



2021 PARTICIPANT HEALTH & SAFETY INFORMATION

4 October - 21 November

The teams from Sean Shivan Pharmacy and Sport Gisborne Tairāwhiti wish to ensure that participant safety is paramount to the overall success of the Titirangi/Mt. Everest Challenge. This information is to provide guidelines around your safety, road users, reserve works and GDC Dog Bylaws that will enhance the experience of all during this seven week challenge period as long as WE all share and comply with these responsibilities.

COVID19

In 2021 we all need to participate under the COVID Alert Level guidelines as directed by the Government, Ministry of Health and Sport NZ. We will continue to keep our participants updated with changes to restrictions and appropriate measures to ensure safe participation under Levels 1, 2 & 3. Level 4 will mean cancellation of the event.

Key messages:

- Contact tracing - keep a record of your movements by using the COVID Tracer app
- Stay Home if you are unwell or sick
- Where possible keep physical distance of 2m from people that you don't know
- Wash & dry your hands or use hand sanitiser before and after visiting Titirangi for your climbs
- Stay on the tracks or road and do not take unnecessary risks

Play, Active Recreation and Sport at Alert Level 2

Active Recreation

e.g. walking or going to the gym

Alert Level 2

Contact Tracing and Mandatory Record Keeping

Contact tracing and record keeping for all participants and spectators aged 12 and above is now mandatory for certain indoor facilities (e.g. swimming pools, recreation centres, gyms, yoga studios etc). All facilities and organisations must also display the NZ COVID Tracer QR code at every entry point to allow people to track their own movements.

Cleaning and Hygiene

Measures should be taken to minimise the sharing of equipment/ balls. However, for activities where equipment must be shared, ensure that all participants wash and dry their hands before and afterwards, and where possible clean and disinfect the equipment before and after use.

Also exercise caution with common touch points (e.g. gates or doors) and wash or sanitise your hands after touching these surfaces.

Facilities, water, soap and towels/drier should be available (where practicable) for participants to wash and dry their hands or hand sanitiser (containing at least 60% alcohol) must be provided.

If unwell

If you or members of your household are unwell, you must stay at home.

You should not be participating in physical activity (or leaving home) if you are displaying symptoms of COVID-19, awaiting a test, or required to self-isolate.

Physical Distancing

You should try as much as possible to maintain 2m physical distancing from people that you don't know (e.g. outside of direct friends and family) while exercising and recreating.

Risky activities

Activities should only be completed within your confidence and skill level to continue to reduce the need for emergency services assistance.

Activities previously not allowed at higher Alert Levels

'Backcountry activities' such as hunting, tramping, ski touring, rockclimbing and mountaineering are allowed at Level 2 and overnight trips are permitted, although these should still be easy trips within your ability and to places you've been before. The Department of Conservation has further advice on specific public health measures to take and the availability of their facilities. More information can be found [here](#).

Scenarios at Level 2

Contact Tracing and Mandatory Record Keeping

When exercising take a note of where you have been. For example, make a note of the route you ran and when. If visiting a public facility (e.g. a gym or swimming pool) you must sign in via the COVID Tracer App or complete their contact register.

If going on a 'pack' run or cycle ride, someone in the group needs to record the names of the participants.

Cleaning and Hygiene

Where possible equipment should be cleaned before and after each use, for example gym users should wipe down and clean equipment between each use.

For recreation activities where equipment is unable to be sanitised, for example ropes, a withholding period could be considered to allow any virus particles on these surfaces to die.

Gatherings

Active recreation activities at public recreation facilities (excluding swimming pools) are subject to gatherings requirements (i.e. groups of 50 indoors, groups of 100 outdoors).

Multiple gatherings can take place at the same event or facility, as long as they can be kept separate (e.g. use separate entries/exits if possible, do not share facilities and are separated by walls with separate airflows for each space). Phasing of activities could be used to allow time for people to pass through communal areas safely. For smaller venues a reduced capacity may be more appropriate to maintain physical distancing.

Physical Distancing

Try to maintain 2m physical distancing e.g. when running make sure to run single file when approaching others and give them a wide berth when passing or. Face to face coaching can take place (e.g. personal training, swim coaching etc) but try and keep your distance where possible (e.g. if sharing a swim lane then avoid resting at the same time at the same end).

Risky Activities

Activities should still be well within your confidence and skill level to reduce the likelihood of needing emergency services. For example, only go mountain biking on known trails within your ability level and when tramping stay on clearly defined and marked tracks when in the back country.

Play, Active Recreation and Sport at Alert Level 3

Active recreation

e.g. walking or going to the gym

Alert Level 3

- No gathering for active recreation with people outside your bubble.
- You can travel for active recreation within your region.
- Maintain physical distancing (2 metres) with people outside your bubble.
- Activities must remain low risk and within your current abilities and don't pick up new activities.
- Lower-risk activities only: care must be taken not to be injured and require medical care.
- No contact activity or sharing equipment or balls with people outside your bubble.

