

# BrightRock BrightRock Battle Of The Sports

## Trekking Rules

In an ideal world we could simply just show up and race and the fastest team to make it to the end would win. But the world is not ideal and so we have to come up with a set of criteria to level the playing field and make things as even as we could. Thus we have Rules. In addition, there are some unique elements to the BrightRock Battle Of The Sports. This means the parameters and rules need to be clearly defined, appreciated and understood by all teams and participants.

### 1. Terms and definitions:

For the purposes of the Rules, the following terms shall have the meanings set out below:

- a) "Cut-off Time" means 4 (four) days after the start, being a total of 96 (ninety-six) hours.
- b) "Trek" means the circumnavigation of Verneukpan by each of the teams participating in the 2020 BrightRock Battle Of The Sports.
- c) "Rules" means the rules in force at the start of the Race.
- d) "Unsupported" means that the team may not receive any support whatsoever from sources outside the 4 members of the team.
- e) "Unassisted" means that the athletes and team may not make use of any form of technology / assistance that will aid their travel and completion of the route. This may include, but not limited to airfoils, kites, electric or other motors, sails etc.
- f) Where figures are referred to in numerals and in words, if there is a conflict between the two, the words shall prevail.
- g) The headings of clauses are used for reference purposes only and are not in any way to be deemed to explain, modify, amplify or aid in the interpretation of these Rules.

### 2. Athletes and Teams:

- a) All athletes that take part in the BrightRock Battle Of The Sports agree to be bound by the Rules and the Terms and Conditions of the Trek.
- b) In order for a team to be classified as finishing the Trek, all original athletes must complete the full distance and cross the finish line within the cut-off period.
- c) Athletes may carry clothing, sports products and nutrition ("equipment") with them, provided it is legal. All athlete and team equipment must be transported either on the cart provided or on the person of each of the athletes.
- d) Teams may not use any motorized form of power to move them forward along the Trek route.
- e) Each team has to provide photographic or other permanent proof that they have visited each of the control points along the route of the Trek.
- f) Athletes can stop for as long as they choose at any point along the Trek.
- g) Athletes comprising a team may not split up and should remain in visual

contact with each other at all times.

- h) The Trek cut off is 96 (ninety-six) hours i.e. 4 (four) days after the start of the Trek. The Trek will commence at sunrise, or at a time determined by the organisers, on the first day. Sunrise is defined as the moment the rays of the sun strike the start flag or gantry.

### **3. Athlete / Team identification and markings:**

- a) Teams and each athlete will be given Trek clothing and gear. This must be worn as the outer-most layer of clothing at all times.
- b) Technical and other clothing will contain the names, logos and wordmarks of the official sponsors of The BrightRock Battle Of The Sports.
- c) Clothing will be of a technical nature and be specific to the environment in which the Trek will take place.

### **4. Timing:**

- a) Once the Trek starts the clock begins and will not stop until the Cut-off Time four days (96 hours) later.
- b) The official race clock is the clock used by the Trek Director at the start of the trek and all cut-offs will be according to said clock.
- c) Each team will carry a working transponder for the duration of the trek.
- d) The Trek clock will stop the moment that the last member of the team, including the cart crosses the start / finish line.

### **5. Race start:**

- a) The Trek clock will start at sunrise, or at a time determined by the organisers, on the first day of the Team's trek.
- b) This will be defined as when the rays of the sun illuminate the Start flag or gantry.
- c) Teams may not cross the start line until this happens but may cross the line at any time thereafter.

### **6. Route:**

- a) Teams have to follow the trek route as designated by pre-determined waypoints and the straight lines between these way points.
- b) The Trek route will be made available to the teams in GPS format on a handheld GPS device.
- c) The Trek route will be unmarked.
- d) The Trek route and distance may vary from the published distance or route. All teams will however be following the same route to the same waypoints.

