

THE JLF TREK SA

4 MAY 2024

21.5KM

MONARTO & MURRAY BRIDGE

JODI LEE
FOUNDATION

LIFE THREATENING EMERGENCY 000 OR 112
COMMAND CENTRE 0456 169 640

PREVENTING
BOWEL ~~CANCER~~

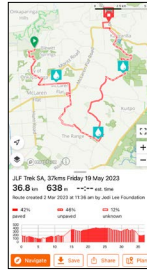
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TREK MAP

DOWNLOAD RIDE WITH GPS APP

- From your phone click this link:
https://ridewithgps.com/auto_approve/Event/301961/9quCqhefKNPsCQ6D98hvk3040XRaAWNRR
- 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
- 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

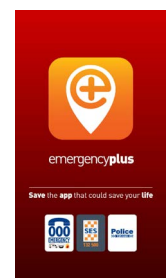
- At each checkpoint you **MUST** sign in with our event management team
- The JLF Trek is held in remote areas, through terrain that is rough, steep and sometimes with no or limited vehicle access
In an emergency, be aware that response times may be delayed
- Mobile coverage is limited and often not available, this will result in your phone battery depleting quickly - don't use an online tracking device during the event
- We recommend bringing a portable mobile phone charger
- 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 including an emergency space blanket
- First aid 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



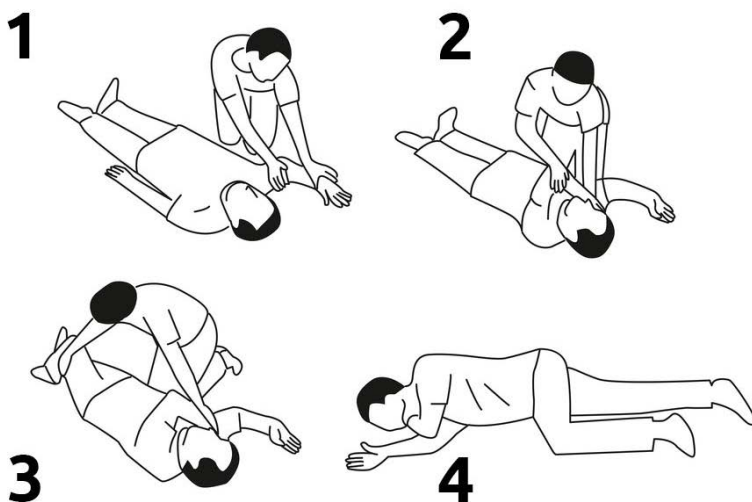
LIFE THREATENING EMERGENCY

- 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, 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

IF THE PERSON IS 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





First aid fact sheet

DRSABCD action plan



Danger Check for danger and ensure the area is safe for yourself, bystanders and the patient.



Response Check for a response: ask name and squeeze shoulders. **NO RESPONSE?** Send for help. **RESPONSE?** Make comfortable; monitor breathing and response; manage severe bleeding and then other injuries.



Send for help Call **Triple Zero (000)** for an ambulance or ask a bystander to make the call. Stay on the line. [If you are alone with the patient and you have to leave to call for help, first turn the patient into the recovery position before leaving.]



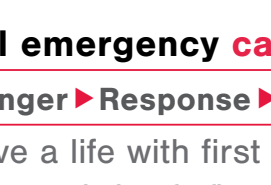
Airway Open the patient's mouth and check for foreign material. **FOREIGN MATERIAL?** Roll the patient onto their side and clear the airway. **NO FOREIGN MATERIAL?** Leave the patient in the position found, and open the airway by tilting the head back with a chin lift.



Breathing Check for breathing Look, listen and feel for 10 seconds. **NOT NORMAL BREATHING?** Ensure an ambulance has been called and start CPR. **NORMAL BREATHING?** Place in the recovery position and monitor breathing.



CPR Start CPR: 30 chest compressions followed by 2 breaths. Continue CPR until help arrives, the patient starts breathing, or you are physically unable to continue.



Defibrillate Apply a defibrillator as soon as possible and follow the voice prompts.

In a medical emergency call Triple Zero (000)

DRSABCD Danger ► Response ► Send for help ► Airway ► Breathing ► CPR ► Defibrillation

You could save a life with first aid training • www.stjohn.org.au • 1300 360 455

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SATURDAY 4 MAY

TOTAL DISTANCE START TO FINISH 21.5KM

TO VIEW MAP [CLICK HERE](#)

BUS LOADING: MONARTO SPORTING COMPLEX, 143 SCHENSCHER ROAD, MONARTO
FROM: 8.30AM
BUS DEPARTS: 8:45AM SHARP
CAR PARKING: MONARTO SPORTING COMPLEX - TOILETS AVAILABLE

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	KINCHINA HILLTOP CARPARK, OFF MAURICE RD GPS: -35.113080, 139.226271	9:00AM	START TO CP 1 8.5KM MODERATE	FIRST AID TOILETS
CP 1	KINCHINA CONSERVATION PARK CYPRESS HILL, CARPARK OFF MAURICE RD GPS: -35.110507, 139.198410	9:45AM - 1:30PM	CP 1 - CP 2 5KM MILD-MODERATE	MORNING TEA FIRST AID TOILETS
CP 2	KINCHINA CONSERVATION PARK CYPRESS HILL, CARPARK OFF MAURICE RD GPS: -35.110507, 139.198410	10:30AM - 3:00PM 2:45PM FINAL DEPARTURE TIME IF CONTINUING TO FINISH	CP 2 - FINISH 8KM MILD-MODERATE	LUNCH FIRST AID TOILETS
FINISH	MONARTO SPORTING COMPLEX 143 SCHENSCHER RD, MONARTO GPS: -35.105162, 139.130731	11:30AM - 5:30PM FINISH LINE CELEBRATION CONCLUDES AT 6:00PM		CELEBRATION FIRST AID TOILETS