



******* EVENT HEALTH & SAFETY INFORMATION FOR ALL PARTICIPANTS *******

- ALL event participants must attend the event briefing 15 minutes before the start.
- ALL event participants must follow directions from event marshals.
- First aid will be available during the event. Please let a marshal or volunteer on the course know should you require first aid. They will contact the first aid providers on your behalf. If you are not able to get to a marshal or volunteer.
- Please ensure you carry any required medication with you during the event, such as; inhalers, epi pens.
- Please remember to apply sunscreen before the event begins and it is recommended that hats are worn for the duration if there is a risk of sun and/or wind burn.
- Toilets are available at the start of the track
- Car Parking - please follow the signs and park as directed by volunteers.
- The track is metal and in parts can be a bit rough. There are a couple of small slopes, but otherwise is mostly flat.
- There are water hazards, a pond and a river. Please keep an eye on your children and do not let them near the water.
- Please do not touch or climb the sculptures.