

## Welcome to Trek Day

### You've trained, you've fundraised — let's Trek!

We are expecting the Surf Coast Trek 2021 to be a wonderful experience for everyone and a day you'll remember for a long time to come. There are however some important information that we need everyone to take note of and adhere to, ensuring the day is enjoyable and safe for everyone.

### Safety First!

Remember the Surf Coast Trek is not a run - it's a walk.  
Our safety plans have been established based on walkers - not runners.

As we have 1000 trekkers to get walking safely from both start lines at Aireys Inlet and Anglesea, we will be sending you off in 2 to 5 minute intervals in waves of 50 trekkers (as you alight your bus) to ensure we keep in-line with social distancing Government requirements.

Please be patient, we will have you on your way to Torquay as quickly as possible with our aim to have everyone on **Trek 1** by 7:10am and everyone on **Trek 2** by 8:50am.  
Due to current COVID-19 restrictions, face masks must be worn on the buses unless you have a medical exemption.

<b>Bus</b>	<b>Trek 1 Bus Leaves Torquay</b>	<b>Trekkers Arrive At Aireys Inlet and Start Trek</b>
Bus 1	6:15am	6:45am
Bus 2	6:15am	6:47am
Bus 3	6:20am	6:50am
Bus 4	6:20am	6:52am
Bus 5	6:25am	6:55am
Bus 6	6:25am	6:57am
Bus 7	6:30am	7:00am
Bus 8	6:30am	7:02am
Bus 9	6:35am	7:05am
Bus 10	6:35am	7:07am

<b>Bus</b>	<b>Trek 2</b>	<b>Trekkers Arrive At</b>
Bus 1	7:45am	8:25am
Bus 2	7:45am	8:27am
Bus 3	7:50am	8:30am
Bus 4	7:50am	8:32am
Bus 5	7:55am	8:35am
Bus 6	7:55am	8:37am
Bus 7	8:00am	8:40am
Bus 8	8:00am	8:42am
Bus 9	8:05am	8:45am
Bus 10	8:05am	8:47am

### Safety First! (continued)

Please adhere to the Rest Stop cut off times (overleaf). If you do not make these times, we will be assessing your ability to complete the Trek and you may be driven to the end of the Trek.

Make sure you keep hydrated, and refill your water bottle at each Rest Stop. Keep fuelled with appropriate food and protect yourself with sunblock and insect repellent.

### Trek Bibs

Given the remote nature of the Trek, for your safety it is essential we know where YOU are at all times. We will be monitoring all trekkers electronically with the help of the team at 'Tomato Timing' and the chip embedded into your Trek Bib.

For this to work we need your assistance. Please follow these simple rules:

1. You **MUST** wear your Trek Bib at all times - from the Start Line to the Finish Line.

By walking over the sensor at your Trek Start Line you will also be registering your attendance in-line with our Covid-19 safety plans.

2. There will be recorder sensor mats at each Rest Stop. Please ensure you cross the sensor mat at each Rest Stop. This may be a little crowded at Urquharts Bluff; however, it is essential you don't bypass it. If you are in doubt please check with one of the Rest Stop attendants.
3. If you leave the Trek for any reason at one of the Rest Stops please cross the sensor pad coming into the Rest Stop and then inform one of the attendants that you won't be continuing so we can take note of your number.
4. If you join the Trek at a Rest Stop other than the start line please ensure you cross the sensor pad, that way we will know you are on the Trek. Additionally, please send a **text** to **0409 551 505** with your name and bib number confirming where you have joined the Trek.
5. If you need to pull out of the Trek somewhere along the Trek but NOT at a Rest Stop, please send a **text** to **0409 551 505** with your name and bib number to inform us that you won't be completing the Trek.
6. At the Torquay Finish Line, please ensure you cross the sensor pad before falling into the arms of friends or family!

### Keep an eye out for...

- Our lead walker for Trek 1 and Trek 2, we ask that no trekkers overtake them, they are there to keep you safe!
- Medical/First Aid qualified personnel at each Rest Stop
- Trek Marshals who will be easily identified throughout the day

### Trek 1. Bus Transfer from Torquay to Aireys Inlet

If you have registered for the Bus from Torquay to Aireys Inlet you must be at the Torquay carpark at the end of Darian Road from 6:00am. Buses will leave between 6:15am - 6:35am to ensure everyone is at Aireys Inlet for the start of the Trek.

The last bus will leave Torquay at 6:35am. The bus is unable to wait for late arrivals. Please remember there is **NO carparking at Aireys Inlet**, it is drop off only. You will alight the bus and directly commence your Trek.

It is anticipated that everyone will be on their way trekking from Aireys Inlet between 6:55am and 7:10am

### Trek 2. Bus Transfer from Torquay to Anglesea

If you have registered for the Bus from Torquay to Anglesea you must be at the Torquay carpark at the end of Darian Road from 7:15am. Buses will leave between 7:45am - 8:05am to ensure everyone is at Anglesea the start of the Trek.

