



RUNNERS' BRIEFING

**PLEASE SIT IN A ROW WITH YOUR
COLLEGE AND DIVISION
& HAVE A SIGNED INDEMNITY FORM READY**

WHO SHOULD BE HERE?

- **ALL competitors must attend this briefing**
(unless we have agreed alternative arrangements)
- **Sit with your college and get your signed indemnity ready *including the medical form***
- **You must :**
 - **Attend the whole session**
 - **Have your name checked off**
 - **Hand in your Indemnity Form**

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ACKNOWLEDGEMENTS

- Traditional and existing landholders
- ANU Sport
- Redbull
- Qcity Transit, WICEN Radio, EPIRBHire, YellowBrick Tracking
- Student Extra-curricular Enrichment Fund (SEEF)
- All agencies, stakeholders and supporting organisations
- The ANU, its Residences, staff, coaches, colleges coordinators
- All volunteers involved with the event



Australian
National
University

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REDBULL

- **Redbull presence at Send-off and Endpoint**
- **Free give-aways at Endpoint**
- **Video production**
 - **If you wish to not be included in any video footage, please inform the race organizers**

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RULES

- **Inward Bound can be a DANGEROUS event. Rules are here for your safety.**

Please read the Rules on the Inward Bound website before the event

- **Penalties include time penalties, disqualification of your team, disqualification of your entire college & suspension from future participation in the event.**

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THE RACE

SCRUTINEERING AND SEND-OFF

- **AT BURTON AND GARRAN HALL**
 - **Check the website for time schedule**
- **Have ready to hand over:**
 - **mobile phone per team**
 - **student ID/ other ID per runner**

COMPULSORY EQUIPMENT AT SCRUT

ALL COMPULSORY ITEMS WILL BE CHECKED

- Check the website for equipment list
- **Scrutineering isn't a joke.**

**Reminder: No interaction with spectators after
you have entered scrutineering**

COMPULSORY EQUIPMENT AT SCRUT

You will receive:

- *Runner's bib (worn on front at ALL times)*
- *GPS / Satellite Tracker*
- *Blindfolds (x2 each)*
- *Basic First Aid Kit*

YOU must supply all other mandatory items.

BUSES

- Once on the bus, **do not remove your blindfold** unless instructed to do so
- Cheating = disqualification

BUSES

- **ONE toilet break**
(GO DURING SCRUTINEERING)
- Layer up – could be sitting roadside for **2hrs!**
- Bus trips will be long for some divs

AT THE DROP

Your Lead Driver will supply:

- **An A3 Zippy Bag (The Race Pack) containing:**
 - 2 x 1:50 000 Course maps
 - Includes exclusion zones and Whitelist zones, waterdrops and Hwy Crossing
 - The Course Information Sheet
 - Includes Whitelist GRs, Waterdrop GRs, Highway Crossing GR, Cutoff location and Time.
 - The Emergency Envelope
 - **DO NOT OPEN THE ENVELOPE**
- Any additional course alterations
- You **MUST** read all information provided in your race pack

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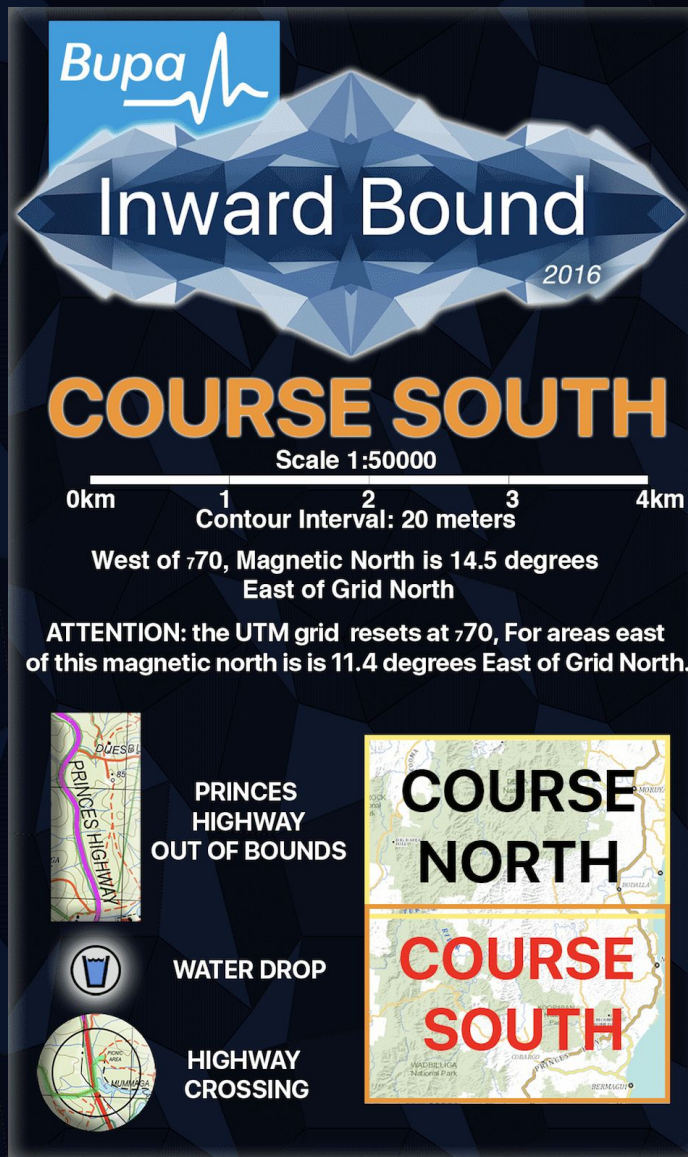


