

# DO A TREK



## TO REMEMBER

13 JUNE 2021

MT. NEBO TO BRISBANE

8.5KMS

23KMS

42KMS

A TREK TO REMEMBER

TREKKER HANDBOOK

CHARITY PARTNER



dementia  
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# CRITICAL TIMES

## REGISTRATION, BRIEFING AND BUS DEPARTURE

All trekkers must register and attend at the registration time for your trek (see below). Unfortunately, late arrivals will not be accepted. Venue for all briefings is Bus Transfer Station, Waterworks Road, Enoggera Reserve, The Gap, Brisbane QLD 4520. If you require assistance with locating the briefing venue please contact Bruce Barker on 0401 713 039.

### 42KM TREK

Registration Time: 4.30am Sunday 13 June

Bus Departs: 5.00am

Trek Commences: 6.00am

Trek Information: Refer to page 8

### 23KM TREK

Registration Time: 9.30am Sunday 13 June

Bus Departs: 10.00am

Trek Commences: 10.30am

Trek information: Refer to page 12

### 8.5KM LAKE WALK

Registration Time: 7.00am Sunday 13 June

Trek Commences: 7.30am

Trek information: Refer to page 18



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# SUPPORTING DEMENTIA AUSTRALIA

Dementia Australia represents the 447, 115 Australians living with dementia and the almost 1.5 million Australians involved in their care. They advocate for the needs of people living with all types of dementia, and their families and carers, and provide support services, education and information.

## SERVICES PROVIDED TO THE COMMUNITY INCLUDE -

- Operation of the National Dementia Helpline where people can talk to caring and experienced professionals;
- Living with Memory Loss Programs where people can obtain information and talk confidentially with others in a similar situation;
- Library and information services which provides access to dementia related consumer health information and services;
- Providing Carer Support Groups;
- Assisting many in time of need with our education seminars, workshops and programs;

More information about Dementia Australia's services can be found by visiting their website [www.dementia.org.au](http://www.dementia.org.au)

Dementia Australia are committed to achieving a dementia-friendly Australia where people with dementia are respected, supported, empowered, and engaged in community life.





# 42KM

## DO A TREK TO REMEMBER QLD 2021

SUNDAY 13 JUNE **42KM** TREK INFORMATION

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PARK AT BUS TRANSFER STATION, WATERWORKS ROAD, ENOGGERA RESERVE, THE GAP, BRISBANE. KEEP AN EYE OUT FOR ELITE EXECUTIVE EVENTS CREW FOR DIRECTION. CAR POOLING IS ADVISABLE.

REGISTRATION AND BRIEFING: 4.30AM

BUS LOADING: 5.00AM

TREK COMMENCES: 6.00AM SHARP

LOCATION: BUS TRANSFER STATION, WATERWORKS ROAD,  
ENOGGERA RESERVE, THE GAP,  
BRISBANE QLD 4520

### MOUNT GLORIOUS TO CHECKPOINT 1

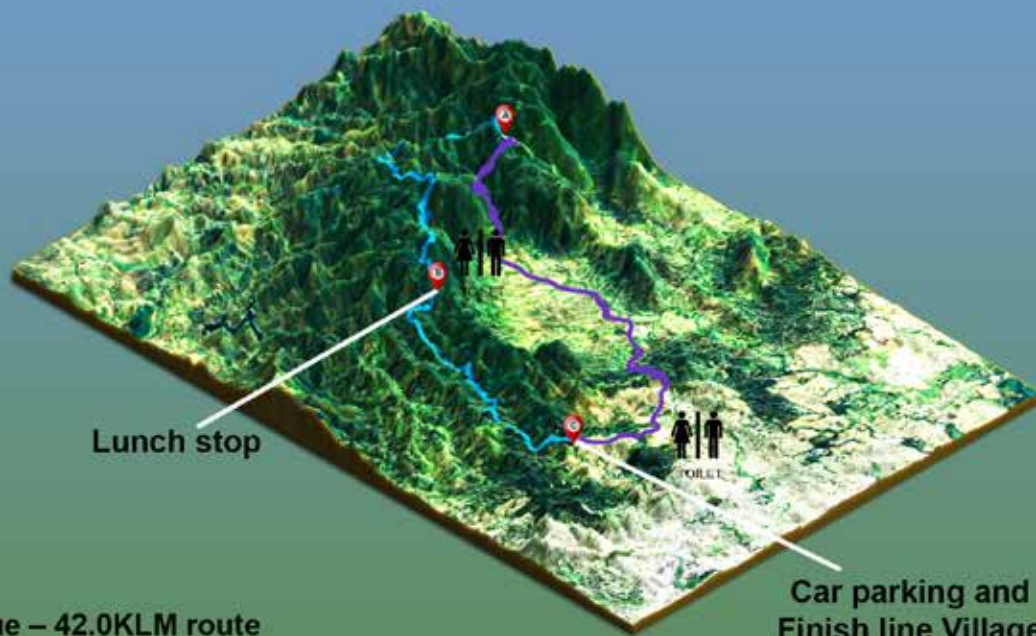
At 6.00AM you will take your first steps (Sunrise is 6.09AM so have your head torch ready) in the D'Aguilar National Park and begin your descent towards the impressive Side Break climb. The memory of this climb will stay with you for a lifetime. We will reach Checkpoint 1, the Mt Nebo State Primary School, at approximately 10.15am. Recharge your batteries and use the facilities before commencing en route to the finish.

