

## **2021 Trek Challenge Competition Rules - Please Read**

1. Your team must check in at the HQ at least 20 minutes before your allotted start time and report back to HQ as soon as you have completed your course or you have retired from the competition.
2. The course must be competed on foot except where special provision has been made for less able team members.
3. Teams will be disqualified if they do not complete the course within their allotted time. No extra time will be given for any reason (e.g. queuing at bases).
4. You must visit a minimum of four of the six major bases numbered 1,2,3,4,5,6.
5. You may visit as many bases as you can within the seven hour time frame but only one visit to each base.
6. All bases (except bases 7 and 8) are worth a maximum of 30 points of which 5 points are awarded for simply booking in at the base. Successfully completing the base activity can add up to a further 25 points on the base.
7. Bases 7 and 8 only are worth up to 60 points with 10 points being awarded for booking in at the base and a further 50 points for successful completion of the base activity.

If teams arrive at a base and find a long queue they can book in to collect the 5 or 10 points and pass on without participating in the base activity.

If a team checks into a base just to collect the 5 or 10 points and then moves on they cannot return to that base later in the day.

8. Some bases will be unmanned. These will have a punch which must be used to mark your route card in the appropriate place. The base may also have an additional activity to be completed.
9. Unmanned bases will score 30 points.
10. All teams must ensure that their route card is signed by base personnel before leaving the base (except unmanned bases where you must punch your card in the appropriate space).
11. Your team must stay together and be separate from all other teams throughout the competition.
12. If a member of your team retires from the competition at any point on the route then the whole of the team is automatically retired.

13. If lost or in trouble ring HQ control for assistance on the number shown on your route card. If a serious emergency arises ring 999 first and then ring HQ control.
14. No team may accept any assistance from a third party to improve the team performance i.e. do not accept lifts between bases.
15. Please adhere to the Country Code at all times. Keep to footpaths and do not trespass.
16. Phone HQ control for transport if you have not completed your route in the seven hour time frame
17. Teams must not alter or remove any Trek Challenge signs.
18. A team has not finished until ALL team members have booked back in at HQ.
19. Teams must be self reliant for the day and must not be helped or aided in any other way.
20. You must follow the ruling of the Trek Challenge committee and/or base personnel at all times.
21. No radios, MP3 players or animals (except guide dogs) are allowed.
22. Mobile phones are to be used to contact HQ control or the emergency services only. They are not to be used as an aid on a base except for use as a torch.
23. Hi Vis garments must be worn and be visible to traffic at all times.

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