FIRST THING TO DO

**READ THE
INFORMATION SHEET
AND THE INFO BOX
ON THE MAPS**

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MAP INFO BOX

- The Info Box shows where the two maps should be placed in relation to one another.
- There will also be other text

<This is just an example from last year's maps.

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DURING THE RACE

SOME AREAS ARE OUT OF BOUNDS

Entering Out of Bounds = disqualification of your team.

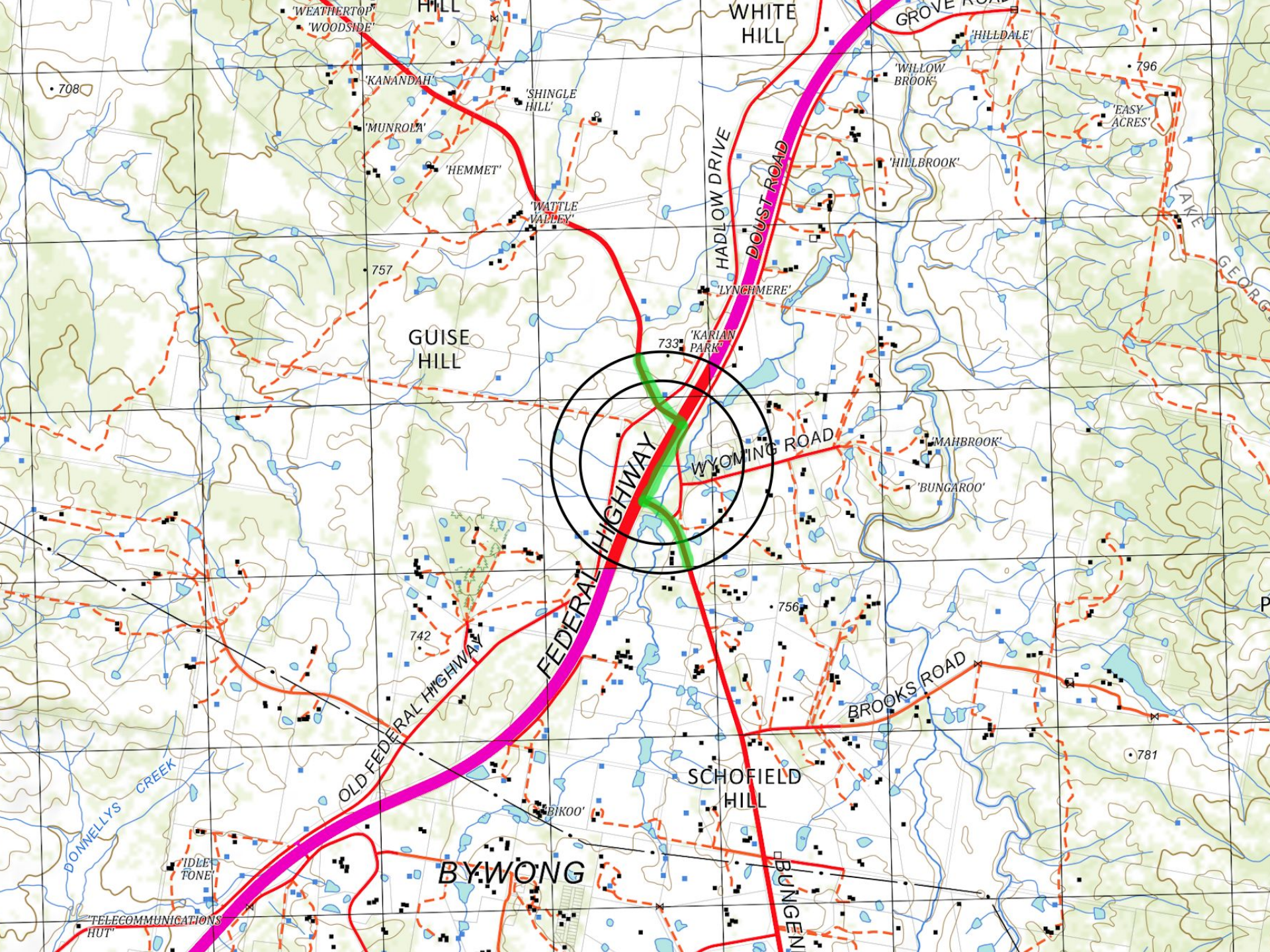
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DURING THE RACE

