

Explorer Competition Instructions - 2017

One Copy per Team

Please read the following instructions very carefully. A little time spent now could save a lot of time later.

- 1 It is important that you report for Kit Check at the specified time. The Team will incur a penalty of 1 point for every 10 minutes (or part there of) if they report late.
- 2 No radio communication devices or electronic navigational aids are to be carried by teams in the competition. Mobile phones may be carried in a sealed plastic bag for use in an emergency.
- 3 If a competitor is withdrawn at the Kit Check, Start Line, or during the Competition, a team of 4 may continue if it is considered safe for them to do so.
- 4 The competition is based on an orienteering system, the object being to visit as many checkpoints as possible. On **day one** you have **up to eight hours**. On **day two** you have **up to four hours**.

The penalty for failing to achieve this will be **minus one point per five minutes (or part there of) late**. Hand in your Score Card at once, your arrival time will be noted.

- 5 When you receive the list of checkpoints you will have to plot them onto your maps using the eight-figure grid references given. You will need to use an indelible felt pen to do this.
- 6 It is your decision which checkpoints you visit and in what order. Any mandatory checkpoints **must** be visited. Note that checkpoints have different points values.
- 7 Your official start time will be recorded on your Score Card. You will be given **only one** Score Card. Take good care of it, so that it can be easily read at the finish. Your final position in the competition depends on it. On day 1 you will not be able to mark up your maps until you have crossed the start line so it will pay to have some practice in route plotting.
- 8 Take care with your map reading, mistakes can waste a lot of time. There are several routes to each checkpoint, so it is up to you to take the quickest **but safest** route. Any team found taking unnecessary risks will be penalised.
- 9 If your map reading is accurate, you will easily locate the metal stakes and red clips, which are not hidden. Using the clip (a series of pin pricks giving the outline of a pattern) punch your Score Card in the correct box for the checkpoint (e.g. if the first checkpoint you visit is number 7, then punch box 7, *not* 1). The wrong pattern in a box will not be counted. Only **one** imprint per box is allowed. Any more than one, and nothing will count for that box. **Check before you punch**. Be careful how you handle the clips, and **leave them where you find them**.
- 10 Be aware that there maybe checkpoints for other competitions on the hills. This could be Day 2 of HPA or an unrelated competition. You will be briefed at the start if this is the case. Make sure you are at the correct location and clipping the correct checkpoint.
- 11 All members of a team must visit the checkpoint. Teams who are observed not complying will be penalised. There will be marshals in the vicinity, who will record your time and visually check numbers and condition of your team.
- 12 Your progress throughout the course will be monitored by teams of roving marshals, who have authority to withdraw teams for safety reasons (ask to see their identification card).
- 13 If you get into difficulties, try and make your way to the nearest checkpoint and await the arrival of a Hill Marshal team. Please note that not all checkpoints are permanently manned, but will be visited

throughout the day by these roving teams. If the problem means that the team cannot move, put up a tent and get any casualties inside and keep them warm and dry. Read the **emergency procedure card** and fill out the **accident report** on the reverse side, to the best of your ability. **Two** team members should stay with the casualty while **two** go for help. Never split up except when going for help. If more than one casualty, it is still important that **two** members go for help. **Only travel alone if the emergency absolutely warrants it.**

- 14 All team members must remain within sight and speaking distance of each other at all times. Teams who split up or are too widely separated **will** be penalised.
- 15 The final results of the competition will be judged on the total number of points gained combined with the fastest time. The winners therefore will be the teams gaining the most points in the shortest time.
- 16 All teams must go to the Overnight site on Saturday, with the exception of individuals who are declared unfit for medical reasons.
- 17 If you fail to make the Finish before darkness you must camp out and telephone control as soon as you know there are problems. **There must be no walking at night.** The telephone number will be supplied at the start on your emergency card. **Do not set off without it.**
- 18 i) On Saturday evening, as you finish Day 1 you will be given: Your 'report time' for Day 2 and your Day 2 Checkpoint List. Teams late for their 'report time' will be penalised. The order of leaving the site will be first in - first out (based on the order teams finished on Day 1)

ii) On day 2 there will be a 'latest finish time' and any team that has not started within four hours of this time will have their time available on the course reduced, as well as receiving a penalty as noted in 19(i) above. This will be notified to teams as they leave Overnight Site.
- 19 The Overnight Site staff and the Medical Officer have the authority to withdraw individuals or teams if, in their opinion, they are unfit to continue in the competition. If any individual is informed by the Medical Officer that they should not to continue in the competition then they must comply with this instruction. If they choose to continue then the team they are with will be disqualified from the competition.

