



# Gradbach Scout Camp

## Border HIKE COMMITTEE

### REGULATIONS 2017

***Please ensure that all team members read and fully understand the regulations***

1. The Border Hike is open to teams of four whose combined ages do not exceed 50 years. The minimum age is 11 years, maximum age 14 years on 31<sup>st</sup> August in the year of the hike. The team leader must be of minimum age 13 years on 31<sup>st</sup> August in the year of the hike.
2. The John Bradbury Trophy Hike is open to teams of four whose combined ages do not exceed 62 years. Minimum age is 14 years, maximum age 17 years on 31<sup>st</sup> August in the year of the hike.
3. The section of the team sheet concerning the capability of team members, must be signed by your home DC/ADC. The hike committee needs to be informed ASAP if any of the team members have any special requirements. Each case will be assessed on an individual basis to confirm if we accept the team entry and their participation during the day will depend on the team, staffing, weather etc. This is to ensure the safety of the other teams.
4. ALL entry fees must be paid before teams are allowed to start.
5. On checking in at Gradbach, each visiting team must leave with the organisers the completed Health, Consent and Home Contact form for each of their team members.
6. Each team member must be seen by the booking in team on Friday evening and sign in on to site. The teams will also be required to sign out when they set off on the hike from control, sign at every checkpoint and sign back in at hike control on return from the hike. All signatures have points awarded towards the final score
7. All teams must camp at the Gradbach Scout Camp, for the duration of the event, and Leader/s must accompany all teams. Whilst camping the teams and groups shall give consideration to other campers and shall not cause a nuisance with camp standards, noise etc. If it is deemed that teams are not complying with camp rules and general scouting standard, they can be asked to leave the site and be excluded for the hike with NO notice.
8. Each competitor must wear or carry, as desired, the following at all times during the hike :
  - a) A WARM hat.
  - b) A spare fleece, pullover or jacket.
  - c) Warm gloves or mittens
  - d) Waterproof jacket with hood and taped seams. (need to be of a reasonable quality to give adequate protection for walking in open country)
  - e) Waterproof over-trousers with taped seams. (need to be of a reasonable quality to give adequate protection for walking in open country) We advise only to be worn when raining.
9. Each competitor must wear at all times during the hike :
  - a) T-shirt or thermal base layer.
  - b) Warm shirt, pullover or fleece.
  - c) Long trousers made of warm, quick drying material, not jeans/thermals.



## Gradbach Scout Camp

### Border HIKE COMMITTEE

- d) Wool or wool-mixture hiking socks.
  - e) Waterproof walking boots with good ankle support. Canvas boots must have a waterproof lining e.g., Goretex. The hike is over challenging terrains, moorland etc some areas may be boggy and very wet so it is essential that suitable waterproof walking boots with good ankle support are worn. *Fell running boots, shoes, Trainer Boots and trainers are not allowed. Teams will not be allowed to start the hike if we are not happy with the suitability of the boots!*
10. Each competitor must carry the following during the hike :
- a) Packed lunch
  - b) Flask containing a hot drink of at least 500ml capacity
  - c) A full drinks Bottle of at least 500ml capacity
  - d) Emergency food pack. This must be sufficient for 8 hours and would contain for example, Mars Bars, sweets, chocolate, glucose, nuts and raisins. It must be kept in a plastic bag.
  - e) A basic First-aid kit with a good supply of plasters, dressings and 1 triangular bandage, kept in a waterproof bag.
  - f) Whistle
  - g) Polythene exposure bags, size 2'6" x 6' (750 x 1800mm), 500 gauge.
  - h) One working torch suitable for night navigation and walking
  - i) Writing pad
  - j) 1 pen and 1 pencil
  - k) Mug (if there is not one with the flask) for cold drinks at the checkpoints.
  - l) Sun cream Sachet for each member of the team
  - m) Rucksack Suitable for Hiking (School rucksacks may not be suitable for a full days walking) with a waterproof rucksack liner (this can be a bin bag or similar)
11. Each team must carry a set of emergency equipment, in addition to personal equipment, containing a minimum of:
- a) Light Weight Sleeping bag, 1 per team
  - b) A suitable Compass for walking, 2 per team
  - c) OS Map "White Peak" only, minimum 2 per team
  - d) Waterproof Map Case, minimum 2 per team
  - e) Watch (mobile phone clocks will NOT be accepted) , minimum 2 per team
  - f) One full charged and working Mobile Phone with the number provided to Control
12. TEAMS WILL NOT BE ALLOWED TO START OR CONTINUE THE HIKE, UNLESS THE EQUIPMENT LISTED IN RULES 7,8,9, AND 10 CAN BE PRODUCED AT THE START AND AT SPOT CHECKS CARRIED OUT BY MARSHALLS EN-ROUTE.
13. LOCAL EXPERIENCED WALKERS INSPECT ALL TEAMS FOR KIT REQUIREMENTS. UNLESS THE TEAM IS PASSED BY THE KIT CHECK TEAM, IT WILL NOT BE ALLOWED TO START.
14. In the event of a competitor retiring, he/she must report to the finish HQ personally, even if transported there by the marshals.