Out of Bounds includes:

- **Areas & Roads Purple Shaded on your maps**
- **ALL HIGHWAYS**
 - unless crossed at a checkpoint
 - No tunnels
- **ALL PRIVATE PROPERTY**
 - unless whitelisted on course info sheet, GRs given this year
 - And shaded neon green on your maps



HIGHWAY CROSSING NOTES

- When you arrive at the crossing, STOP
- Let them write your College name and Div number down, then follow all instructions.
- Once you have left the highway, you cannot return, if you return, you could be disqualified.

RACE CUTOFF AT 7PM

The location for the cutoff will be printed on the Course Information Sheet.

If you have not passed, or do not think you will make it to this point by 7pm, you:

**MUST CONTACT RACE HQ
by 6pm**

Check the Satellite Tracker for instructions from Race HQ. If no message, use SMS (if available)

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SCOUTING PERIOD

Div 1 – 3 40 minutes of
scouting

Div 4 – 7 20 minutes of
scouting

**This is the only time your team members
may be more than 50m apart**

**It starts when the drop facilitator says
“Your scouting time starts now”**

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DURING THE RACE

Assistance

Despite the included water drops, Inward Bound is still an UNASSISTED RACE.

- **Plan your route with access to water in mind. Carry extra.**
- **You cannot ask rescue drivers on the course for directions.**
- **IB vehicles only carry food/water for withdrawing teams.**

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DURING THE RACE

- Running on Roads - **ALWAYS GIVE WAY TO TRAFFIC**
 - Run in single file, facing oncoming traffic
 - Run as far off the road as possible
 - When a car approaches, stop running and move well off the road
 - Do not cross a road at a bend – make sure you can see both ways

DURING THE RACE

- **Follow Instructions of Course Signs (they will have the IB Logo)**
- **Follow all instructions given by race organizers and volunteers at all times (NO EXCEPTIONS)**

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DURING THE RACE

Public law remains

- Be aware of temperamental landholders
- Do not:
 - go through mailboxes
 - damage property
 - Shine headtorches at houses
 - carry illegal items (knives)
 - litter/dump (leave no trace)

DURING THE RACE

Gates

- **Close all gates behind you, unless another team has their hand on the gate you can shut it on them.**
- **That way no gates will be left open, no cattle or sheep will escape.**

ARRIVING AT ENDPOINT

Do not exchange ANYTHING with spectators

Head DIRECTLY THROUGH the Finishing Line:

- **enter through the approach (fenced corridor)**
- **Follow all signs with the logo printed on them**
- **your bag will be checked again for compulsory items**

RACE SAFETY

Inward Bound 2017

RACE FIRST AID

- At least one person per team should know First Aid.
- The Inward Bound First Aid kit is not for general use; It is for EMERGENCY ONLY. You must carry your own First Aid supplies.
- This includes strapping, band-aids, etc
- There is a first aid booklet inside the First Aid Kit for advice, but it is no substitute for a first aid course.
- General First Aid advice on the Inward Bound website: **<http://anuinwardbound.com/first-aid/>**

MEDICAL NEEDS

- At least one person per team should know First Aid.
- If you have medical conditions you must notify the Safety Officer, and
- Carry your own supplies (inhaler, BSL meter, insulin, etc)

ALL runners must sign the Medical Disclosure Form

INSURANCE COVERAGE

Inward Bound has its own Public Liability Insurance.

THIS IS NOT PERSONAL ACCIDENT INSURANCE, not for you and not for us.

All participants **MUST** have Australian ambulance cover and we strongly recommend your own personal accident insurance.

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GENERAL FIRST AID AND SAFETY

- Quick-reference guide on IB Website
<http://anuinwardbound.com/first-aid/>
- Emergency First Aid kit includes First Aid booklet
- Look out for your mates!
- Small things can become big if not addressed
- Exposure (hypothermia) is a key concern

IN THE EVENT OF INJURY

- Stay calm
- Stick by your first-aid training
- It is up to you whether or not you continue.
- If an injury is serious or you cannot continue, contact RACE HQ using your tracker or 3G phone and the numbers on the yellow race envelope.
- We will dispatch a rescue car.

