

FULL NUGGET SAFETY BRIEFING NOTES

SUPPORT CREWS

1. On the first Road Cycle leg, Support Crews must either leave before the race starts and travel ahead of the Lead Vehicle, or wait and travel behind our Sag Wagon. For safety and congestion reasons do not follow your rider in your vehicle, and do not stop anywhere out on the course.
2. For everyone's safety it's important that you use SH 2 and Waihi Beach Road to get to T1.
3. Take extreme care on Ngatitangata Road [to T3] when dropping off and picking up runners and mountain bikers. This road is gravel, narrow and has blind corners and it's potentially dangerous if care is not taken.
4. Slow down on all country roads - they are skinny and they will be busy. Expect the unexpected.

GENERAL

1. You must wear the race numbers provided (they are coded for your event) on the outside of your clothing at all times. Use either pins or a race belt.
2. The course is marked with red-on-white arrows. Tape across the track means do not cross it. Ignore all other track markings.
3. You should carry your own hydration and food. The aid stations are just for a top-up.
4. Follow the instructions of the marshals.
5. No earbuds. Tracks are shared so you must be aware of what's going on around you.
6. No dogs anywhere on the course.
7. Please don't litter.
1. Please stop and help injured competitors, and report incidents to the next marshal you see. You are part of our safety team.
8. Anyone who withdraws from the race must notify an official who is in contact with race HQ as soon as practicable. This is essential to avoid unnecessary searches and emergency services being engaged.

ROAD CYCLE

1. ALL roads are OPEN and shared, and all cyclists must abide by the New Zealand road rules. Take care on public roads. You have no special rights just because you are in a race.
2. It is compulsory to wear a certified bike helmet.
3. There will be a neutralised start (~2 km). Follow the lead vehicle – Do not overtake it!
4. Take care on rough roads and new seal, down the Beach Gorge in particular. It's a very fast downhill and can be very slippery.
5. If you are not comfortable riding in a bunch – stay clear.
6. Keep off your aero bars if you are in a bunch.
7. Concentrate at all times – this is the most dangerous leg of the race.
8. There will be a Tail-end Charlie, Medic and Sag Wagon following the last competitor.

KAYAK

1. **All paddlers on the kayak leg must wear a Personal Floatation Device.** This includes all kayak, ski, waka ama and SUP competitors. **This will be strictly enforced.**
2. Double kayaks, skis and waka ama are not permitted.
3. International boating rules are “keep right”. Watch out for, and give way to other boats.
4. Beware, it’s duck shooting season!
5. There will be a Lead Boat or Jet Ski, plus Marshals to direct you at critical points on the course.
6. There are Safety Craft patrolling the course to help in a rescue situation, however you should be able to self-rescue in your selected boat.
7. A vertically raised paddle is the recognised help signal.
8. We recommended you carry a pump or baler in all sea-kayaks/enclosed craft.

COASTAL RUN

1. There are no track closures. Be aware of, and be courteous to the public.
2. Stay on the marked track and don’t take shortcuts – there are steep cliffs everywhere.
3. Take extreme care around the coastal cliffs. The track is very slippery in places.
4. It is recommended that you carry a first aid kit and a jacket.
5. There are no aid stations on the run leg.
6. Poo in the Loo! There is a toilet at the start of the run leg, and also near the surf club, and another out on the course at approximately 6 km, and also at T3.
7. Clean your shoes. You will be running through an ecologically significant reserve so please help stop the spread of weeds.
8. Respect any culturally sensitive areas. These will be taped off, please don’t enter.

MOUNTAIN BIKE

1. Take care on, and crossing public roads. All roads and tracks are open and shared. All cyclists must abide by New Zealand road rules. You have no special rights just because you’re in a race.
2. It is compulsory to wear a certified bike helmet.
3. Stay on the marked track – shortcutting is cheating and could get you excluded.
4. Be sensible, and ride within your ability. The track is slippery and rough in places and there are some steep sections, drop-offs and stream crossings. Dismount and walk if you are unsure of your ability to safely negotiate an obstacle.
5. It is recommended to carry a first aid kit and a jacket.
6. You will be sharing some tracks with our runners and walkers – TAKE CARE/BE NICE.

FINAL 500 m RUN

1. All team members must complete the final run from T4 to the finish line - together.
2. Stay on the marked track and follow the marshals’ instructions.
3. Do not venture into the mine site.
4. No dogs.
5. Please don’t litter.