



## Race Rules

2021

21 March 2021

# Contents

<b>1.0 Introduction</b> .....	3
1.1 Welcome.....	3
1.2 Overview.....	3
1.3 Non-Compliance with Race Rules.....	3
<b>2.0 Preparing for Coast To Kosci 2021</b> .....	4
2.1 Race Pack.....	4
2.2 Race Route.....	4
2.3 Support Crew and Support Crew Vehicles.....	4
2.4 Compulsory Pre-Race Briefing.....	6
2.5 Race Registration.....	6
2.6 Runners and Support Vehicle Numbers.....	7
2.7 Weather Conditions and Clothing Requirements.....	7
2.8 Medical.....	7
2.9 Insurance.....	8
<b>3.0 Running the Coast To Kosci 2021</b> .....	8
3.1 Race Cut-Offs.....	8
3.2 Mandatory Checkpoints.....	8
3.3 Road Crossings.....	9
3.4 Runners Must Run on the Right-Hand Side of the Road at All Times.....	10
3.5 Runners and Support Crew Safety.....	10
3.6 Emergency Communications.....	11
3.7 Aid Stations / No Support Crew Access Until 24km.....	11
3.8 Pacing.....	12
3.9 Charlotte Pass to Mt Kosciuszko – and Return to Charlotte Pass Finish Line.....	12
3.10 Inclement Weather.....	13
3.11 Deviation from the Race Route.....	14
3.12 Race Retirement.....	14
3.13 Race Withdrawal or Disqualification.....	14
3.14 Disposal of Rubbish.....	15
3.15 Social Media.....	15
<b>4.0 Medical and Police Assistance</b> .....	15
4.1 Emergency.....	15
4.2 Hospitals.....	15
4.3 Medical Centres.....	16
4.4 Police Stations.....	16
4.5 Other Useful Assistance Numbers and Mandatory Apps.....	17
<b>5.0 Toilet Facilities</b> .....	17
5.1 In General.....	17
5.2 Known Public Toilet Facilities.....	18
<b>6.0 Bushfire Advice (Source RFS)</b> .....	18

# 1.0 Introduction

## 1.1 Welcome

Welcome to the Coast To Kosci 2021 Ultramarathon – huge congratulations in securing a place to toe the start line at Eden! We aim to host a safe and memorable Coast To Kosci 2021 race and be COVIDSafe!

## 1.2 Overview

It's taken a significant effort to enable the Coast To Kosci ultramarathon to proceed in 2021. There's been significant consultation and approvals from a number of entities such as:

1. Australian Ultra Runners Association
2. Local Traffic Committee of Bega Valley Shire Council
3. Bega Valley Shire Council
4. Local Traffic Committee of Snowy Monaro Regional Council
5. Snowy Monaro Regional Council
6. Eden Aboriginal Land Council
7. National Parks and Wildlife Service
8. NSW Police
9. Roads and Maritime Services

The majority of these approvals came with conditions, which are incorporated into the Race Rules. It is imperative that Race Rules are abided by, not only to ensure the safety and integrity of the race, but to ensure the future running of Coast To Kosci races are not compromised.

The Race Rules are split into 2 sections, namely:

1. Preparing for the race.
2. Running the race.

Race Rules have been updated to include reference to COVID-19 i.e. being COVIDSafe.

## 1.3 Non-Compliance with Race Rules

Lack of compliance with Race Rules, by either the runner or the crew member(s), will result in the runner serving a time penalty at Charlotte Pass (222 km point), disqualification from the race, and/or exclusion from subsequent editions of Coast To Kosci. Time penalties are at the discretion of Race Organisers. Multiple time penalties may be applied. No appeals can be made and there is no appeal process.

## 2.0 Preparing for Coast To Kosci 2021

### 2.1 Race Documentation

**2.1.1** Race Information is available on the website for all Coast To Kosci 2021 runners. Please ensure you access this race information which contains:

- A full map of the route, plus mapped sections of the route to a more granular level.
- A reference to an online GPS map of the route.
- Contact details for the Support Crew Chief and support vehicle registration details for each runner where available.

These Race Rules also include:

- contact details for local hospitals, police, ambulance and medical centres in both the Bega Valley Shire Council and the Snowy Monaro Regional Council, and the NRMA
- Direction to download and use of 3 mandatory apps, namely WhatsApp, the NSW RFS “Fires Near Me” and “Emergency +”
- Details of toilet locations e.g. Towamba Hall; bottom of Big Jack Mountain, etc.
- Directions to ensure a COVID-19Safe race.
- Instructions for if and when bushfires occur (Source: RFS NSW)

Local Ambulance Services have been advised of the event. Local Hospitals will be advised of the event prior to the race.

