259, 138.945519	9.45AM - 2.15PM 2.00PM FINAL DEPARTURE TIME IF CONTINUING TO FINISH	CP 3 - FINISH 11.5KM MILD/MODERATE	AFTERNOON TEA ST JOHN TOILETS
FINISH	OLD SCHOOL HOUSE PEWSEY VALE GPS: -34.68355, 138.96707	11:15AM - 5:30PM CELEBRATION PARTY FINISHES AT 6:00PM		ST JOHN TOILETS CELEBRATION