Scenarios at Level 3

- Gyms and public pools cannot open.
- Personal trainers and professional coaches should work from home and use online and video conferencing facilities to deliver their training.
- Short walks (up to 3 hours total) on easy trails are permitted. Long, backcountry tramping or overnight hiking is not allowed.
- Longer rides/runs (within your region) are ok. Although they should still be low risk and you should be self-sufficient (be able to get home without outside assistance if something goes wrong).
- Mountain biking on known trails for experienced mountain bikers is permitted.
- Any activities that may expose the participant to danger or may require search and rescue services are not permitted. Regardless of your personal competency or experience, if an incident was to occur, and this would typically require search and rescue, then that activity is not permitted.
- This means that you should not participate in activities such as any form of hunting in areas not readily accessible from your home (including by vehicle), backcountry tramping, rock climbing, mountaineering, any form of backcountry snowsports, swimming at a distance from shore, or mountain biking at grade 3 or above.

* See attached COVID Health & Safety Plan for more detail



Walking where there are no footpaths

The road is **OPEN** and **ONE-WAY** to motorists throughout the challenge.

- You must give passing cars and motorbikes plenty of space, and be particularly mindful if you're wearing headphones.
- From the marae walk on the right hand side in the 'green' painted dedicated cycle/walkway area. Be mindful that this is also for cyclists. If continuing from the top car park to Endcliffe Rd stay left on the road.
- Walk in single file – if in a group, the shortest child should be at the front and tallest at the back so everyone can see.
- Whanau pushing buggys/prams up the road, please stay in the dedicated cycle/walkway area from the marae side and keep left from the top car park to Endcliffe Rd.
- Cyclists must adhere to the one-way system using the dedicated painted cycle/walkway from the marae side and then continue as a normal road user from the top car park to Endcliffe Rd.



Using the Walking tracks

- The walking tracks on Titirangi are there for you to enjoy and explore the reserve area and we encourage greater use of these.
- The track access from the Port is NOT an official start point. We encourage participants to use the start points at Te Poho-o-Rawiri Marae or 70 Endcliffe Road. Logging truck use on Rakaiatane Rd/Kaiti Beach Road is congested at peak times throughout the day and pedestrian and vehicle parking can increase the risk of accident or injury. If choosing to start at this point we encourage participants to park at Kaiti Beach and use the Turanga track to make your way up the maunga
- If using the tracks we encourage you to take a buddy with you when climbing the maunga outside of busy times (e.g. early morning or later in the evening).
- See the map on reverse for dedicated walking tracks

GDC Dog Bylaws

Titirangi Reserve is an approved dog exercise area. Dogs may be exercised off leash in this area between the hours of 6am and 9am outside school and public holidays. We encourage dog owners to include them in the challenge but PLEASE be mindful of the dog bylaws so all participants can feel safe climbing the hill amongst dogs and not have to watch out for dog poop along the way. If you have any concerns regarding a dog please contact GDC Dog Control directly on **06 867 2049** (24hr service).

Dogs may be exercised off leash within these areas between the hours of 6am and 9am outside school and public holidays.



Control of dogs in public places

Prohibited areas

3.1 Every dog owner must ensure that their dog does not enter or remain in any public place designated as a prohibited area in the First Schedule.

Exercise areas

3.2 Every dog owner must ensure that their dog is kept on a leash or harness and under control in any public place designated as an Exercise Area in the Second Schedule.

Off leash areas

3.3 Providing the dog is kept under control at all times, a dog owner may exercise their dog without it being on a leash in any area designated as an off leash area in the Third Schedule.

Note: The Dog Control Act requires owners to carry a leash with them when their dog is in a public place.