### CHECKPOINT TO THE GAP

The first 3km of this section is through a magnificent rainforest. The next 13.5km of this leg is flat or slightly descending. At the end of that, you will experience 6km of moderate-to-steep descending and ascending hills. Enjoy arriving at the finish line at the dam wall of Enoggera Reservoir, private property of South East Queensland Water, where you can meet up with family and friends and enjoy a light BBQ. Sunset is 5.51pm.

# 42KM DO A TREK TO REMEMBER QLD 2021

## 42.0 KLM Mt. Glorious to Enoggera Reservoir The Gap



Blue – 42.0KLM route  
Purple – Bus route  
Toilets available

## LAKE MANCHESTER TO ENOGGERA RESERVOIR THE GAP



### TRIAL PROFILE 42.0KLM



# 23KM

## DO A TREK TO REMEMBER QLD 2021

SUNDAY 13 JUNE **23KM** TREK INFORMATION

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PARK AT BUS TRANSFER STATION, WATERWORKS ROAD, ENOGGERA RESERVE, THE GAP, BRISBANE. KEEP AN EYE OUT FOR ELITE EXECUTIVE EVENTS CREW FOR DIRECTION. CAR POOLING IS ADVISABLE.

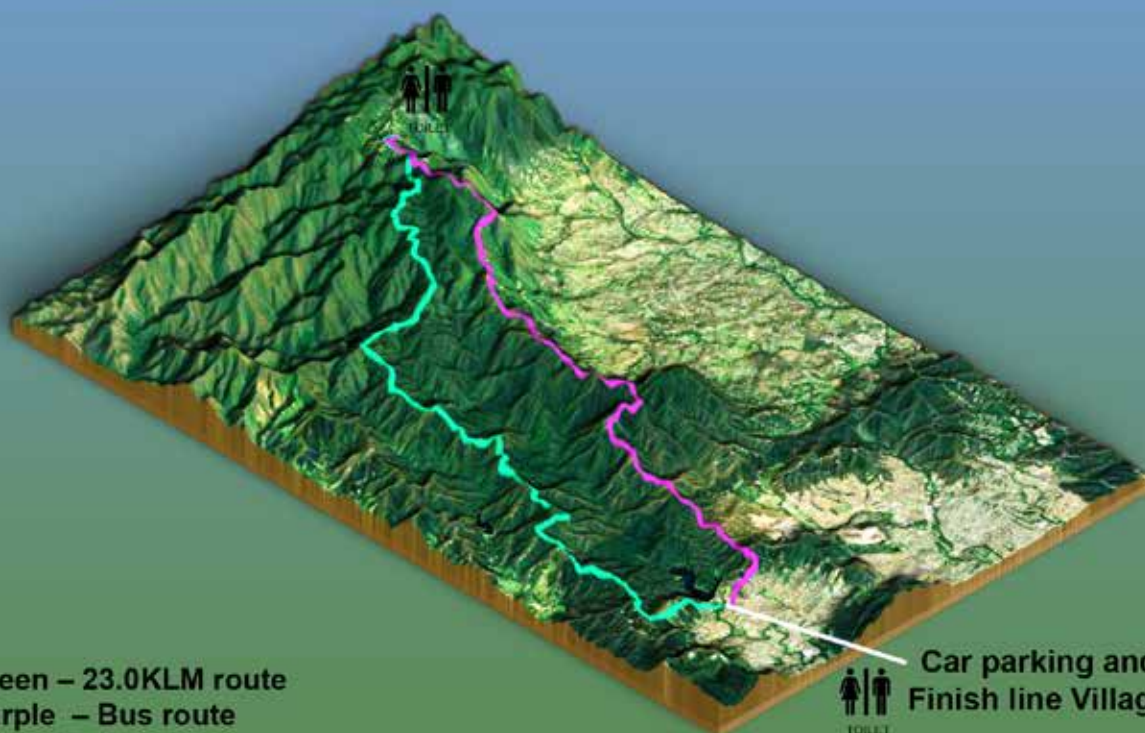
REGISTRATION AND BRIEFING:	9.30AM
BUS LOADING:	10.00AM
TREK COMMENCES:	10.30AM SHARP
LOCATION:	BUS TRANSFER STATION, WATERWORKS ROAD, ENOGGERA RESERVE, THE GAP, BRISBANE QLD 4520

