

COMPETITION HIKE RULES - SATURDAY 11TH MAY 2019
(Any team not adhering to these Rules will be disqualified)
EACH PARTICIPANT/PARENT OR GUARDIAN MUST HAVE A COPY OF THESE RULES



1 The K5 Hike (5km) is open to all Brownie members. The K10 Hike (10km) is open to all members aged 9 years and over on the day of the hike and the Competition Hike, K20, (20km) is open to Guides, Senior Section and adult members.

2 Teams will consist of 4 to 7 members of Brownie or Guide units and 3 to 5 Senior Section or adult or Trefoil Guild members. No team member participating in the K5 Hike may be under the age of 7 on the day of the hike and all participants must be a member of a Brownie unit. For the K10 and K20 Hikes all participants must be aged 9 or over on the day of the hike. Members of the teams must hike together and keep together at all times. All Brownie teams, and Guide teams with an average age of less than 11 years and 0 months on the day of the hikes, must be accompanied by at least one adult and may be accompanied by two adults or one adult and a Young Leader. If a parent, rather than a leader is the accompanying adult they do not need to have a DBS check done. They must not however allow themselves to be in a position where they are on their own with an individual girl.

3 Team members may only retire at a Check Point and must be transported back to Ellesborough Guide Centre by a 'Hike Official'.

4 In the event of a team member in a Brownie or Guide team retiring and the number of team members is then less than 4, the remainder of the team must join up with another team from the same section and in the same event. If there is no appropriate team available to join then the entire team must retire. In the case of Senior Section and adult teams the minimum number walking in a team is 3. Any team which splits, other than for a retirement, will be disqualified.

5 Accompanying adults must refer all queries and decisions regarding members of participating teams, their own or others, to Hike Control.

6 Supporters must not have contact with the teams by any means during the competition. Contact may result in time penalties for the team.

7 All competitors must return to Ellesborough Guide Centre before going home and must inform Hike Control before leaving.

8 Leaders are responsible for the prior training of their teams. There is a County Map and Compass training day available to both girls and leaders on **Sunday 17th March 2019** at Ellesborough Parish Hall. Details are at www.girlguidingbucks.org.uk under events. Participants in the hikes must be able to read a 1:25000 map and use a Silva compass and should take heed of the Highway and Country Codes.

9 Kit and equipment

Participants should be dressed in hiking gear according to the weather conditions. They **must not** wear jeans or denim and must wear walking boots, stout walking shoes or strong trainers with good tread. Each participant must wear a high vis vest. There will be a kit inspection before the teams are allowed to start the competition. **INCORRECT KIT OR CLOTHING WILL MEAN NO HIKE AND/OR TIME PENALTIES BEING APPLIED TO THE TEAM.**

Each team must carry

Per person

Spare warm fleece/sweatshirt & socks
 Waterproof top & trousers
 Personal medications eg inhaler
 Water bottle, min ¾ Litre, FULL
 Food for the day
 High vis vest - to be worn at all times while taking part in the hike
 Sun hat

Per team

Mobile phones x 2 (fully charged and in credit)
 Survival bag & SILVA compass
 1:25000 map of the area in map case
 Torch & plastic whistle
 First aid; triangular bandage, blister plasters, sterile dressing, crepe bandage and safety pin
 Printed copy of the route map and instruction (these will be sent by e-mail in the week before the event)

10 The organisers may compulsorily retire a team at their discretion. This may well be the case for teams who are very slow or who are behaving inappropriately. All teams must complete the hikes by 6 pm. Any team which is unlikely to do so will be retired at a check point.

11 There may be cows, sheep or horses on some parts of the route. Please note there are no toilet facilities on the route.

12 Mobile phones must only be used in an emergency. The organisers will request team phone numbers for use in an emergency and each walker will be given the emergency contact number for the event. Girls should call this number and **NOT** call parents if they need help.

Anyone wishing to have further information should contact Sue Berry on 01628 472168.

COMPETITION HIKES 11th MAY 2019 - TEAM ENTRY FORM

5K (Brownie Teams Only) 10K 20K

(Please tick the hike you are entering)

Name of unit:

District:

Name and contact details to which correspondence **regarding the team** should be sent:

Tel (with STD code):

Email address:

Team name :

TEAM MEMBERS

Name:	Date of birth:
Membership Number:	Tel no:
Name:	Date of birth:
Membership Number:	Tel no:
Name:	Date of birth:
Membership Number:	Tel no:
Name:	Date of birth:
Membership Number:	Tel no:
Name:	Date of birth:
Membership Number:	Tel no:
Name:	Date of birth:
Membership Number:	Tel no:
Name:	Date of birth:
Membership Number:	Tel no:

Combined age of team members on the day of the competition Years: Months:

IF A BROWNIE TEAM OR A GUIDE TEAM WITH AN AVERAGE AGE OF LESS THAN 11 YEARS 0 MONTHS:

Name of accompanying adult(s) _____

I have read the rules and I am satisfied that the team have the basic hiking skills to attempt this competition.

Signed:

Unit Leader

Date:

Please print name:

Unit Leader's email address:

*Please enclose cheque for £7.50 per person. Cheques should be made payable to
GUIDE ASSOCIATION OF BUCKINGHAMSHIRE, OUTDOOR ACTIVITIES.*

*Send by post together with the Team Entry Form and a Girlguiding Consent Form per entrant to arrive by Friday, 3rd May 2019 **at the latest** to:*

Sue Berry, 15 Munces Road, Marlow Bottom, Bucks SL7 3NY Email: comphike95@gmail.com