### 2.2 Race Route

**2.2.1** Full maps of the race route will be available from the website, including a reference to an online route of the race.

**2.2.2** There are no road closures or changes to traffic arrangements for the 2021 Coast To Kosci.

**2.2.3** NSW Forestry activities have been reviewed. Logging is either suspended or at planning stages for two potential areas of logging activity:

1. Nullica State Forest (Bega Valley Shire Council area) – no logging planned.
2. Tantawangalo State Forest (Snowy Monaro Regional Council area) – logging currently planned (i.e. future).

### 2.3 Support Crew and Support Crew Vehicles

**2.3.1** It is mandatory for each runner to have a dedicated support crew and support vehicle. Details including names, mobile phone numbers, vehicle registration details etc., will need to be provided to the Race Organisers prior to the race when requested.

**2.3.2** Vehicles used as support vehicles must be fully registered and meet roadworthy requirements. It is highly recommended 4-wheel drive vehicles be utilised. Support crew vehicles must be no larger than a standard 4-wheel drive or a similar sized van e.g. *Toyota Hi Ace, Hyundai i-load* etc.; and must have a rear area no wider than the cabin or wheel base.

**2.3.3** Runners may only be supported by 1 support vehicle at any one time. Runners may utilise 2 vehicles and additional support crew to enable support crew members to work in shifts allowing for adequate sleep and to reduce the potential of fatigue. If so, support crew change-overs may only occur at the mandatory checkpoints unless agreed with the Race Organisers in advance or deemed as a safety measure. The “off-duty” support crew vehicle must travel to the next checkpoint without stopping on the race route.

**2.3.4** Where 2 or more support vehicles are used, support vehicles must not meet up on the race route without approval from Race Organisers or Race Officials.

**2.3.5** Support crews, including ‘off-duty’ support crews, and any vehicles containing occupants known to runners or support crews, must comply with the following:

- Abide by NSW road rules at all times.
- Do not impede traffic flow.
- Follow all directions from Race Organisers, Race Medics and Race Officials (who are also Race Marshals and Race Sweepers).
- Do not use motor bikes, bikes, skateboards or any similar type of conveyance at any time.

**2.3.6** Each support crew vehicle is required to travel on all roads of the race route at a maximum of 40km/h.

**2.3.7** Each support crew vehicle must travel with hazard lights on at all times; alternatively a flashing amber light may be attached to the roof of the support vehicle and be switched on at all times.

**2.3.8** Support crew vehicles must not stop or park at any time in the following instances:

- Under trees due to the risk of falling debris following the bushfires and floods of late 2019 and early 2020. This continues to be a rule.
- In driveways or farm access points/gates, i.e. support crew vehicles must not impede potential traffic flow or property access at any time (NB this is where any complaints about the race usually occur)
- On Towamba Rd (including Ben Boyd Road section) prior to the Towamba checkpoint.
- On the ascent of ‘Big Jack’ on Big Jack Mountain Road.
- Going up the Beloka Range on The Snowy River Way.

**2.3.9** Support crew vehicles must be considerate of residents along the route; and at night limit the likelihood of vehicle headlights shining onto residents’ properties (NB this is also where any complaints about the race occur)

**2.3.10** After Towamba Village, support crew vehicles are required to travel in a ‘leapfrog’ manner with their runner, namely:

- Travel approximately 5km ahead of their runner.
- Park safely off the edge of the road and await their runner.
- Once their runner safely passes and the runner is confirmed as being in good condition, the support crew vehicle leapfrogs the runner and moves approximately 5km ahead to again await the runner.

**2.3.11** Each vehicle will carry two mandatory 'yellow and black' 'Runner Ahead' and 'Runner Following' signs (supplied at Race Gear collection on Thursday evening) to be applied to the front and the rear of each support crew vehicle from Towamba village onwards.

- 'Runner Ahead' is to be placed onto the rear of the support vehicle.
- 'Runner Following' is to be placed onto the front of the support vehicle.
- We recommend placement either under the front or rear windscreen wiper (but not to obstruct driver vision) or on the front or rear dashboard but where clearly visible to other road users.
- Please return the sign at the completion of the race before departing.