### **MOUNT NEBO TO THE GAP**

The first 3km of this section is through a magnificent rainforest. The next 13.5km of this leg is flat or slightly descending. At the end of that, you will experience 6km of moderate-to-steep descending and ascending hills. Enjoy arriving at the finish line at the dam wall of Enoggera Reservoir, private property of South East Queensland Water, where you can meet up with family and friends and enjoy a light BBQ. Sunset is 5.49pm.

# 23KM DO A TREK TO REMEMBER QLD 2021

## 23.0 KLM Mt .Nebo to Enoggera Reservoir The Gap



Green – 23.0KLM route  
Purple – Bus route  
Toilets available

Car parking and  
Finish line Village  
TOILET

## MT. NEBO TO ENOGGERA RESERVOIR THE GAP



### TRIAL PROFILE 23.0KLM



# 8.5KM

## DO A TREK TO REMEMBER QLD 2021

SUNDAY 13 JUNE **8.5KM** TREK INFORMATION

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1.5 – 2.5 HOURS DEPENDING ON WEATHER 8.5KM TREK INFORMATION

PARK AT BUS TRANSFER STATION, WATERWORKS ROAD, ENOGGERA RESERVE, THE GAP, BRISBANE. KEEP AN EYE OUT FOR ELITE EXECUTIVE EVENTS CREW FOR DIRECTION. CAR POOLING IS ADVISABLE.

REGISTRATION AND BRIEFING: 7.00AM

TREK COMMENCES: 7.30AM SHARP

LOCATION: ENTRANCE TO SOUTH EAST QUEENSLAND WATER,  
GATES AT HORSMAN PLACE PARK

After collecting your trek bib from event staff and listen to a small briefing, The Trek consists of an 8.5km walk on wide fire trails, around the picturesque Enoggera Reservoir and will take approximately 2 hours. This outstanding Trek offers a few short, sharp hills along the way that may test you, but the Trek delivers some of Brisbane's best bush landscape and lake views. The event will also have Support Staff – who have operated in these D'Aguilar ranges for over 15 years - to offer their support at several stations throughout the Trek, should you need water or support. Participants can still request support between these stations though, as we will have a team of Medical professionals roaming the route in 4x4 vehicles.



# 8.5KM DO A TREK TO REMEMBER QLD 2021

8.0KLM – Enoggera Reservoir Circuit The Gap



Green – 8.0KLM route  
Toilets available

Car parking and  
Finish line Village

# FAQS

## **CAN I MAKE MY OWN WAY TO THE START POINT?**

All trekkers must attend a briefing which is held on the bus prior to the trek commencement, therefore all trekkers must meet at the meeting point.

## **CAN CHILDREN UNDERTAKE THE TREK?**

This event is being conducted in remote areas, through terrain that is rough, steep and sometimes with no or limited vehicle access. Therefore, only children aged 16+ can participate and must be accompanied by an adult.

