



HEALTH & SAFETY INFORMATION

Below is an outline to some of the health and safety questions you might have. There is also some important information so we encourage you to read through this information.

Your safety is our concern and we therefore we want to reiterate these points to you.

EVERY PARTICIPANT SPECIFICALLY AGREES TO AND TAKES NOTE OF:

- The real hazards and risks associated with wildlife areas, game and nature reserves and game lodges and camps (which may be situated in unfenced wildlife areas);
- The hazards and risks associated with rivers, streams, lakes and other bodies of water that may be affected by unpredictable weather, tides and other circumstances, and that may not have effective warning or control systems that might be expected in first-world jurisdictions;
- The real dangers and risks associated with various forms of travel in remote locations, which usually have poorly maintained infrastructure;
- The danger and risk of suffering bodily harm, injury, illness, death, damages as well as loss of or damage to property, which may arise as a result of an encounter with or presence of wild, dangerous or unpredictable animals (including birds, mammals, amphibians, reptiles, fish and insects), as well as the prevalence of communicable, tropical and other diseases, and similar health hazards;
- The risks associated with undeveloped or partially developed countries and jurisdictions, including acts of terrorism, the unavailability of reliable electricity and communications, and problems associated with limited or unavailable health, safety and security services.

PLEASE ENSURE THAT YOU ARE WELL AWARE OF THE FOLLOWING:

- It is mandatory for all participants to have comprehensive Travel Insurance for the duration of the event. Your Travel Insurance needs to cover mountain biking, travelling to Botswana, Zimbabwe and South Africa and riding in wildlife areas.
- The event involves four days of mountain bike riding in extreme conditions. Please ensure that you have done the training required and participate in at least one multi stage event in preparation for the Tour.
- Please DO NOT ride if you are not feeling well or have suffered flu recently. You may be subjected to a medical examination by our doctors should there be a concern regarding your fitness to ride.
- It is mandatory that you attend the morning brief held by your Tour Leader each morning before you start your ride.
- Please take note of the safety measures and basic safety protocol for the duration of the event.
- The event takes place within wildlife parks where there is free roaming wildlife including dangerous game (i.e. elephant, lion, leopard, etc). Please follow our guidelines and do not take any unnecessary risks that may compromise your safety and that of your fellow participants (i.e. stopping close to wildlife or not listening to your Tour Leader and Support Leader).

- Due to the fact that we are riding predominantly on single track, access to a lot of the route is difficult therefore evacuation is not straightforward and medical back-up may take some time to get to you. Consequently we ask that you please SLOW DOWN, and consider the consequences of an injury. We strongly recommend that the fast rocky descents that you will encounter are ridden by competent riders only.
- Please do not try to ride down a technical area if you are unsure about it - rather walk until you do feel comfortable.

TRAVEL INSURANCE

Due to the nature of the event, it is mandatory that each participant has comprehensive Travel Insurance, and should note the following:

- You are taking part in a mountain bike event in Botswana, Zimbabwe and South Africa and to make sure that your insurance extends to these areas;
- Your dates of travel should be noted and include the entire duration of the event;
- Ensure that you are covered for mountain biking; and
- That your personal belongings are covered.

In the event that you need to be evacuated, our medical staff and assistance company will contact the Travel Insurance on your behalf. All evacuations will be to a private medical facility in South Africa.

Please note that participants will be held personally responsible and liable for the full cost of any medical evacuation, emergency services and associated costs.

FITNESS AND PRE-EXISTING CONDITIONS:

Please ensure that you are fit and healthy enough to participate in a multi-stage mountain bike event covering approximately **300km over four days of intense mountain biking in high temperatures**. It is imperative that you have done the recommended training and participated in a multi stage event; to prepare you mentally and physically for the Tour. A detailed training plan can be found on the event website. Should you have any queries regarding training, the organisers can put you in touch with our experienced Tour Leaders.

Please DO NOT enter this event if you have any pre-existing medical conditions that may be triggered with intense exercise, if you have recently had flu, and if you do not intend to train prior to the event. If you do have any pre-existing medical conditions, please ensure that your doctor gives written permission prior to entering this event. Medical treatment is not easily accessible in the areas where the event is held. Basic medical facilities will be available for emergencies. Should you need special medication, please ensure you bring enough for the duration of the event. Should you require any medication to be kept cool, you can hand this to the Tour nurse who will ensure it is kept in a cooler box and with the medical team.

If you are under 16 years of age or over 70 years of age, we will be asking for a medical certificate from your doctor prior to your participation advising that you are able to participate in an event of this nature. We are doing this for your own well-being.



TOUR LEADERS MORNING BRIEF:

It is an event rule that every morning your Tour/Support Leader holds a safety brief with all the participants in their group. Please ensure that you listen to this briefing so you know what to look out for the day ahead. They will also explain what to do in the event of a wildlife encounter or emergency situation.

SAFETY MEASURES AND RULES:

- Participants will be riding in groups of approximately 12 people per group. Each group will have a Tour Leader and a Support Leader who will be responsible for ensuring that all riders in their group follow the safety guidelines and that everyone in their group stays within close proximity to each other.
- Each Tour Leader and Support Leader will be equipped with a bear banger; air horn; radio; GPS and medical kit.
- Each participant will be provided with a whistle in their registration packs. Please carry it with you in your back pocket and use it if you have any concerns.
- The Tour Leaders will give a safety briefing to all riders each morning prior to departure. Please ensure that you are present and listen to the safety brief.
- We will have staff located in the areas of high concern to monitor and communicate any noteworthy situations and wildlife activity.
- We will also have medical teams spread across the route to allow for the fastest response times anywhere on the route. Should you have any medical concerns, please inform your guide and he will be in touch with the medical team.