At Race Gear collection in Eden each runner will also receive a Race Sign (identifying them as being part of the race) to be displayed on the right-side rear window of the vehicle

**2.3.12** It is mandatory for each support crew member to wear a 'hi-vis' reflective vest when outside of their support vehicle regardless of the time of day. These should comply with Australian Standards for day and night use.

**2.3.13** No pets are allowed on the course as part of the race.

**2.3.14** No person under the age of 16 is allowed on the course as part of the race without the express approval of the Race Organisers.

## 2.4 Compulsory Pre-Race Briefing

**2.4.1** It is mandatory for all runners and at least one member of their stated support crew to attend the Pre-Race Briefing webinar(s), being held at 18:00 on Wednesday 24 November, 2021. Details will be supplied via Facebook.

## 2.5 Race Registration

**2.5.1** Prior to starting the race, all runners are required to register at the start line at Boydtown Beach (Twofold Bay) **between 04:50 and 05:00** on Friday, 26 November (there will be time for photo's etc prior to race start but please do not be late).

- We ask you to abide by social distancing as much as possible.
- Hand sanitiser must be used on arrival at Race Registration
- Runners and Support Crews will have temperatures taken at Race Registration

**2.5.2** At Twofold Bay, there is sufficient off-road parking space to enable race and participant vehicles to park safely and not to limit access for other road users.

**2.5.3** Note there are no toilets at Boydtown Beach...and bushes are not to be used!

## 2.6 Runners and Support Vehicle Numbers

**2.6.1** Race Gear e.g. Runners bibs, support vehicle numbers and 'Runners Ahead/Runners Following' signs will be distributed Thursday evening 25 November between 17:00 and 18:30 at Eden Lookout and Rotary Park, Imlay St, Eden:

- We ask you to stagger arrival, and, abide by social distancing as much as possible
- Hand sanitiser must be used on arrival at Gear Collection
- Runners and Support Crews will have temperatures taken on arrival at Gear Collection

**2.6.2** Race numbers must be visible throughout the race. It is recommended runners use an elastic race number belt (rather than pinning the number onto clothing) to allow efficient changes of clothes without the need to re-pin the race number.

**2.6.3** Support vehicle numbers must be displayed on the right-side rear window of the vehicle

## 2.7 Weather Conditions and Clothing Requirements

**2.7.1** Coast To Kosci is the only race in Australia that passes through multiple climates. Runners and crews must be prepared for all weather extremes. Heatwaves, sub-zero temperatures, torrential rain, 100km/hour winds and snow have all been experienced in past editions of the race.

**2.7.2** Weather conditions can change extremely rapidly when summiting Mt Kosciuszko, and as such, a mandatory clothing and equipment check will occur for all runners and support crew at the Charlotte Pass checkpoint, prior to attempting a summit of Mount Kosciuszko.

## 2.8 Medical

**2.8.1** Coast to Kosci is an arduous race, potentially exposing runners to risks not limited to harsh environmental conditions.

**2.8.2** Particular attention should be given to familiarising both yourself and your crew with:

- The effects of extreme heat, particularly in relation to satisfactory fluid intake, dehydration and hyponatraemia. Maintaining proper fluid and calorie intake and electrolyte balance is a personal responsibility, and runners should already be competent in this area. All runners should be aware of the dangers of EAH-Exercise Associated Hyponatremia.
- The effects of extreme cold and/or wet conditions, particularly in relation to hypothermia.
- The use of non-steroidal anti-inflammatory drugs (e.g. ibuprofen) during endurance races has been proven to be dangerous. It is requested that runners do not take anti-inflammatories during Coast To Kosci.

**2.8.3** Runners in the Coast To Kosci are spread over a large distance – the primary responsibility for a runner's welfare therefore rests with the runner themselves and their support crew.

**2.8.4** Please familiarise yourself and your crew with the listing of hospitals, medical services and emergency services that will be supplied in your race pack.

**2.8.5** Ambulance services are not a free service in NSW, and are not covered by the race's insurance. Please check your health insurance or consider travel insurance to ensure ambulance coverage.

## 2.9 Insurance

**2.9.1** It is the runner's responsibility to have their own accident and ambulance cover.

**2.9.2** Coast To Kosci has public liability insurance through AURA, the Australian Ultra Runners Association, but this does not cover individual runners or crew in the race if they suffer an injury.

**2.9.3** If Race Organisers deem a runner or support crew member requires an ambulance, it will be called regardless of whether the runner or support crew has undertaken ambulance cover or not. In such cases, the runner or support crew will be responsible for any associated costs.