## **DO I HAVE TO FUNDRAISE?**

You are registering for an event when you participate in our treks. The fundraising is optional however very highly encouraged. But Dementia Australia are here to help! They will contact you will set up a fundraising page after your registration – this makes asking for and receiving donations easy. And feel free to give Meagan Watson a call on 07 3014 6605 to discuss your fundraising ideas.

## **WHAT IF I NEED HELP WHILST TREKKING?**

If you need medical assistance, to reduce the distance you walk you can speak to one of the medics and/ or support vehicle crew who will assist you. This can be arranged by calling either 0401 713 039 or 0414 311 972.

## **WHAT/HOW MUCH FOOD/WATER SHOULD I BRING ON THE TREK?**

You will need 1 litre of water at the commencement of the trek. There will be mobile car drink stations at all times, all support vehicles will carry water. Participants will need to have enough snacks for the whole day, there is a light bush soup kitchen for the full day treks.

## **WHAT HAPPENS IF I REGISTER BUT THEN CANNOT PARTICIPATE?**

We do not refund registration fees or any money raised for Dementia Australia, however if a trekker is unable to participate they may transfer their registration (but not fundraising) to another person by notifying Elite Executive Events in writing prior to commencement of the trek.

## **DO I NEED INSURANCE?**

While we undertake all measures possible to ensure your safety, but you are responsible for your own health and wellbeing in the lead up to and during the event. Make sure you have the relevant health insurance and ambulance cover.

# SAFETY

1. Use your personal discretion in the event of injury or emergency as to which of the following recommended procedures to use:
  - If the injury or emergency is considered life threatening ring 112 and treat the same as a 000 call. State your name and that you are participating in the DO A TREK TO REMEMBER Trek.
  - If the injury or emergency is not considered life threatening alert the nearest Medic or Trek Leader or, if they are not in close proximity call 0401 713 039 or 0414 311 972, and inform them of the situation.
2. Teams are responsible for both their own and their team's behaviour. Contravention of any checkpoint property owner's regulations may lead to the team's withdrawal for the trek.
3. Teams must carry mobile phones, preferably on two different networks. It is highly recommended that one phone is connected to the Telstra Network. All phone numbers in use must be provided to event organisers on registration.
4. Prescription medication and pain killers are your own responsibility. These cannot be issued by First Aid.
5. Sections of the trek can get very cold, especially in the morning and it is expected that participants carry and wear appropriate clothing for such conditions. It is recommended to keep a rain poncho on hand depending on forecast weather.
6. BUSH FIRE  
Alert officials if you site a bush fire on 0401 713 039 or 0414 311 972. An emergency evacuation plan will be enacted by your trek leader and the support network.  
Follow event officials' instructions and remain at a checkpoint if advised to do so by officials.  
In the unlikely event that you are trapped, Elite Executive Events will call emergency services on 000 or 112 from a mobile; attempt to find a safe position in water, away from trees (in clear ground), in low ground or dig a trench, cover your mouth and nose with a wet piece of clothing.

# DRSABCD action plan



In an emergency call **triple zero (000)** for an ambulance

## D

### DANGER

Ensure the area is safe for yourself, others and the patient.

## R

### RESPONSE

**Check for response**—ask name—squeeze shoulders

#### No response

- Send for help.

#### Response

- make comfortable
- check for injuries
- monitor response.



## S

### SEND for help

**Call Triple Zero (000)** for an ambulance or ask another person to make the call.

## A

### AIRWAY

**Open mouth**—if foreign material is present:

- place in the recovery position
- clear airway with fingers.

**Open airway** by tilting head with chin lift.



## B

### BREATHING

**Check for breathing**—look, listen and feel.

#### Not normal breathing

- Start CPR.

#### Normal breathing

- place in recovery position
- monitor breathing
- manage injuries
- treat for shock.



## C

### CPR

**Start CPR—30 chest compressions : 2 breaths**

Continue CPR until help arrives or patient recovers.



## D

### DEFIBRILLATION

**Apply defibrillator** if available and follow voice prompts.

© St John Ambulance Australia. St John encourages first aid training as this information is not a substitute for first aid training.



# CHECKLIST

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Provided below is a suggested list of equipment that can help you and your team prepare for the trek ahead.

