



CODE OF CONDUCT

The Guzzler 100km, the Glass Half Full 50km and the Big Sipper 21km will take you across land that is owned by several public and private landholders. We are guests on all of these trails and we are sharing them with the general public, so your exemplary behaviour during training and the Event is critical for us to continue in future, and for the sport of trail running to grow.

All runners and their supporters must adhere to this Code of Conduct at all times. Failure to do so may lead to you or your runner being disqualified and banned from future events.

Physical Safety

1. While you are not required to demonstrate any previous experience with trail and/or ultramarathon running in order to enter the Event, it is expected that all entrants into the 100km event will have completed at least one hilly, trail ultramarathon of 50km or longer before event day. Other participants are also expected to have trained on terrain that is similar to that which you will experience during the Event.
2. You are responsible for completing sufficient training to prepare you for an ultramarathon. You must ensure that, on race day, you are sufficiently fit and healthy to complete the Event within the official cut-off times.
3. Both before starting and during the Event, you must monitor your own health and well-being and withdraw in the event that you are no longer fit enough to continue safely.
4. Likewise, Event staff and volunteers will visually monitor the wellbeing of runners and direct you to withdraw if they consider it unsafe for you to continue. This is an extra service and ultimately, responsibility for your health and safety remains with you.
5. If you are directed to withdraw by a volunteer or Event staff, for any reason, you must comply.
6. If you witness another runner in any form of distress, you will stop to help them and remain with them, if required, until help arrives. Where possible, the time it takes to assist another runner will be deducted from your total completion time.
7. Know what to do in an emergency situation, including having all the relevant phone numbers easily accessible in your phone before starting the Event. Rescue may be difficult and slow to arrive on some parts of the course so you must do all that you can to avoid the need for rescue including, but not limited to, adequate run training, following all instructions and information supplied, watching out for fellow runners and acquiring First Aid experience and/or training.
8. If you are fortunate enough to come close to any wildlife, including snakes, give them a wide berth, try to remain still until they pass and keep your movements slow and unthreatening. The wildlife will likely leave the area fairly quickly and you can then continue safely.
9. Ensure you carry all of your mandatory gear at all times. It is there for your safety and all runners will be subjected to the same minimum standards.

10. If you withdraw from the event, either at a designated checkpoint or between, you must sign a withdrawal form at the nearest checkpoint. Any costs incurred from search and rescue operations that arise as a result of your failure to withdraw officially may be passed on to you.
11. The use of headphones is strongly discouraged. However, if you choose to use them, they must not impair your ability to hear instructions, calls for help, warnings or the sound of others approaching from behind. Remove them from both ears in busy areas, such as in and around checkpoints.

Social Responsibility

1. Volunteers and Event staff must be treated with respect and their directions followed at all times. Any individual who is rude, abusive or wilfully ignoring the request of these individuals may be disqualified from the Event and from entering into future Events.
2. Fellow runners must also be treated with respect. Demonstrations of poor sportsmanship such as verbal or physical abuse will not be tolerated.
3. All trails and paths will be open to the general public and must be shared. Allow members of the public to pass safely and offer a smile, nod and friendly 'hello' or 'thankyou'. If you are approaching from behind, offer plenty of warning with a friendly call and slow to a walk whenever passing others on the trail.
4. Please be considerate of the residents around our start and finish areas as well as all checkpoints. Follow road rules, park only in designated areas and keep noise to a minimum as you pass to and from these points.

Environmental Responsibility

1. Littering will not be tolerated from any individual. Anyone seen to be dropping litter of any kind may be immediately disqualified from the event. There will be bins at each checkpoint if you wish to remove any litter that you have created during the Event from your pack.
2. Participants found damaging or vandalising any part of the course will be disqualified. This includes damage to natural elements such as trees, creeks, rocks etc.
3. You are to remain on the marked paths at all times. Do not go off-trail, take short-cuts or trespass on private property. If you accidentally find yourself off course, return to the last known point of the course and continue from there.
4. Creek crossings must be completed at the marked entry and exit points only. If you feel it is unsafe to cross, perhaps due to a sudden change in the weather, you may call the Event crew for further instructions, or return to the last point that you had reception and call the Event crew from there. Do not make the decision to cross at a different point as this may be more dangerous or may cause damage to the environment.
5. There will be toilets available at the Start, Finish and main checkpoints. If you absolutely cannot wait until you reach the next toilet, ensure you bury any waste that you create in a hole 15-20cm deep, at least 100m from the nearest water, camps and paths. Carry out anything that will not decompose such as used sanitary products.
6. As we pass through National Park and other private lands, dogs are not allowed on many sections of the course. For the safety of all participants, Event crew and members of the public, please ensure you and your supporters leave your furry friends at home.

7. Smoking is not permitted at checkpoints or any other parts of the course.
8. Obey all signage and written instructions, as well as the instructions of any Rangers, SEQ Water or Brisbane City Council staff that you encounter while on course.

Supporters and Support Crew

1. Support crew and spectators (“Supporters”) must adhere to all relevant items in the Code of Conduct and Rules. Failure to do so may lead to the person they are supporting being penalised or disqualified.
2. Supporters are permitted to cheer from any points of the course that are accessible to the public but may only offer assistance to runners from within the designated areas of the official checkpoints.
3. Supporters must follow all road rules, speed limits and other laws, regulations and official instructions of the areas they pass through.
4. Where relevant, Supporters must use the designated event parking areas and not park on public roads, in public carparks or similar.