Final Notes

- 20 Before leaving ensure you have two maps per team, and one emergency/accident report card per person. You will be given a further copy of the map on Saturday evening when you get your day 2 checkpoint list.
- 21 Synchronise your watches with the "Official Competition Time Clock" at the start.
- 22 **On no account** are teams to leave the competition without notifying a Hill Marshal Team **and** without reporting to the Start Line at the Base Camp, where your Score Card **must** be handed in.

If an individual is unable to continue then the team must contact a Hill Marshal Team for assistance. Follow the instructions on the Emergency Card given to you at the Start Grid.
- 23 Throughout the competition you are asked to follow the Country Code, in particular:
Do not climb over any walls or fences (except at recognised crossing points) - if found doing so, the team will be penalised. Do not enter the area marked as Out of Bounds on your competition map.
Please leave gates as you find them.
Take care not to damage any property
Do not remove any moss, lichen, flowers or grasses from the area.
- 24 The competition does not officially finish until the presentations are completed.

If any of the above instructions are not clear, ask before you leave the Start Grid.

Any teams found breaking any of the rules will be reported and may be penalised

Keep up the good standard of mountaineering and excellent behaviour Hertfordshire Peak Assault has come to expect.



Event rules and guidelines for teams and hill staff.

This is a list of HPA rules. They apply in order to ensure the safety of everybody out on the course and to penalise any team found to be cheating.

1. Any team with less than 4 people will be retired out of the event.
2. If at any point during the competition a team is reduced in number meaning that it cannot continue in Peak Assault, following agreement, the organisers will attempt to merge teams or add in additional members from its own staff allowing a team to continue walking. This may mean that the continuing team becomes ineligible for any trophy. The circumstances behind this decision will be explained to the continuing team members.
2. Any team with more than 6 people (if Training Team, do not count Leader Walking) will be retired out of the event – unless this is a training team and has been agreed before the event starts.
3. Any team walking with members not within sight and speaking distance of each other or that has only one member reaching a checkpoint.
4. Vandalism or removal of a checkpoint clip.
5. Any team not having their rucksacks with them at all times or any team found to have been depositing kit for later collection while on the course, or any team found to have been carrying another team's kit purely to give that team an advantage on the course.
6. Anyone seen climbing over walls or fences or breaking any of the Country Codes.
7. Any actions by anyone that may put themselves, or their team, or anyone else in a potentially dangerous position.
8. Any person unfit to carry on must be **withdrawn**. If the team is then less than 4 in number the whole team must be **withdrawn**. Details will be radioed to the course organiser. Teams withdrawn from the event will be escorted either to the overnight site or base camp depending on circumstances. If any individual is told by the Medical Officer that they should not to continue in the competition then they must comply. If they continue then the team they are with will be disqualified from the competition.
9. Any team having changed their walking boots for other footwear.

All Teams found to be breaking the rules, except if points 1 or 8 apply, will be able to continue on the course. Details will be passed to the course organiser and, having spoken with the hill staff and the team leader at the end of the day, appropriate action will be taken. This will generally involve the team's score being adjusted to reflect the severity of the action, however disqualification from the event remains possible.

Teams

Expect that the Hill Marshals will ask you if you are "all Ok", and will note your team number, location, time and intended route. They should not detain you unnecessarily.

Hill Marshals

For every team that you see: Check their Team Card, note (*on the sheets supplied*) their team number, the time you seen them, their next Check Point and intended route. All sheets to be handed to me on your return to Base Camp.

Alex Nikitits