## **TREKKERS ON THE TRACK:**

- FOOTWEAR – proven and trialled hiking shoe or boot
- SPARE LACES
- SOCKS – include spares
- GATORS – lightweight keep gear out of boots/shoes
- NICKS /SKINS/TIGHTS – prevent chafing, support recovery and performance.
- CLOTHING – consider all weather conditions - ensure you have clothing suitable for windy raining, hot and cold conditions.
- LIGHTWEIGHT GLOVES – Keep the hands warm
- HATS – baseball cap, lightweight beanie, broad-brimmed lightweight hat – personal preference
- BUFF – Multi use – sun protection, dust protection, neck protection, sweat, etc.
- SUNGLASSES
- HIKING POLES – personal preference
- SMALL CAMELPAK TO CARRY GEAR – lightweight, durable, tested and trialled
- HYDRATION – Camelpak or water bottle.
- SNACKS – food packs specially designed, lightweight, individual food packs.
- PERSONAL MED KIT – lightweight – covers personal medications, band aids, tape, chafing, Insect repellent, sunscreen, hand gel, painkillers, etc. – Please note trek medics and first aid tents are also available.
- COMMUNICATIONS – mobile phone (fully charged)
- PERSONAL ID

**Carry only what you need on the course, anything extra should be given to the trek leaders. Remember to bring your light snacks, hydration and first aid will be provided on course and at rest checkpoints. Please note that you are responsible to bring water container, either camel pack or water bottle, no cups at hydration stops.**

# TERMS & CONDITIONS

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Elite Executive Events are the event organisers of DO A TREK TO REMEMBER 2021. If we deem the route unsafe (due to but not limited to heavy rain, lightning, high winds, bushfire or 'acts of god') we may, at our sole discretion, re-route The DO A TREK TO REMEMBER, find an alternative shortened course, or cancel the event. If the event is cancelled, re-routed or shortened, no refund of registration fees, fundraising monies or transfer to another DO A TREK TO REMEMBER event will be made. Due to the nature of our events and the months of preparation involved, the event will not be re-scheduled to any other weekend. We also reserve the right to change the route or checkpoint locations or distances as necessary. Any changes will be communicated to participants prior to the event.

1. All team members must be aged 18 or above unless approved by the organiser in advance in writing and will only be so approved where a parent or guardian has signed the appropriate form(s). The minimum age for students participating in the event is 16 years of age and they must be accompanied by an adult for the entirety of the course or where multiple adults are involved for each leg. Where necessary adults accompanying minors must be Blue Card certified.

2. At the start of the event, any team(s) must have a minimum of two members with a maximum of six members

3. Teams must register and check in during their allocated check in period (refer to the Critical Times on the first page). Please note that the buses are unable to wait for late arrivals.

4. There is one major checkpoint throughout the course excluding the start and finish points (excluding 8.5km trek). All trek groups must remain together between checkpoints. All participants must check in and check out as a group at each checkpoint. Checkpoint staff will not check in or check out a team until all members are accounted for.

5. Do not drop litter on the ground. Please respect the environment and carry out all your rubbish or discard at any bins provided. (This includes cigarette butts. Do not

leave butts in tall grass or other flammable materials.) Anyone observed littering will be removed immediately from the event.

6. Under no circumstances are any participants to be left unattended. If a participant is seriously injured and cannot be moved, one person must remain with them while another participant alerts the accompanying medical personnel. At all times an EEE Event Medic should be no further than 500 metres away.

7. If you want to withdraw during the event, you must first report to the mobile Trek Group Leader or mobile Trek Group Medic who will sign you out. You will then hop into a transport vehicle and dropped off at finish line. at which time you will have your entry bib code recorded as having left the event.

8. If you do not notify event organisers of your intention to leave a checkpoint prior to doing so, this will result in an emergency services response. This can waste valuable resources, which may be required elsewhere and for which you may be held financially accountable.

9. Identification (ie Bibs) must be worn at all times during the event.

10. A team must notify Elite Executive Events organisers of any change of team members via email. No substitutions will be allowed once the event starts. Any team found to be substituting without prior notification or during the event will be withdrawn.

11. If, in the opinion of medical personnel, a team member is unable to continue for medical reasons the event organisers reserve the right to remove that member from the event.

12. Every participant must have completed their training, so they are fit enough to complete their chosen distance.

13. All participants must read the Trekkers Handbook and be fully prepared on the morning of the event to commence trek with all equipment and provisions.