The last bus will leave Torquay at 8:05am. The bus is unable to wait for late arrivals. Please remember there is **NO carparking at Anglesea**, it is drop off only. You will alight the bus and directly commence your Trek.

It is anticipated that everyone will be on their way trekking from Anglesea between 8.25am and 8:50am.

### Shuttle Bus Service at the Finish Line to Torquay Carpark

To save your feet from having to walk any further, a complimentary shuttle bus service from the Finish Line to the Torquay Carpark at the end of Darian Road, will run every 30 - 45mins between 1:00pm and 6:00pm.

### Support Vehicle

Should you not be able to complete the Trek for any reason, we will have a support vehicle to take you back to the finish line. Please let the Rest Stop Coordinator know if you need to finish your Trek and require the support vehicle.

### Rest Stop Cut Off Times

To ensure you complete the Trek safely and within daylight, you will need to spend minimal time at each Rest Stop. You need to have left the Rest Stops by the following times, if you are not you will be assessed for your ability to complete the Trek and may be driven the Finish Line.

- **Rest Stop 1**      Urquhart Bluff      Trek 1. Trekkers      You must have left this Rest Stop by 9:30am
- **Rest Stop 2**      Anglesea      Trek 1. Trekkers      You must have left this Rest Stop by 11:45am
- **Rest Stop 3**      Point Addis      You must have left this Rest Stop by 2:00pm
- **Rest Stop 4**      Southside      You must have left this Rest Stop by 3:30pm
- **Finish Line**      Torquay      You need to aim to arrive in Torquay by 5:00pm

### In the event of a Medical Emergency

**Phone 000** - and inform the operator you are part of the Surf Coast Trek Event

Use your **Surf Coast Walk Map** to provide a reference point of your location. Also keep an eye out for **Surf Coast Trek directional signs** and use the Letters on these as location references.

Call Ashley Cole the Surf Coast Trek Safety Officer on **0425 825 390** to inform him of your situation.



We recommend you download the 'Emergency Plus' app to your phone to assist in the case of an emergency.

## In the event of a Medical Emergency (continued)

### Safety Concern/Minor Injury/Feeling Unwell & Unable to Continue - ON TREK

If you have a safety concern, minor injury or are feeling unwell and are unable to continue to the next Rest Stop please call Surf Coast Trek Safety Officer, Ashley Cole on **0425 825 390** who will assist you. We suggest you add Ashley's number to your phone contacts for the day.

### Feeling Unwell and Unable to Continue - AT A REST STOP

If you feel unwell at a Rest Stop, please let the First Aid team know. Your Safety and Health is our main priority and our Rest Stop Coordinator will be happy to arrange transport back to Torquay if required.

### Feeling Unwell and COVID-19 - BEFORE THE TREK

If you feel unwell, or experiencing any of the COVID-19 symptoms (fever, chills, cough, sore throat, runny nose, shortness of breath, or loss of sense or smell), or have been directed to a period of 14-day isolation—you should **not** attend Surf Coast Trek 2021.

If you develop symptoms the morning of the Surf Coast trek, stay home and seek further advice from the 24-hour coronavirus hotline or your GP.

You are encouraged to download the COVIDSafe App to assist contact tracing.

### Please beware of native wildlife

#### In the unlikely event you do encounter a snake

- Do not panic and slowly back away to a safe distance,
- Alert our Safety Officer, Ashley Cole on **0425 825 390**

#### If you are bitten

- Call triple zero (000), stay calm and do not move
- Apply a broad pressure immobilisation bandage and remain as still as possible.
- Write down the time of the bite, when the bandage was applied. Do not clean the bite site or remove the bandage.
- Have a fellow Trekker call our Safety Officer, Ashley Cole on **0425 825 390**

### Important Numbers

Please ensure you have these numbers in your phone

**In the event of an Emergency**

**000**

**Safety Officer - Ashley Cole**

**0425 825 390**

**Tomato Timing - in the event of leaving the Trek**

**0409 551 505**

Turn on your phone's GPS as it may help us to locate you in the case of an emergency.

Ensure your mobile is fully charged prior to the Trek and if possible bring a portable charger.

**Look after yourself, listen to your body, seek medical attention if required. Look after those around you. Remember the Surf Coast Trek is not a race, and your safety and wellbeing are more important than finishing the Trek!**

Remember the Trek Team is here to help. If you have any queries or require assistance on any aspect of the Surf Coast Trek you can contact us up until midday on Friday 31 April via email [info@surfcoasttrek.com.au](mailto:info@surfcoasttrek.com.au) or phone (03) 5229 4364. On the day keep your eyes out for our marshals and staff at the Start and Finish Lines and at each Rest Stop.

**Don't forget to use the hashtag #surfcoasttrek on your social media posts  
Enjoy the Surf Coast Trek 2021**