## 3.0 Running the Coast To Kosci 2021

### 3.1 Race Cut-Offs

**3.1.1** Race cut-offs are geared towards a 46-hour finish time and are as follows:

Cut-Off Location	Distance	Elapsed Time	Actual Time
Dalgety Bridge	148 km	25 hrs	Saturday 06:30
Thredbo River	189 km	33 hrs	Saturday 14:30
Charlotte Pass	222 km	42:30 hrs	Sunday 00:00
Charlotte Pass (Finish)	240 km	46 hrs	Sunday 03:30

**3.1.2** If a runner falls behind the Dalgety Bridge, Thredbo River or 222km Charlotte Pass cut-off times, they may be deemed incapable of completing the race within the designated 46-hour time limit and required to withdraw from the race. This decision will be made by Race Organisers and delegated officials.

**3.1.3** No appeals can be made.

### 3.2 Mandatory Checkpoints

**3.2.1** There are 6 mandatory checkpoints where support crew must text the Coast To Kosci WhatsApp group (as soon as possible) to notify that their runner has passed the checkpoint and is medically fit to continue.

**3.2.2** In the text, support crew must provide their runner's full name, their race number, the checkpoint location, and the time which their runner has passed the checkpoint.



**3.2.3** The mandatory checkpoints are as follows:

Checkpoint	Approx. Distance	Location	Landmark
1	50 km	Rocky Hall	Public telephone on left-hand side of road
2	70 km	Cathcart	Public telephone on right-hand side of road, in front of Cathcart General Store
3	106.7 km	Gunningrath Rd and Snowy River Way	A disused livestock ramp is visible at the intersection
4	148 km	Dalgety	Public telephone on side street on left-hand side of road, opposite Dalgety Pub
5	184 km	Jindabyne	Caravan Park office, near where runners re-join the road from the bike path
6	212 km	Perisher Valley	Bus shelter on right-hand side of road, in front of Ski Tube Station

## 3.3 Road Crossings

**3.3.1** Marshals will be positioned to guide runners at selected route crossing points.

**3.3.2** A marshal will be present at each of these points and each point will have a designated crossing point marked by orange traffic cones on either side of the crossing.

**3.3.3** A runner may only cross the road at this point; and only under advice and direction from the marshal.

**3.3.4** Runners failing to adhere to directions from marshals will be penalised.

**3.3.5** These road crossing points include:

Council Region	Distance	Crossing Location
Bega Valley	0.5 km	On the Princes Highway, just north of the Nullica River bridge
Bega Valley	3.7 km	Where the Brandy Creek Trail joins Towamba Rd
Bega Valley	24.4 km	Junction of Towamba Rd and Pericoe Rd
Bega Valley	37 km	Where Pericoe Rd joins Big Jack Mountain Rd
Snowy Monaro	65.8 km	Where Big Jack Rd joins Mt Darragh Rd
Snowy Monaro	81.6 km	On the Monaro Highway (at Bibbenluke), just north of the Bombala River bridge
Snowy Monaro	181.6 km	Junction of Barry Way and Kosciuszko Rd

## 3.4 Runners Must Run on the Right-Hand Side of the Road at All Times

**3.4.1** Runners are required to keep to the extreme right-hand side of the road at all times, facing any oncoming traffic. Normal road users have right of way and runners must get off the road if/where required.

**3.4.2** Support crews are to hand off drinks, food, etc. on the right-hand side of the road; therefore support crew must cross the road to be with their runner. We also encourage you to be COVIDSafe at all times and ensure good hygiene and regular handwashing etc before and after dealing with your runner.

**3.4.3** If a runner is planning to stop at their support vehicle (e.g. for a shoe or clothing change), they may cross to the left-hand side of the road.

**3.4.4** For additional safety when running up major steep hills, please adhere to the following:

1. Running up Big Jack Mountain Road after crossing Towamba River (56.2km), runners are required to run on the left-hand side of the road until Big Jack Road is reached (63.9km).
2. Running up Beloka hill (162.2km to 165km), runners are required to run on the left-hand side of the road.

(Please take extreme care on a narrow section of road on the hill on the outskirts of Jindabyne – there are roadworks and traffic lights for one-way traffic flow)

## 3.5 Runners and Support Crew Safety

**3.5.1** Support crews may not provide assistance to their runners from a moving vehicle at any time. In an unanticipated, irregular circumstance (e.g. runner requiring jacket when caught in a sudden storm, etc), discretion may be used.