SNAKE BITES

There ARE venomous snakes in the bush...

- Treat all bites as life-threatening. Call for help IMMEDIATELY.
- Detailed sheet on how to treat snake bites in the envelope.
 - STOP MOVING. Stay calm. Act swiftly.
 - Follow instructions in the First Aid Booklet
 - Use two-bandage compression technique

HOW TO CALL FOR HELP

- **Life-threatening** vs. **not life-threatening**
- **First point of contact is always the Inward Bound organisers**

CALLING FOR HELP

- **ONLY WHERE THERE IS IMMINENT RISK OF DEATH**
 - Press the **ALERT BUTTON** on the Emergency Tracker
 - USE THE **MOBILE PHONE** TO CONTACT RACE HQ
 - **Monitor tracker continuously** for a reply (it won't alert you like a mobile phone does)
 - Stay where you are, unless otherwise instructed

THE EMERGENCY ENVELOPE

Endpoint Grid References

Map	Scale	Universal Grid reference	Standard Grid reference
SI55-16 - Canberra	1:250,000	GA 086 613	708660613

DO NOT OPEN THIS ENVELOPE UNLESS IN EMERGENCY

Race HQ Contact Number:
0416 XXX XXX

If you have not completed the event by 5pm, you must call in for instructions.
No signal? Check your Emergency Beacon for instructions.

Opening this envelope automatically withdraws you from the race. Envelope includes emergency procedures, your precise drop location, details on using your Emergency Beacon and the locations where you can be rescued.

Note: Basic First Aid advice can be located inside the booklet in your First Aid Kit

Note: This example envelope is for a fictitious endpoint location at "Peters Hut" nearby to Urialla.

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THE EMERGENCY ENVELOPE

- **ONLY open if you require assistance and are WITHDRAWING from the race.** Once opened, your team is **disqualified** from the race.
- **Envelope contains:**
 - **Drop Zones, Locations for Rescue, End Point**
 - **Safety Advice, First Aid Instructions**
 - **Contact details & tracker instructions**

WITHDRAWALS / NON-EMERGENCY INJURIES

- **Open the envelope. Contact Race HQ:**
 - If no signal, use emergency **tracker messaging** – instructions in envelope.
 - Try to contact Race HQ with mobile phone, contact details can be found in envelope

Monitor the emergency tracker continuously for messages from HQ

RACE TRACKER



USING YELLOWBRICK

Your YellowBrick can send & receive messages using the Satellite network.

There are two options:

1. Emergency alerts (life-threatening **ONLY**)
2. Send & Receive messages (all other times)

- Arrow & OK buttons for navigating the menu
- Alert Button under the cover (life-threatening emergencies)



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EMERGENCY SITUATIONS

IN A LIFE-THREATENING SITUATION

Follow the instructions on your **Emergency Action Card**

- Call the Race HQ for assistance (Sat Phone & Mobile Phone - details in envelope)
- Use the emergency **ALERT** button by opening the cover and holding for 5 seconds

This will dispatch all emergency services (AFP, SES, Rescue Helicopter, Defence Force). Any resulting costs are borne by the person being rescued.

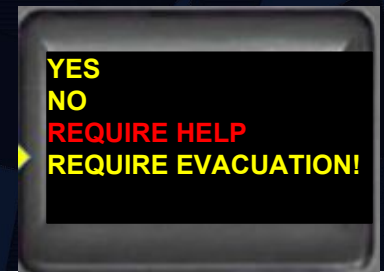
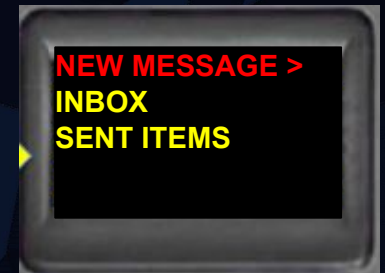


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SENDING MESSAGES

1. Press OK button to open menu
2. Press OK button to open **MESSAGES**
3. Press OK button on **NEW MESSAGE**
4. Use down arrow button to select:
"Require Help" - non-emergency/withdrawal from Race
5. Press OK button TWICE
6. Select **SEND NOW**