PLEASE TAKE NOTE OF THE BASIC RULES:

- You must stay in your allocated groups. One stops – you all stop.
- Listen to your Tour Leader and Support Leader and follow their instructions regarding the rules and regulations as well as wildlife encounters.
- Do not stop close to wildlife.
- The Tour will traverse all kinds of terrain. If you are uncomfortable riding a specific technical area, rather get off your bike and walk.
- Please ensure that you wear a helmet and that the helmet clip is fastened at all times whilst riding – no helmet no ride. (gloves are recommended)
- Please ensure that you have the right shoes and that they are fitted to the pedals on your bike. Mountain bike cleats or mountain bike shoes are essential.
- It is imperative that your bike board is well fixed to your bike and has your NAME on it. If you change bikes please ensure that your bike board is changed as well (you can get a spare bike board from the Support Desk).
- Please ensure that you carry the basic bike spares required to fix day to day technical problems. (See our recommended packing list). We recommend that all participants carry a basic medical aid kit with them whilst riding. A recommended packing list can be found on the event website.



- **That your bike has tubeless conversion (mandatory and a condition of entry and you will be fined should you arrive without a tubeless conversion).**
- A hydration pack with a minimum water requirement of 3 liters is also a mandatory requirement for all participants. Riders who do not arrive with a hydration pack will be fined.
- Please ensure that you apply sun cream throughout the day. Even towards the end of winter, the sun is still harsh.
- If you are bringing along your cell phone, we suggest that when riding, to keep your phone on flight mode to conserve battery power. It is also recommended that you carry your cell phone with you with the PIN CODE taken off. This is in case the medical team need to access your emergency details and contact information which may be saved on your phone.

IMPORTANT TO KNOW - ALL EVENT EMERGENCY NUMBERS ARE PRINTED ON THE FRONT OF THE BIKE BOARDS

GENERAL CAMP SAFETY:

We are camping in unfenced wilderness areas. Please ensure that you adhere to the following recommendations to ensure your safety:

- Always carry a torch with you at night and wear shoes. Closed shoes in the evenings is also highly recommended.
- Keep your tent zipped at all times.
- Please don't walk out of camp. If you do, please let an official know and take someone with you.
- Should you encounter wildlife and any dangerous animals in camp, please let Support Desk know immediately.

WILDLIFE:

As we are riding through wildlife areas, where wildlife and dangerous animals roam freely. It is important that you are conscious of the risks involved in participating in an event of this nature and as importantly that you play your part in mitigating some of these risks.

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- Firstly - listen to your Tour Leader and Support Leaders and their instructions. The Leaders are skilled and trained in animal encounters and it is crucial to listen to them at all times and follow their instruction.
- Stay calm and don't attract attention (i.e. don't shout or whistle for the animals). Wild animals tend to avoid people.
- Stay still as long as the animals are looking at you. Back away slowly with no sudden movements as soon as their attention is diverted, unless instructed by the guide.
- Stay as tight as possible in your groups, and buddy up with someone in your group so that you are sure you will never be riding on your own.
- If one person stops the whole group must pull off the route and wait.



- During the event, there might still be some water left in some of the rivers that we will cross, and in natural pools found en route. Swimming in any river or natural pool is prohibited and regarded as dangerous. Doing so would be entirely at their own risk.

MALARIA AND VACCINATIONS:

As we will be travelling through a malaria area, please consult your doctor regarding malaria prophylactics. All malaria medication is taken at your own discretion. We have chosen to travel at a dry time of the year, when the risk of malaria is low. There is also less prevalence in remote areas where our camps are situated; nonetheless, you need to consider whether or not you would like to take preventative measures. If you decide not to take prophylactics, please ensure that you see a doctor if any fever or flu-like symptoms develop. These can develop as early as seven days after being bitten; advise the doctor accordingly.

Please remember: that the best way not to get malaria is to not get bitten. Please bring your own mosquito repellent such as Peaceful Sleep or Tabard. It is also advisable to wear long sleeves and long pants in the evenings.

Please ensure that you are up to date with your vaccines. For more detailed information on what is recommended, please speak to your travel clinic on requirements and recommendations when travelling to SADC countries.

HYDRATION AND SUN EXPOSURE:

Whilst we will be traveling in late winter, **the days will be extremely hot. Heat exhaustion and dehydration** are possibly the two most real concerns. It is important to prepare for this by staying hydrated, wearing appropriate clothing and protection.

- The days will be HOT. **Dehydration is your biggest concern.** Please ensure that you carry ample fluid with you at all times (minimum of 2 - 3 litres).
- Water and energy supplement will be available in the evenings, mornings and at the tea and brunch stops. Ensure you replenish where you need. It will be your own responsibility to ensure your body is well hydrated.
- We recommend that you use a high factor sun cream and reapply this throughout the day. Sun cream will be available at the tea and brunch stops for re-application.
- Buffs are also useful for sun protection.

WATER IN STREAMS AND RIVERS:

- The areas through which we travel are upstream from the previously cholera affected areas.
- All drinking water provided during the Tour will be bottled/purified drinking water and safe to drink.
- Please do not drink from rivers, streams or the handwashing stations in camp.

