

## **2017 NUGGET SAFETY BRIEFING**

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### **EVERYONE**

1. Take care on public roads. All roads are OPEN and shared. All cyclists must adhere to New Zealand road rules. You have no special rights just because you are in a race.
2. There are no track closures. Be aware of walkers – especially those with dogs and children. Be courteous to other track users and share with care.
3. You must stop and help any injured competitors. Please report any incidents to an event marshal immediately. We rely on your input to tell us what's happening on the course.
4. Runners and walkers will be sharing some tracks with mountain bikes, you need to be aware of what's going on around you - TAKE CARE.
5. You must wear the race numbers provided (they are coded for your event) on the outside of your clothing at all times. Use either pins or a race belt.
6. The course is marked with red (on white) arrows plus yellow 'caution' tape. If the tape is lying across the ground, it means do not cross it.
7. Do not deviate from the marked track or take shortcuts – there are old unmarked mine shafts everywhere.
8. Anyone who withdraws from the race MUST notify an official who is in radio/mobile contact with race HQ as soon as practicable. This is essential to avoid unnecessary searches and emergency services being engaged.

### **5 & 10km Run/Walk**

9. The course is marked with red (on white) arrows plus yellow 'caution' tape. If the tape is lying across the ground, it means do not cross it.
10. Ignore all other track markings.
11. Stay on the marked track.
12. Follow the instructions of the marshals.
13. Road crossings – all roads are open, you have no special rights, obey the marshals.

### **21km Run/Walk**

14. The course is marked with red (on white) arrows plus yellow 'caution' tape. If the tape is lying across the ground, it means do not cross it.
15. Ignore all other track markings.
16. Stay on the marked track.
17. Follow the instructions of the marshals.
18. Take extreme care around the coastal cliffs. The track is slippery and rooty in places.
19. It is recommended to carry a small first aid kit.
20. It is recommended to carry your own hydration and food.
21. Road crossings – all roads are open, you have no special rights, obey the marshals.

22. Runners and walkers will be sharing some tracks with mountain bikes – TAKE CARE.
23. No iPods, MP3 players. You everyone's safety, must be aware of what's going on around you.
24. When you enter the Martha Mine open pit, follow the marshals' instructions and go directly to the finish line. It is imperative that you stay on the course when running/walking within the mine.

## **FULL NUGGET & HALF NUGGET**

### **ROAD CYCLE – Full Nugget**

25. Take care on public roads. All roads are OPEN and shared, and all cyclists must adhere to the New Zealand road rules. You have no special rights just because you are in a race. Obey the marshals.
26. It is compulsory to wear a certified bike helmet.
27. There will a staggered neutralised start. Follow the lead car/bike (~2km) – No overtaking car/bike.
28. Take care on rough roads and new seal. Down the Beach Gorge in particular. Beware of road works.
29. If you are not comfortable riding in a bunch– stay clear.
30. Concentrate at all times – this is the most dangerous leg of the race.
31. There will be a tail end Charlie/medic following the last competitor.

### **KAYAK – Full Nugget**

32. **A Personal Flotation Device must be worn** by all paddlers on the kayak leg. This includes all kayak, ski and SUP competitors. **This will be strictly enforced.**
33. Recommended you carry a pump or baler in all sea-kayaks/enclosed craft.
34. Recommended you carry your own hydration and food.
35. Boating rules are “keep right”. Watch out for and give way to other recreational boats. It's duck shooting season!
36. There will be a lead boat plus marshals to direct you at critical points on the course.
37. There are safety craft patrolling the course to help in a rescue situation, however you should be able to self-rescue in your selected boat.
38. A vertically raised paddle is the recognised help signal.

### **COASTAL RUN – Full Nugget & Half Nugget**

39. The course is marked with red (on white) arrows plus yellow 'caution' tape. If the tape is lying across the ground, it means do not cross it.
40. Ignore all other track markings.
41. Stay on the marked track.
42. Follow the instructions of the marshals.
43. Take extreme care around the coastal cliffs. The track is slippery and rooty in places.
44. It is recommended you carry a small first aid kit.

45. It is recommended you carry your own hydration and food. There are no aid stations on the coastal run leg.

### **MTB – Full Nugget & Half Nugget**

46. Take care crossing public roads. All roads are open and shared, and all cyclists must adhere to New Zealand road rules. You have no special rights just because you are in a race.
47. The course is marked with red (on white) arrows plus yellow 'caution' tape. If the tape is lying across the ground, it means do not cross it.
48. Ignore all other track markings.
49. Stay on the marked track – shortcutting is cheating and could get you excluded.
50. Follow the instructions of the marshals.
51. Take care and ride within your ability. The track is slippery and rooty in places and there are some steep sections and short drop-offs. Dismount and walk if you are unsure of your ability to safely negotiate an obstacle.
52. It is compulsory to wear a certified bike helmet.
53. It is recommended to carry a small first aid kit.
54. It is recommended to carry your own hydration and food.

### **FINAL 300m RUN – Full Nugget & Half Nugget**

55. All team members must complete the final run from T4 to the finish line together.
56. Stay on the marked track and follow the marshals' instructions.
57. Do not venture into the mine site.

### **SUPPORT CREWS**

58. On the first road cycle leg support crews must either travel ahead of the lead vehicle or wait and travel behind the tail end Charlie. For safety and congestions reasons do not follow your rider in your vehicle.
59. Take extreme care on Ngatitangata Road [to T3] when dropping off and picking up runners and mountain bikers. This gravel road is narrow and has blind corners and it is potentially dangerous if care is not taken.