Exemptions

3.4 Clauses 3.1 and 3.2 do not apply to the owner of:

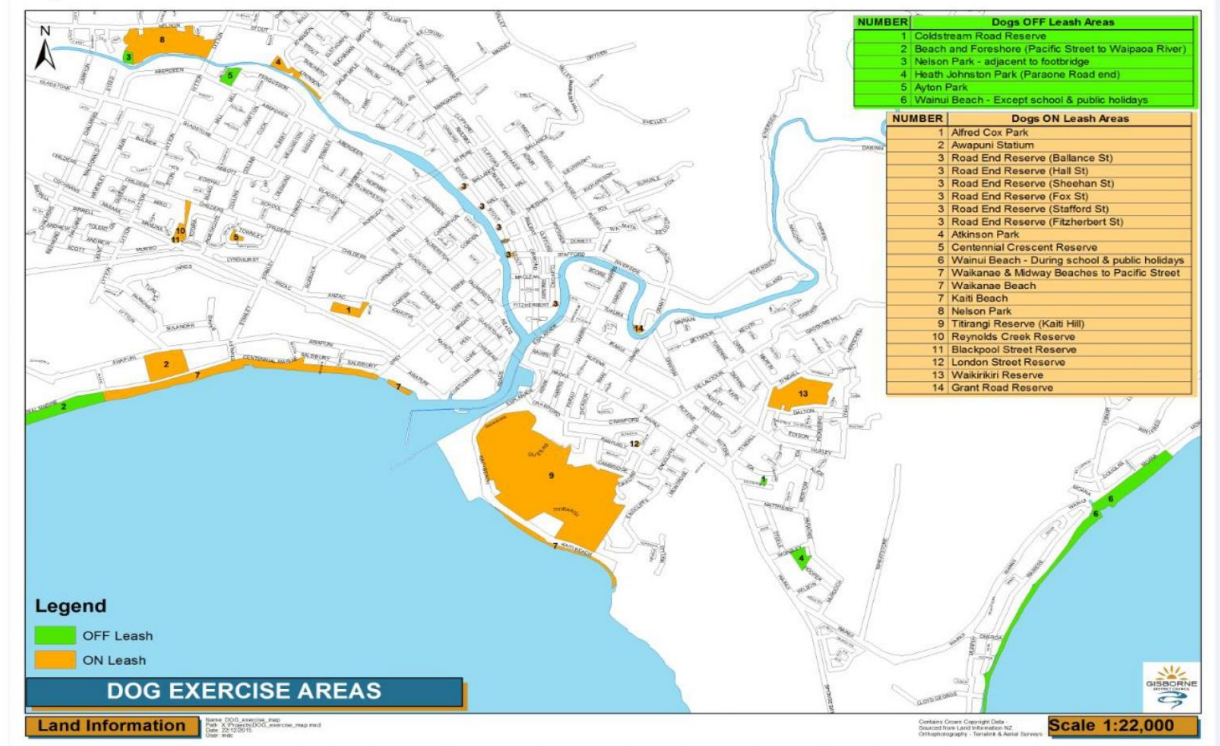
- a. a working dog while it is working; or
 - b. any dog which is confined completely within a vehicle or cage; or
 - c. any dog taking part in an organised dog event, such as a dog show or dog training seminar;
- provided the dog is under control at all times.

3.5 Any person who has obtained Council approval to hold a special event or temporary activity in a park, reserve or public place (or part thereof) may apply to the Council for a permit to prohibit dogs from that park, reserve or public place or require them to be on a leash for the duration of that special event or promotion.

Removal of faeces

4.1 Where any dog defecates in a public place or on land or premises other than that occupied by the dog owner, the dog owner must remove the faeces immediately and dispose of it in a way that does not cause a nuisance.

Designated areas



Personal Safety

Your personal safety is most important to us. Please take care during the challenge and remember the following:

- If walking outside daylight hours wear high vis vest or similar
- If walking during non-busy times take a friend with you
- The road is open and one-way please keep as far off the road as possible
- If you feel unsafe, witness any suspicious behaviour contact Police immediately on **105** or in an emergency 111



For more information to educate yourself, family or work colleagues check out the NZ Police safety tips:

<http://www.police.govt.nz/advice/personal-community/keeping-safe/out-about>



Emergency Situations

In the event of an emergency - Fire, earthquakes and adverse weather events (wind and rain) the following will apply:

BEFORE YOU LEAVE YOUR HOME OR WORKPLACE TELL THEM WHERE YOU ARE GOING AND WHEN YOU ARE EXPECTED BACK

Fire: DIAL 111, give your location, location of the fire. Evacuate the area immediately

Earthquake: DROP, COVER, HOLD. If long and strong head to highest ground on the city side of Kaiti Hill (Titirangi). Remain in this area until you are cleared by emergency personnel, or Civil Defence.

Adverse weather events: Remain at home, do not head to the hill.

For more information on emergencies plans please visit GDC webpage: <http://www.gdc.govt.nz/civil-defence-plans-and-reports/>

Participant Waiver Statement:

I/We accept that the Titirangi Mt Everest Challenge contains a level of danger and that accidents can occur that may result in serious injury and/or death and/or property damage. I/We agree to participate at my/our own risk. I/We understand that I/We should not participate in this event unless I/we have trained appropriately and my/our physical condition enables me/us to participate in the event. I/we waive liability against race organizers or any associated party for any injury, loss of personal equipment, or damage to 3rd party property that may result as a result of my/our involvement in this event. Safety precautions undertaken by organisers are a service to me/us and other participants but are not a guarantee of safety. I agree to being photographed, filmed, videoed or to have my image recorded in any way in connection with the event by Sport Gisborne Tairāwhiti. I agree to Sport Gisborne Tairāwhiti using any such imagery in connection with the promotion and reporting of this event. I understand I am entitled to request access to such images and to have copies of them at my cost.

Good luck and stay safe during the 2021 Titirangi Mt. Everest Challenge!!!



2021 Site Plan

