

We should always remember that when we are on a run, we represent our Club.

As such, if we behave like idiots, we will get a reputation as idiots.

These Waypoint run rules are simple and common sense ... but we ask that you read them, understand them and, above all, *follow them!* Please remember that our Club runs are not races.

In a Waypoint run, each participant drives as an individual to a destination on a route and manner of their choice. There is no obligation to drive in a bunch nor is there any prohibition of the informal formation of small bunches. Though a proposed route is provided, you are no obligation to follow it.

If you are new to the Club and this is one of your first runs, let the Run Organiser know, so you can be buddied with an experienced Club Member to support you through the run.

We also recommend that if you plan to drive solo on an unknown route, ask to use one of the Club radios.

1. The Run Organiser of a Waypoint Run will provide:

- a. A proposed route from the start to the end destination for the run;
- b. Details of points along the way that the organiser plans to stop for a convenience and/or refreshment break, if any;
- c. An oral and/or written briefing for the proposed route;
- d. Mobile phone contact for those who get lost or have been delayed or abandon the run; and
- e. The destination address.

2. Unlike traditional Convoy Runs, on a Waypoint Run there is:

- a. No Run Leader;
- b. No Tail-End Charlie;
- c. No obligation or requirement to drive in convoy;
- d. No obligation to look out or wait for following cars;
- e. No obligation to follow the proposed route;
- f. No obligation to stop at the organiser's waypoints or wherever people choose to stop along the route; and
- g. No obligation on anyone to wait for anyone else at a waypoint or change of direction.

3. Common sense applies at all times!

4. All road rules are to be followed stringently.

5. All other road users are to be extended **every courtesy** at all times.

6. If you plan to leave the run group early or along the route, please inform the Run Organiser via the mobile phone number provided, as soon as possible.

Most of all - be safe and have fun!

Please remember, when adding your name to the event attendance sheet you are confirming that the Club will not be liable for any damage, injury or loss caused directly or indirectly by you whether to yourself or to any other party and you will fully indemnify and hold the Club harmless in connection with all claims arising from such damage, injury or loss.





Key numbers:

- | | | |
|-----------------------|----------------|--|
| • Club President: | Coral Campbell | • RACV emergency assistance: |
| | 0418 614 816 | 13 RACV (13 72 28) |
| • Ambulance / Police: | 000 | • RACT roadside service (24 hr): 13 1111 |

In the event of an incident or accident

If required, notify the police of the incident.

1. Stay calm.

2. Contact the Run Leader by radio or mobile phone, to halt the run group. If the Leader is out of radio or phone range, contact someone else on the run group to relay the message.

3. Make the road safe for other users:

- make sure all stationary vehicles are off the road surface (if possible);
- place a person a reasonable distance either side of the incident to alert oncoming road users.

4. IF NO-ONE IS INJURED, assess if the vehicle/s involved can be driven.

- If so* (and depending on the level of damage), arrange for the vehicle/s to rejoin the run group or make their way to the nearest centre where appropriate help is available.
- If not*, assess what help is required at the site and contact appropriate assistance (numbers above). If this assistance cannot be raised by mobile phone, arrange for a mini-run group of two or three cars to drive to the nearest centre to organise help (ensure at least one of these vehicles has a mobile phone, and take note of their number/s before they leave).

5. IF SOMEONE IS INJURED ...

- Call **000** for police and ambulance. Using the 'run notes', give an accurate location of the accident.
- Protect yourself (ie, the 'first aider').
- Check for immediate life-threatening hazards – eg, power lines down, leaking fuel.
- Check the conscious state of the patient.
- ***If the patient is conscious:***
 - Keep them in the vehicle unless they are in danger.
 - Attempt to control any dangerous bleeding. Do not splint any fractures.
 - Keep them warm and wait for the ambulance to arrive.
- ***If the patient is unconscious, check:***
 - **A** Airway: no blockage [tongue, teeth, lolly etc]. Clear if necessary.
 - **B** Breathing: patient is breathing once every 3-5 seconds.
 - **C** Circulation: check the patient's heart rate. Place two fingers into the groove next to the 'Adam's apple' on the patient's neck and count the pulse over one minute.
- If breathing and circulation are confirmed and the patient remains unconscious, support the patient's neck by holding both sides of the head and maintain a head position that ensures the patient's chin is held off the chest. This ensures a clear airway.
- If not breathing, or pulse is absent, remove the patient from the vehicle and commence resuscitation.

6. The Run Leader must notify the Club President (number above) that an incident has occurred.