

# TEN TORS 2019 PINK CARD RULES FOR PARTICIPANTS

These Rules must be carried by the Team / Walking Leader and Deputy and followed by all participants.

Ignoring them may disqualify your Team or Establishment from this or future Ten Tors.

Ten Tors Challenge Specific Rules

Jubilee Challenge Specific Rules

## Emergency procedures

### If you are lost:

- Check your compass bearing and map and if possible back-track to a known location.
- Consider following down a stream, or if near the edge of the Moor walking on a fixed bearing, until you can identify your position. In extremis call for assistance recognising that you risk being crashed out.
- Head for the Okehampton Loop Road.

### If you have a casualty:

- Treat the casualty and stay with them until they are properly handed over.
- Non-urgent and walking casualties should be taken to a Safety Control.
- 35m teams with a non-urgent casualty at a Night Stop Location should alert the location staff ASAP.
- For other casualties call for assistance using the tracker, erecting shelter if necessary.

### If you need assistance:

- Put on hi viz vests and, at night, flash a light. If a helicopter approaches stand still with your arms out.
- Press the large red button on the tracker and send a short text describing the problem.
- If this does not work use your emergency phone to call 01837 657165 / 01837 657180.
- If no response call the Police on 999 and explain you are on Ten Tors.
- If you cannot establish contact take the phone and tracker and move to higher ground.
- Stay together; if you cannot (eg. you have a non-walking casualty) then ensure nobody is alone.
- If communications still do not work move to the nearest manned location and / or signal as follows:
  - Distress: Six short blasts or torch flashes, wait 1 minute and repeat.
  - Acknowledgement: Three short blasts, wait 1 minute and repeat.

## Climatic injury symptoms and treatment

### Cold Injury (Hypothermia).

- Extreme cold, violent shivering, stiffness, tiredness, increased heart rate and irrational behaviour.
- Stop, get under cover, replace wet clothing, rewarm slowly, add extra layers, give warm sweet drink or energy food; do **not** try to warm by rubbing limbs.

### Non-freezing cold injury.

- Hands and feet suffer pins and needles and / or feel numb.
- Dry hands and feet, change socks and gloves, use foot powder, wriggle limbs and exercise.

### Freezing cold injury.

- Cold, painful, tingling followed by numbness (including if moved) and mottled white and pink skin.
- Get into shelter; do **not** re-warm.

### Heat illness (Hyperthermia).

- Nausea, vomiting, cramps, disturbed vision, agitation, dizziness and confusion.
- Stop, lie casualty in the shade, remove appropriate layers of clothing, and apply wet cloth to limbs and head. If conscious give water and elevate feet; if unconscious place in the recovery position.

**In all cases of climatic injury request assistance immediately and be aware that others are also likely to be at risk.**

## Moorland hazards

### Rivers.

- Only cross where permitted by the river state and if you are confident it is safe to do so.
- Unless crossing over a bridge unbuckle your rucksack waist belt & chest strap. If in doubt use a bridge or other man-made crossing.

### Thunderstorms.

- To avoid lightning strike sit on rucksack in the open with knees up and hands in lap ensuring no part of the body is touching the ground.

### Unexploded Ordnance.

Unexploded ordnance surfaces occasionally; it may be dangerous so **DO NOT TOUCH**. Mark the area and give a grid reference and description of the object to the next manned location.

### Adders.

- Adders are plentiful on Dartmoor but are timid and will move away when approached. A bite may be painful but it is **extremely unlikely** to be fatal.
- Reassure the casualty and get them to lie down and keep still; immobilise the affected limb and check breathing and heartbeat for shock. Request assistance.

**Ticks.** Keep legs covered, especially if walking through long vegetation. Remove ticks carefully as taught.

## General rules

### Procedures.

- Ensure you all know of any pre-existing medical conditions / allergies and the location of any medicine.
- High visibility vests must be worn in emergencies or when crossing or using roads.
- **Trackers are to be stowed clear of metal objects inside the top of the Team Leader's rucksack.**
- Upon reaching a manned location get the Control Card stamped **and activate your tracker.**
- Fall out. If an individual or team do not wish to continue they may only fall out at an SC.
- Crash out. Individuals or Teams will be directed to leave the Challenge if:
  - In the opinion of a Ten Tors official it would be dangerous for them to continue.
  - They are disqualified.
  - They are unlikely to be able to reach the finish by **Sat 1800 hrs / Sun 1700 hrs**, probably as they are behind a crash time. If delayed for reasons beyond their control crash times will be amended.
  - **The team drops below 4 members.**
- Ensure you take any Team Equipment from casualties, fall outs and crash outs before they go.

### Act responsibly by remembering the Green Card you have followed in training.

- Respect property rights and stay within PROWs, access or common land.
- Respect the Moor and its other users, their property and livelihoods.
- Prevent wildfires by using cooking stoves carefully and being sensible near flammable areas.
- Protect plants and animals and if you see an animal in distress report it to the next manned location.

### Out of Bounds Areas.

- Rivers as per the River State.
- Metalled roads and an area 200m either side unless designated as in bounds.
- The area within 300m of the Princetown crossroads at SX 590734.
- Rare Bird Nesting Areas.

### Camping.

- **Tents must be pitched at least 2m from each other and from any naked flames.**
- **35 mile teams must camp at a manned location where you are to activate your tracker, hand in your Control Card and display your marker panels on your tents. On Sun morning all team members are to report to the location staff before departing.**
- **45 and 55 mile teams must camp in an area where wild camping is permitted and at least 100m from any road, building or water course and more than 1km from any manned location.**