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MONITOR CONTINUALLY FOR MESSAGES FROM RACE HQ

MESSAGE COUNT



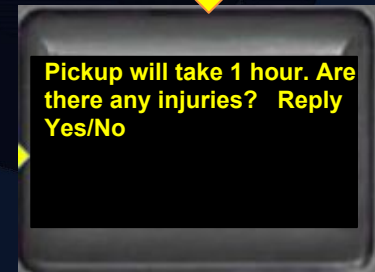
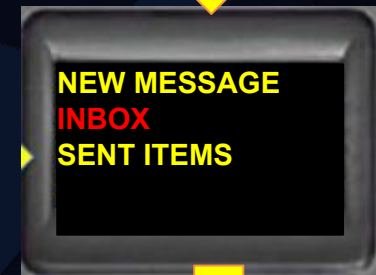
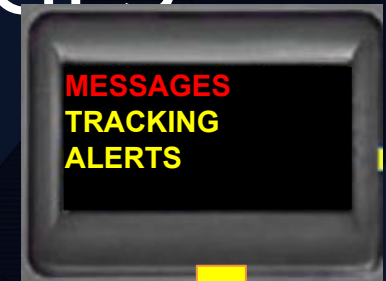
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RECEIVING MESSAGES

1. Press OK button to open menu
2. Press OK button to open **MESSAGES**
3. Press OK button on **INBOX**
4. Use down arrow button to select the message.

Race HQ will ask you Yes/No questions -
RESPOND!

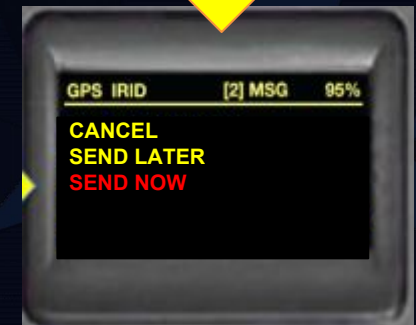
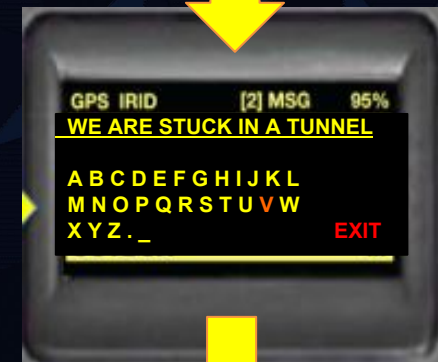
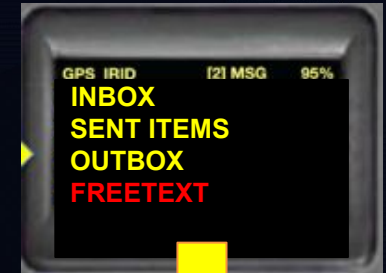


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CUSTOM MESSAGES

1. Press OK button on **FREETEXT**
2. Use the **arrow buttons** to move around the letters. Push **OK button** to choose a letter.
3. When finished, **click EXIT & SEND NOW**



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SAFETY WHEN WAITING FOR PICK UP

This is all in the emergency envelope:

- **Pick up may take a long time, important to be safe and secure**
- **Find shelter and stay out of the wind**
- **DO NOT start a fire**
- **If you're on a road, don't leave it unless absolutely necessary (shelter, water etc)**
- **If a team member is ill or injured, advice about warmth and shelter is particularly important**
- **Keep the team member warm with thermals, clothes and a space blanket**
- **Do not continue along course if it increases risk to health and safety. Stay put and we'll collect you!**

SAFETY WHEN WAITING FOR PICK UP

- **In the unlikely case you absolutely have to split up, go in pairs**
- **If someone is ill or injured, person must stay with them to administer first aid**
- **Only split up if you know where you're heading and your location, we can help with this over the phone/YellowBrick**

The background of the slide is a dark blue geometric pattern composed of various sized triangles and polygons, creating a faceted, crystalline effect. A diagonal line separates this patterned area from a solid white area on the right side of the slide.

NUTRITION AND HYDRATION

NSAID's (Non-Steroidal Anti-Inflammatories)

- **The recommendations have changed!**
- **During endurance events it is not recommended that you take Non-Steroidal Anti-Inflammatories such as ibuprofen.**
 - **It may cause kidney damage.**
 - **E.g. Panadol and Neurofen**

McAnulty, et al. (2007). Ibuprofen use during extreme exercise: effects on oxidative stress and PGE2. *Medicine and Science in Sports and Exercise* (39)7.

Hydration

Electrolytes.

- There are lots of ways to ingest electrolytes and personal preferences are somewhat important.
- Sodium is considered more important than magnesium during the event.
- Magnesium needs to be taken in the lead up to the event to have effect.
- Take an extra bottle on the bus (disposable) so you don't drink your race liquids on the bus (up to 6 hours).

Nutrition

- Personal preferences are important, Placebo is real.
- Take slightly more than you think you'll need.
- Guide of 200 calories/hr for 75kg male.
- Mixing sweet and savoury seems to be very common.



