

# WHAT TO DO IF LOST DURING THE EVENT

## IF YOU THINK YOU ARE LOST FOLLOW THIS CHECKLIST

1. Stay together.
2. Stop. Think through your recent movements and if safe backtrack to your last known place on the course.
3. Using your map and compass try to establish your general position using terrain features. Clues may include (a) what direction is the slope, valley, ridge etc you are on facing? (b) can you see major landmarks in the distance (eg Echo Point, Kings Tableland communications tower etc). If any of these clues give you confidence to try to get back on the course lead your team on your new route but note (visually, verbally or written) your current position so you can come back if it doesn't work out.
4. If you are definitely lost try using your mobile phone/s to call the event HQ Emergency Phone to advise them and ask for assistance. If you have phones from different phone companies try them. If you can't make a voice call try a SMS text message – keep resending texts till you get a response from the organisers
5. You may need to move your team to a place with better phone reception. In general a hill or ridge will be better than a valley. Use your course map and compass and try to establish your likely position and move to a place with a view to the main Blue Mountains ridge (and hence hopefully some better phone reception).
6. In the case of a life threatening incident or if very overdue try calling 000 to call Emergency Services (you must tell them you are doing the WildEndurance event).

### 7. IF ABLE TO MAKE CONTACT BY MOBILE PHONE:

- Advise Event HQ of your team name and number and your last known checkpoint, major landmarks, track junctions etc.
- Advise your intended destination.
- Advise the health condition and wellbeing of your team members.
- Await instructions from Event HQ. If your phone battery is low make a time with Event HQ to re-connect and turn off your phone to save the battery. Stay together.

### 8. IF YOU CAN'T MAKE CONTACT BY MOBILE PHONE:

- Stop and look after the well being of your team – find or create shelter, keep them warm, fed and hydrated etc.
- Wait for searchers to find you. Stay together.
- Try to get attention using the following methods (remember that searchers or other teams may pass close by at intervals).
  - A** - Whistle – three loud blasts repeated at regular intervals is the accepted distress signal.
  - B** - Voice calls of “HELP” at regular intervals.
  - C** - Find an area free of overhead trees and lay colourful gear on the ground.
  - D** - As a last resort light a smoky fire **ONLY IF SAFE TO DO SO**. Choose an area free of combustible material and clear of overhanging branches so you don't start a bushfire. Have water on hand to extinguish the fire.

## EMERGENCY PROCEDURES

### DO NOT LEAVE ANYONE ALONE ON THE COURSE.

If possible, the whole team should continue to travel together. If this is not possible due to injury, send another team. If there is no other team, leave one person with the injured party and send two people to get phone reception and call for assistance. Stay where you have reception until you receive further instructions from event officials.

### PHONE RECEPTION

Mobile coverage over the course varies from excellent at most escarpment / cliff top locations to non existent when directly below the cliffs on tracks such as Federal Pass. Generally you can get reception on hills and ridges across the whole course especially when you have views directly to Katoomba. If you are in a gully or creek you will need to follow a track to higher ground to get reception. **DO NOT GO OFF THE TRACK**. Instead refer to your course map to work out the quickest way to go.

Texting will often get through where phone reception is poor. If a text is received we will immediately send a response so you know your message has got through. If there is no response find a location with better reception and send again until you get a reply from Event HQ. If you have no reception, in the case of a **LIFE THREATENING EMERGENCY call '000'**. This will pick up any available mobile network. Stay in the area where you have reception until you receive further instructions from Event officials or emergency services.

## EMERGENCY INSTRUCTIONS



**In case of an incident please follow these steps.**  
**To report an incident you should attempt to make contact via Step 1.**  
**If this is not successful move to Step 2 etc.**



**MINOR INCIDENTS:** sprains, fatigue, non-urgent incidents and general reporting if you have safety concerns about the course.

1. Report to the next checkpoint. Non-urgent evacuations will be made from checkpoints. Evacuations from the course will be done when there are available resources. You may be required to wait for several hours.
2. Call the Emergency Phone (see below)
3. Text the Emergency Phone
4. Call or text the Operations Manager (see below)

**MAJOR INCIDENTS:** broken bones, snake bite, severe bleeding, heat exhaustion, hypothermia or any LIFE THREATENING injury or illness. Please immediately report any bush fire that you can see or smell to the Emergency Phone.

1. Your team needs to provide the first response and injury management.
2. Call the Emergency Phone (see below)
3. Text the Emergency Phone.
4. Call or text the Operations Manager (see below)
5. If you can't get through on any of the above numbers call '000' which will use any available mobile network. You must tell them you are participating in the WildEndurance event in the Blue Mountains.



## IF LOST WHILST TRAINING

You should also be prepared for what to do if lost whilst training.  
Follow safety procedures and call '000'



EMERGENCY PHONE  
**0458 789 759**

OPERATIONS MANAGER  
**0409 047 714**

EMERGENCY SERVICES  
**000**