**3.5.2** Support crews are directed to drive conservatively at all times. There is a lot of wildlife active on the roads at night, particularly wombats, wallabies, ultra-runners and kangaroos! As a crew, there is no need to hurry – ultimately, you will only reach Mt Kosciuszko as fast as your runner.

**3.5.3** Please ensure the support crew manages to get adequate sleep during the night and proactively manages fatigue. Support crew actions and behaviours are the responsibility of the runner.

**3.5.4** When stopping on road verges at any time, be aware long grass may obscure ditches. Check before you park. Please keep support vehicle hazard lights on when stopped at night, even if your runner is sleeping in the support vehicle.

**3.5.5** All runners (including pacers) are required to wear a reflective vest and headlamp/torches during night hours. Both runners and support crews are encouraged to wear light coloured clothing during night hours.

**3.5.6** Each runner must wear a flashing light (i.e. a rear bike light) to be attached to a race belt and worn at the rear. The light must be worn at all times, daytime and night-time, and be set to 'flashing' mode.

**3.5.7** Runners are permitted to rest or shelter in a stationary support crew vehicle, however travelling forward along the race route is prohibited.

**3.5.8** Due to increased traffic after Jindabyne, all runners (including pacers) must wear reflective vests on the Kosciuszko Road from exiting the Lake Jindabyne bike path (184km) to the finish at Charlotte Pass (240km).

**3.5.9** The continued viability of Coast To Kosci is dependent on the safe, lawful and considerate behaviour of runners and support crews. It is incumbent on all associated with the race to ensure behaviour does not impact negatively on the race and the reputation and goodwill established by Coast To Kosci.

**3.5.10** In the case of a runner requiring medical assistance, they, or their support crew, are to contact the Race Organisers, Medics, or Race Officials immediately, preferably via the WhatsApp group. Support crews are to note the place (distance), Race Official contacted and time of requiring medical assistance.

**3.5.11** Due to COVID-19, please avoid running in groups for any length of time and please maintain social distancing.

## 3.6 Emergency Communications

**3.6.1** A contact list of all Race Officials will be issued to all runners and support crew prior to the Pre-Race Briefing.

**3.6.2** All runners and their support crew chief only must join the Coast To Kosci WhatsApp group prior to the Pre-Race Briefing – an invitation will be forthcoming.

**3.6.3** Over the past years, mobile reception has significantly improved along the race route and is generally good; however there are still areas where mobile reception is patchy (e.g. Jingo Creek, Snowy River Way towards Dalgety).

## 3.7 Aid Stations / No Support Crew Access Until 24km

**3.7.1** There will be 1 aid station only at 3.7km, where Brandy Creek Trail joins Towamba Rd.

**3.7.2** Support crews must not stop or meet up with their runners until the Towamba checkpoint at 24km, at the intersection of Towamba Road and Pericoe Road.

**3.7.3** Support crews must travel along Towamba Road to the 24km mark of the race at the Towamba checkpoint without stopping. Support crews are not permitted to stop, slow down to talk with runners, or provide services to their runners during this section.

**3.7.4** At Towamba Village, support crew vehicles are instructed to stop past the junction of Towamba Road and Pericoe Rd where there is adequate space off the road for vehicles to safely park.

**3.7.5** Runners may carry any food, drink or provisions they feel they require.

**3.7.6** Support crews are encouraged to eat big and enjoy the coffee at the Towamba Public School BBQ breakfast at Towamba!

## 3.8 Pacing

**3.8.1** Runners may be accompanied by a pacer after sunset, approx. 20:30, on Friday evening, 15 hours after the commencement of the race (a pacer may also accompany their runner on the ascent of Big Jack Mountain).

**3.8.2** Runners are permitted to utilise only one crew member as a pacer, at any one time. There is one exception, being the Summit Path from Charlotte Pass to Mt Kosciuszko and return, where multiple support crew can be utilised.

**3.8.3** A crew member walking or jogging beside a runner (or pacer) for a short distance such as 50m to pass on drinks, food, etc, is not regarded as pacing. Please do not exceed 50m in distance unless there is a substantial concern for runner safety/medical fitness.

**3.8.4** Pacers must also adhere to all requirements for runners regarding reflective vests, head torches as well as the mandatory gear for the Charlotte Pass-Mt Kosciuszko-Charlotte Pass section.

**3.8.5** Pacers/crews must not provide physical assistance to the runners such as physically supporting, carrying, pushing or towing with a bungee cord.