### **7. Compulsory equipment:**

Compulsory gear must be carried over the entire Trek route. Checks can be made at any time and penalties could result from not having the correct gear.

- a) Cart

- b) A minimum of 200l of water at the start
- c) A GPS navigation unit
- d) A Headlamp with sufficient power / spare batteries for each person
- e) Trail shoes
- f) Cap, Beanie or Buff
- g) Sufficient nutrition to support the team for the duration of the Trek.
- h) Clothing as provided to each team member
- i) Spare socks
- j) Basic footcare pack, including adhesive bandage and blister treatment kit.
- k) A Tracking unit supplied and fixed to the cart
- l) Sleeping bag per person
- m) Space Blanket
- n) A pool of other, optional equipment will be made available to the team and upon deliberation they may decide what additional equipment to take.

### **8. Checkpoints:**

- a) There will be a number of checkpoints along the route. These will not be manned but may be marked.
- b) The team will be required to provide physical evidence that they have tagged each checkpoint, whether it be photographic evidence or by retrieving an artefact from the checkpoints.

### **9. Nutrition and hydration:**

- a) It is the team's responsibility to ensure they carry enough food and water to complete the entire Trek unsupported and unassisted.
- b) The team will be required to start the Trek with a minimum of 200l of water.
- c) Food and rations will be provided for each team for the duration of the Trek.
- d) A proposed menu will be made available to the team prior to departure and may be adapted as required.
- e) All food and water will be carried / pulled on the cart by the team members.

### **10. Support:**

- a) The Trek is unsupported and unassisted. This means that no support may be given to the team from outsiders for the duration of the Trek.
- b) Team members may provide assistance to each other.
- c) Only in extreme emergency cases (as determined by the Event Medical Team) may athletes receive assistance.
- d) The team may receive emotional and psychological support in the form of encouragement from spectators whom they may encounter on the route.

### **11. Medical:**

- a) The Trek is not simply an ordinary event, it is a very strenuous undertaking and will place enormous physiological and mental stress on each athlete's body. As such, the event medical team reserves the right to withdraw any athlete from the Trek if, in their opinion, it is deemed necessary.

- b) An athlete who is withdrawn from the Trek will have no claim whatsoever against the Event Organisers, its affiliates or any of its sub-contractors arising therefrom.
- c) It is the athlete's responsibility to make sure he is in good health and adequately trained for the Trek.
- d) All athletes will adhere to the event's COVID-19 Protocol as determined by the event organisers and Medical Team.
- e) All athletes must have completed a trek medical form, and have it signed by a licensed medical practitioner prior to registration. An athlete may not participate in the Trek if this form has not been signed thereby confirming that he is sufficiently well adapted and prepared for a trek of this nature.

## **12. Tracking:**

- a) Every team has to carry an Event issued tracking device.
- b) It is the team's responsibility to ensure this tracking device is always on and in working order.
- c) The tracking provider and website will black out coverage for the last 30km of the Trek in order to keep the team's final time a secret until the Winner Reveal TV show.
- d) Teams may not disable the tracking unit at any time during the Trek.

## **13. Trek withdrawal:**

- a) If an athlete is forced to withdraw from the Trek due to medical reasons he will be taken to the Event Village by road, or air in the event of a life threatening emergency.
- b) A minimum of three (3) members of the team must complete the entire route in order to register an official time for the Trek.
- c) Should the team experience extreme circumstances, they may be given an official finishing time despite finishing with less than 3 members – but only at the discretion of the Trek Director.

## **14. Environmental considerations**

In the spirit of conservation it is incumbent on each athlete to respect the environment. As such, each athlete must also adhere to the following rules:

- a) No littering of any form will be tolerated, including but not limited to dropping food packaging, bottles, etc;
- b) Smoking is not allowed anywhere along the route;
- c) All waste needs to be carried off the route and disposed of in an environmentally responsible manner.
- d) All biological waste needs to be disposed of in an environmentally responsible manner.