## Gradbach Scout Camp Border HIKE COMMITTEE

15. The hike is not against the clock. We are trying to get all teams back to Gradbach for 7pm, this is to prevent teams finishing in the dark and our radio operators having to pack up in the dark. We are therefore expecting ALL teams to be at the last Checkpoint by around 4.30pm. If teams miss this target they may be withdrawn from the hike and returned to Gradbach.
16. Winners will be decided by a system of points awarded for incidents or navigation questions attempted during the hike and general discipline, (starting on time, equipment, completing the course and signing in at checkpoints). These points will be collated at the end, with the highest number of points deciding the winner. Incidents will be a mixture of tasks, based on practical activities, team work and general knowledge. The judge's decisions are final.
17. Teams must adhere strictly to kit inspection, and starting times allocated.
18. Competitors may retire at any point on the route, but it is obviously desirable to retire at a checkpoint if possible. If a checkpoint can't be reached, a message must be sent to the nearest checkpoint or to HQ.
19. Team members must walk at all times as a team. At the discretion of the hike officials, any team disregarding this rule will be disqualified.
20. In the case of any team member retiring en-route, the remaining team members must wait at the nearest checkpoint until they can make up a scratch team of NOT LESS THAN FOUR OR MORE THAN SEVEN MEMBERS. This combined team must all sign a checkpoint control sheet and elect a new team leader. They will then be allowed to proceed, the route card will be suitably endorsed.
21. Teams of three will be allowed from the last checkpoint. A new team leader must be elected and all emergency kit must be carried.
22. The organiser have the right to retire and team at any point during the hike.
23. The use of any other than moral support (lifts, leaders help etc.) will mean disqualification for the team concerned..
24. Mobile Phones may NOT be used during the event at all unless it is an emergency. None emergency use will mean marks being deducted or disqualification.
25. Global Positioning Systems (GPS) shall NOT be carried or used under any circumstances.
26. In the event of an outbreak of Foot and Mouth disease or any other animal disease in the area, the hike may be cancelled even when declared free from infection. In either case the organisers cannot accept liability for any expense incurred by groups or individuals.
27. Acceptance of all entries will be at the discretion of the organising committee. On signing the entry form all competitors accept these rules and conditions governing the event.
28. The organisers accept no responsibility whatsoever for any loss, injury, or loss of life incurred during the event.



# Gradbach Scout Camp

## Border HIKE COMMITTEE

### **INFORMATION**

It should be appreciated that this event passes through potentially hazardous country as well as some of the most beautiful in the Peak District. Only those who are physically and mentally prepared should undertake the Hike. Any team member who has had any acute illness, e.g. Tonsillitis, influenza, chest infection, in the four weeks prior to the event, should consult his/her doctor before competing.

### **STARTING ARRANGEMENTS**

Team numbers and starting times will be allocated on checking in at Hike Control on the Friday evening. No allowance for late starting will be made unless through circumstances beyond your control and then only at the discretion of the organising committee.

All teams must book in at Hike control, Gradbach Scout Camp, AS EARLY AS POSSIBLE ON FRIDAY EVENING usually by 11pm.

ALL TEAMS WILL BE INSPECTED BEFORE STARTING.

### **MAP**

The whole of the Hike is covered by the OS Map "White Peak" and this is the only map necessary.

### **WALKING INSTRUCTIONS**

It is essential that each competitor signs in at each checkpoint and on completion of the hike at HQ. PLEASE KEEP TO THE FOOTPATHS AND RESPECT THE COUNTRY CODE.

Teams must walk at all times as a team and when on roads keep to the right and in single file.

### **RESCUE SIGNALS**

Teams should note the following signals to be used by teams in difficulties:

Help	6 flashes/blasts in quick succession followed by one minute's silence
Acknowledgement	3 flashes/blasts in quick succession followed by one minutes silence

Reports of an incident should be made to a checkpoint on arrival. Rescue teams can be contacted from any checkpoint.

### **RESCUE TEAMS**

Rescue teams will be in the area throughout the period of the event. If any competitor is unable to continue when in open country, the remaining members of his team should advise the rescue teams through any checkpoint, open in front of and behind each team.

It is essential that one person remains with the casualty and at least two people go for assistance. Any team finding another team in distress must assist and see that those in distress are comfortable. They should then ascertain the correct location and advise the nearest checkpoint. This action will be in addition to any information already passed by members of the team.

### **HIKE MARSHALL'S**

Hike marshals will be operating throughout the event and a comprehensive radio control system will ensure that communications will be maintained with all parts of the course.