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Course Setter's Notes

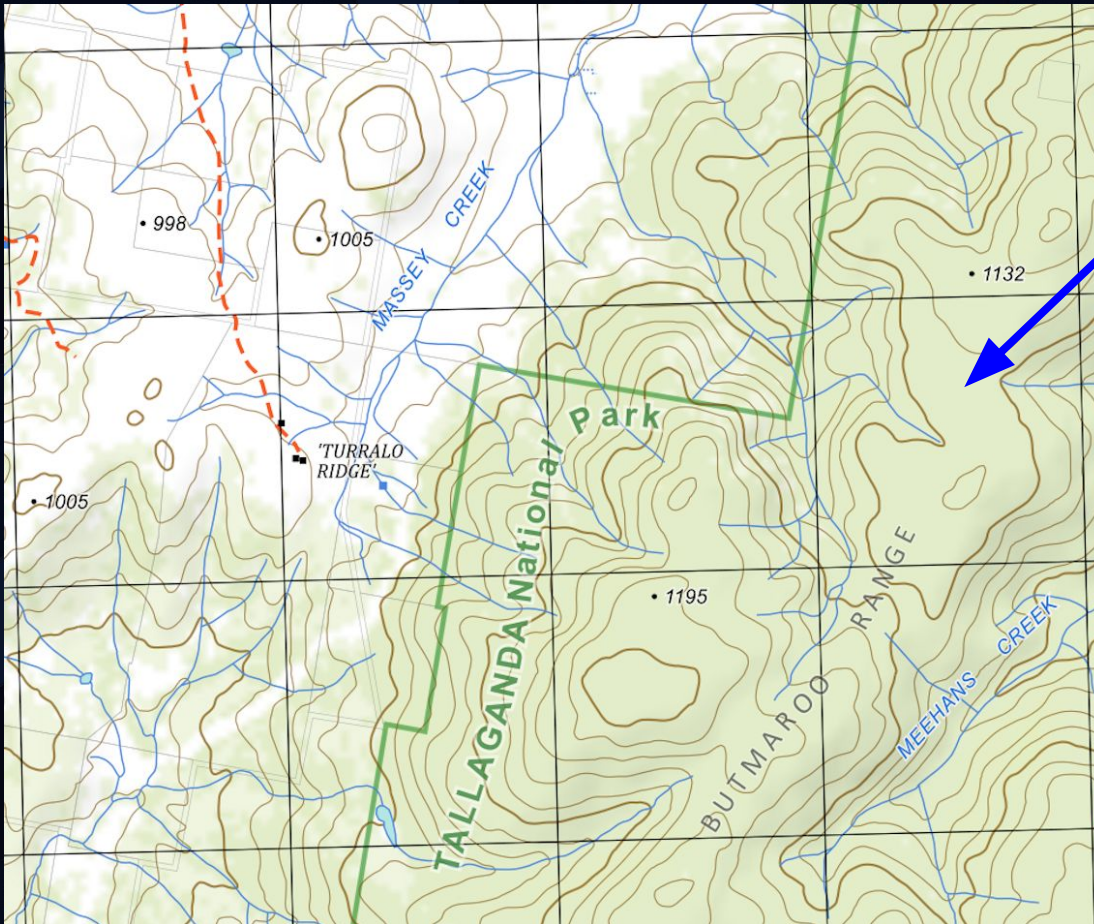
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TIPS FOR NAVIGATING

- Unbroken/solid Road = Reliable **Public** Road
Broken/dashed Road/Trail ... not as reliable, but potentially a good route choice
Black dotted trail... even less reliable, but potentially a very good route choice
- Once/If you figure out where you are...plot your entire route from start to finish. There will be more than one way to go.
- Don't rush!

No one is in danger of running off the maps as a result of not picking where they are from the drop point

