TEN TORS 2027 PINK CARD
RULES FOR PARTICIPANTS

These Rules must be carried by the Team 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 **Jubilee Challenge Specific** **Granite Challenge Specific**

Emergency procedures

If you are lost:

- Check your compass bearing and map and if possible, back-track to a known location.
- Consider following a stream down, 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 In extremis, call for assistance recognising that you risk being withdrawn.
- Head for the Okehampton Loop Road.

If you need assistance:

- Stay together; if you cannot, then ensure nobody is alone.
- Press the Participant Safety Beacon's red button and send a text. If there is no reply within 10 minutes, use your phone.
- Call SO2 TT **07905 049 934** or SO3 TT **07905 049 932**
- Put on hi viz vests and, at night, flash a light. If a helicopter approaches, stand still with your arms out.

If you cannot get through, call the Police on 999.

- If required, move to higher ground and/or the nearest staffed location taking the phone and tracker.
- To attract attention, make 6 short signals (e.g. whistles or flashes) repeated every minute; if heard / seen this should be acknowledged with 3 signals repeated every minute.

If you have a casualty:

- Treat the casualty and stay with them until they are properly handed over and you are cleared to proceed.
- Non-urgent and walking casualties should be taken to a Safety Control.
- For other casualties call for assistance, provide the following information and refer to the CASREP:
    - **Who** is the casualty? (Participant Number (or name if number not known)
    - **Where** is the casualty? (Grid reference and description)
    - **When** did the casualty occur? (Time)
    - **What** is wrong? (Injury or Symptoms)

Moorland hazards

Water crossings.

- Rivers should be crossed only where it is safe to do so. Water should be very shallow and there should be no risk of injury or being washed away at the crossing point. Recognised crossing points are highly recommended and are marked on the event map.
- Ensure you follow the methods you have been taught in training.

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 staffed location.

Adders.

- Adders will quickly move away if near people. A bite may be painful, but it is **extremely unlikely** to be fatal.
- If bitten 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.

Lightning strike. Avoid by sitting on rucksack in the open with no part of the body touching the ground.

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 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.

GENERAL RULES

Procedures.

- Ensure you all know of team members' 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.
- Safety Beacons are to be stowed clear of metal objects inside the **top** of the Team Leader's rucksack.
- Emergency mobile phone is to be switched off and stowed inside the top of the Deputy Team Leader's rucksack in an opaque, sealed waterproof bag.
- Upon reaching a staffed location, get the Control Card stamped and activate your tracker.

Voluntary Withdrawal (VW). If an individual or team do not wish to continue, they may only withdraw at a Safety Control (SC).

Directed Withdrawal (DW). 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 or the team drops below 4 members.
- They are unlikely to be able to reach the finish by Sat 1800hrs, Sun 1100hrs, Sun 1700hrs, probably as they are behind a cut off time.
- Ensure you take any team equipment from withdrawals and casualties, **especially the safety beacon.**

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

- Respect property rights and stay within Public Rights of Way (PROW), 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 staffed location.

Out Of Bounds Areas.

- Metalled roads and an area 200m either side unless designated as in bounds.
- Rivers (as per the River State) and Out Of Bounds Areas as shown on Annex A to the Rules.

Camping.

- Tents **must** be pitched at least 2m from each other and from any naked flames.
- 35-mile teams must camp at a staffed locations by 2000hrs. where you are to activate your safety beacon, hand in your Control Card to the location staff and display your marker panels on all tents. Alert the location staff ASAP if you have a casualty overnight. 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 backpack camping is permitted, and at least 100m from any road or building. If camping North of the B3212 and B3357, at least and 500m from any staffed location.