

Trek Challenge Competition Rules - Please Read. Amended Jan. 2023.

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. Please contact the Trek Challenge Organising Team if special provision is required prior to the event.
3. Teams will be regarded as 'out of time' if they do not complete the course within the allotted time frame of 7 hours. No extra time will be given for any reason (example 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 7 hour time frame but only one visit to each Base.
6. The Bases could be manned OR un-manned. Each base could be a Single point base or a Double point base. Bases are scored as below:

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| a. Single (30) point bases <u>Manned</u> | 5 points for booking in Up to 25 points for task completion |
| b. Double (60) point bases <u>Manned</u> | 10 points for booking in Up to 50 points for task completion |
| c. Single (30) point bases <u>Un-Manned</u> | 30 points if correct Orienteering punch is used on the route card |
| d. Double (60) point bases <u>Un-Manned</u> | 60 points if correct Orienteering punch is used on the route card |

The Base Information sheet that will be sent out, with the Base Location map, will show which Bases are which.

7. 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. 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).
9. Your team must stay together and be separate from all other teams throughout the competition.

10. If a member of your team retires from the competition at any point along the route then the rest of the team can decide to retire or continue with the competition. **Teams continuing without a team of three members will be at the discretion of the organizing team.**
11. If lost or in trouble ring HQ control for assistance on the number shown on your route card and Base Information sheet. If a serious emergency arises ring 999 first and then ring HQ control.
12. The aim of the Trek Challenge is to encourage team members to work as a team to develop their map reading, route planning, timing, Scouting/Guiding skills and to complete their walk in a suitable (to the team) time frame.

It is unacceptable to other teams and the organiser's, if adults/parents etc. try to take an unfair advantage by directing teams through the use of mobile phone (or other) locating devices. Any team found to be taking this unfair practice will be disqualified.

Teams may not accept assistance from a third party to improve the team performance. **For example, do not accept lifts between bases.**

13. Please adhere to the Country Code at all times. Keep to footpaths and do not trespass. Do not remove any Trek Challenge signs or equipment.
14. Phone HQ control for transport if you have not completed your route in the 7 hour time frame.
15. A team has not finished until ALL team members have booked back in at HQ.
16. You must follow the ruling of the Trek Challenge committee and/or Base personnel at all times.
17. No radios, MP3 players or animals (except assistance dogs) are allowed.
18. 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 or watch.
19. Hi Vis garments must be worn and be visible to traffic at all times.

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