HOW TO READ THE MAP

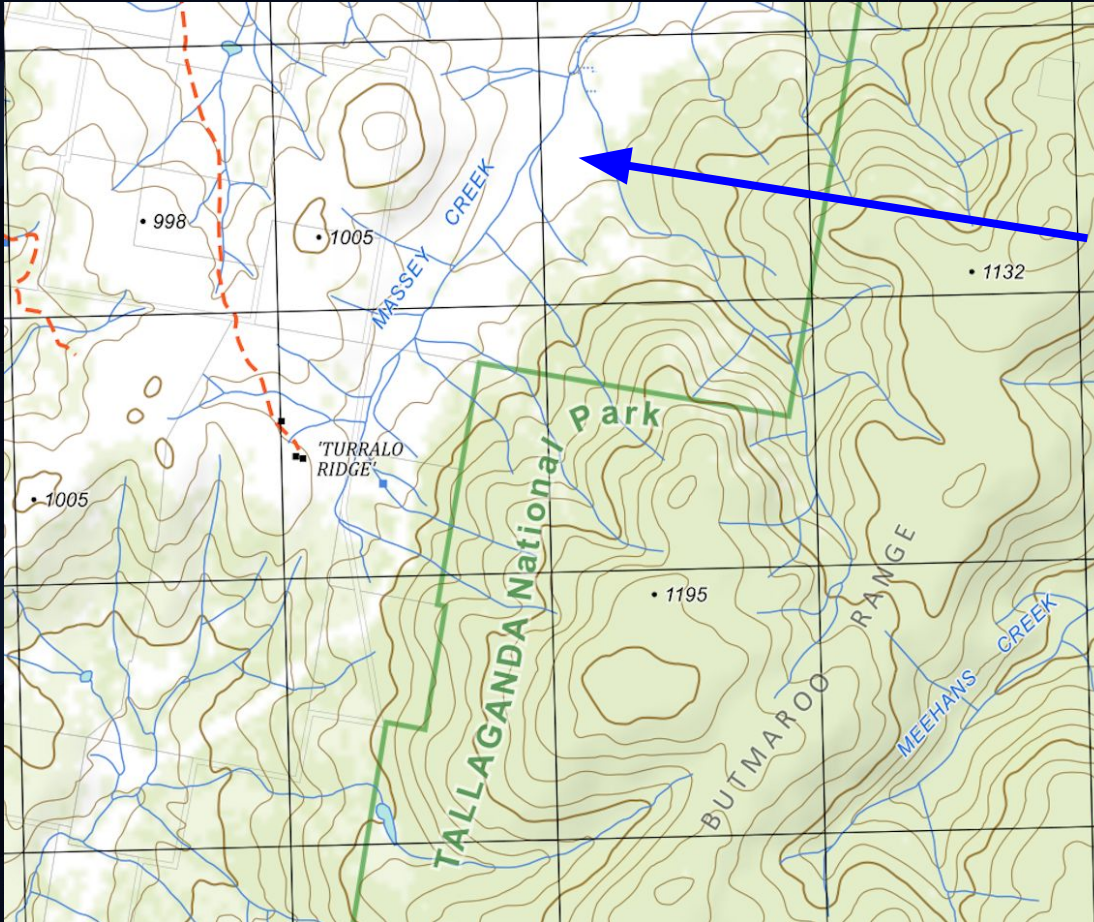


Dull green area =
Forested area (covered
in trees)

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HOW TO READ THE MAP

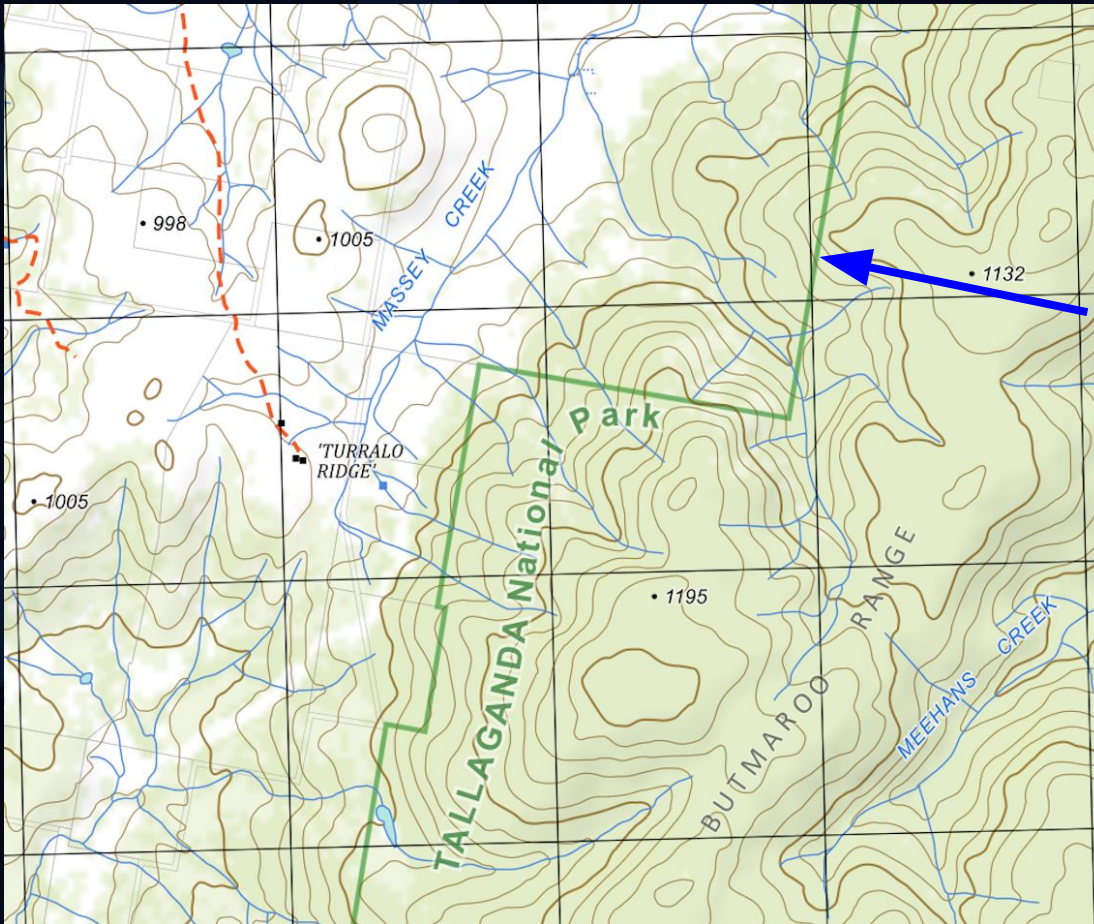


White area = Clear area
(No/few trees)

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HOW TO READ THE MAP



Brighter green lines =
National park/state
forest boundary

Realise when you're in
or outside a park

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WATER DROPS

- Back in 2017!
- These are at several locations on the course. Their precise locations are given as grid references on your course information sheets. See also the bucket symbol (right) on the maps we give you.
- Take no more than 2 L per person
- If water is unavailable at a given water drop location, as a first point of call use your YB tracker, and we will get water to you as soon as we practically can.
- **Water-Purification Tablets** allow safe use of naturally occurring clean water - wait for 30 minutes before drinking



KEY RULES

- **PRIVATE PROPERTY / TRESPASS**

Private property is OUT OF BOUNDS

Some exceptions apply – these are shaded in green on your maps and given as grid references on the course information sheet.

You CANNOT “ask for permission”

KEY RULES

- HIGHWAYS / RAILWAYS

DO NOT RUN ALONG OR CROSS HIGHWAYS
(BY ANY MEANS)

- Even if there's a bridge/underpass!
- Even if it's safe!

IF CROSSING A HIGHWAY, YOU MUST DO SO AT THE **DESIGNATED CHECKPOINT**. THIS IS SHOWN DIRECTLY ON THE MAPS YOU ARE GIVEN AND IT IS ALSO LISTED ON THE COURSE INFORMATION SHEET AS A GRID REFERENCE.

KEY RULES

■ RULE INFRINGEMENTS

Mary Waters is the independent Race Referee.

- Your Coaches or College Co-ordinator may lodge complaints with the Referee. There will be a table with a forms on it at EP.
- Has to be within 3 hours after the last team (of the whole event) has finished.

The image features a dark blue background on the left side, composed of a complex, overlapping pattern of various-sized triangles and polygons, creating a low-poly or crystalline effect. A sharp diagonal line separates this patterned area from a solid white area on the right. The word "DONUTS" is written in white, bold, uppercase letters, positioned diagonally across the boundary between the two background sections.

DONUTS

DONUTS

Remember when drawing donuts:

- **Maps are 1:50000 scale**
- **2cm = 1km**

DONUTS

DIVISION 7: 10-29km

RUNNERS BRIEFING



DONUTS

DIVISION 7: 10-29km

DIVISION 6: 12-39km

RUNNERS BRIEFING



DONUTS

DIVISION 7: 10-29km

DIVISION 6: 12-39km

DIVISION 5: 14-41km

RUNNERS BRIEFING



DONUTS

DIVISION 7: 10-29km

DIVISION 6: 12-39km

DIVISION 5: 14-41km

DIVISION 4: 12-49km

RUNNERS BRIEFING



DONUTS

DIVISION 7: 10-29km

DIVISION 6: 12-39km

DIVISION 5: 14-41km

DIVISION 4: 12-49km

DIVISION 3: 14-56km

RUNNERS BRIEFING



DONUTS

DIVISION 7: 10-29km

DIVISION 6: 12-39km

DIVISION 5: 14-41km

DIVISION 4: 12-49km

DIVISION 3: 14-56km

DIVISION 2: 5-59km

RUNNERS BRIEFING



DONUTS

DIVISION 7: 10-29km

DIVISION 6: 12-39km

DIVISION 5: 14-41km

DIVISION 4: 12-49km

DIVISION 3: 14-56km

DIVISION 2: 5-59km

DIVISION 1: 1-65km

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QUESTIONS?

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PRIZE GIVING AND AFTER PARTY

Where: MOOSEHEADS in Civic at 8:00pm on Monday

- **Everyone is invited.**
- **Winners from each div get their engraved medal here, not at the finish**
- **College Trophy**

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GOOD
LUCK

SEE YOU ON FRIDAY...