**3.8.6** Pacers may act as mules for runners.

## 3.9 Charlotte Pass to Mt Kosciuszko – and Return to Charlotte Pass Finish Line

**3.9.1** The condition of runners passing through Charlotte Pass en route to Mt Kosciuszko will be assessed by the Race Medical staff.

**3.9.2** For this section of the course runners are required to be accompanied by a support runner(s) and both be equipped with the following mandatory gear:

- Beanie, balaclava, buff or similar warm headwear
- Gloves
- Head torch with fully charged spare batteries
- Mobile phone (charged)
- Rain jacket
- Reflective vest

- Space blanket
- Sufficient food and water
- Sunscreen (may be one tube between runner and support crew but must be sufficient quantity for all of the runner's party).
- Thermal pants
- Thermal top – long sleeve
- Trekking Poles (for use in snow traverse) for the runner; and highly recommended for support crew

**3.9.3** Mandatory gear will be checked by a race official prior to the runner's departure from Charlotte Pass. Support crews should have both their own and their runner's mandatory clothing and equipment ready to be checked when they arrive at Charlotte Pass.

**3.9.4** It is permissible for crews to carry all mandatory gear for their runners on this section of the course.

**3.9.5** Runners and support crews returning from Mt Kosciuszko are encouraged to check with the summit bound runners and report any problems to the Race Organisers on return to Charlotte Pass or immediately if there are any safety concerns.

**3.9.6** In case of emergency, runners and crews may shelter on the ascent or descent of Mount Kosciuszko at Seamans Hut (6km from Charlotte Pass) and the toilet/emergency shelter at Rawson Pass (7.6km from Charlotte Pass and 1.6km from the summit of Mount Kosciuszko).

**3.9.7** Support crews are strongly encouraged to organise their support vehicle on the approach to Charlotte Pass, so as to have satisfactory space, food, clothing, etc., ready for their runners when they finish.

**3.9.8** Note support crews are reminded to take extreme care with driving when returning to Jindabyne. It can be considered that the support crew finish when they and their runner are safely inside their hotel room.

**3.9.9** Note – runners and support crew are not permitted to climb or stand on the cairn at the summit. This is a condition of approval by NPWS. Runners or support crew climbing or standing on the cairn will be penalised with either a time penalty or possible disqualification.

**3.9.10** Note – vehicles parked at Charlotte Pass must comply with all road signs and parking restrictions.

## 3.10 Inclement Weather

**3.10.1** Runners and crews should be aware of the possibility of the race being terminated at Charlotte Pass should weather conditions preclude a safe ascent of Mt Kosciuszko.

**3.10.2** The Race Organisers will decide if the race needs to be terminated at Charlotte Pass without summiting Mount Kosciuszko. Any decision will be based upon advice and/or direction from the National Parks and Wildlife Service, NSW Police and other emergency services.

**3.10.3** If the race is terminated at Charlotte Pass, the runner's finish will be recorded as an 'Inclement Weather' finish, but still be treated as an official race finish.

## 3.11 Deviation from the Race Route

**3.11.1** Should a runner deviate from the race route (e.g. to use public toilets, or seek medical assistance), they may return to the race, but must resume running at their point of departure from the race route.

**3.11.2** Support crew are expected to note/mark the point of departure and ensure the runner recommences the race from the correct point.

**3.11.3** If the runner requires medical assistance, support crews must notify the Race Medics, Race Organisers or Race Officials and note the time.

## 3.12 Race Retirement

**3.12.1** In the case of a runner retiring from the race, they, or their support crew, are to contact the Race Organisers, Medics, or Race Officials immediately, preferably via the WhatsApp group.

**3.12.2** It is preferable if the runner and support crew travel to the next checkpoint; and check-in to ensure their welfare.

**3.12.3** Support crews are to note the place (distance) and time of retirement, and to whom the retirement was notified.

## 3.13 Race Withdrawal or Disqualification

**3.13.1** A runner may be withdrawn from the race at the discretion of the Race Organisers or Race Officials.

**3.13.2** Reasons for withdrawal include, but are not limited to:

- Medical reasons
- Inability to reach prescribed cut-off times at Dalgety Bridge, Thredbo River or Charlotte Pass
- Inability to progress on the course without physical support from a support crew member or Race Official
- Violations of Race Rules
- Not following directions from Race Organisers, Race Officials, National Parks and Wildlife Service, NSW Police and other emergency services

**3.13.3** Runners that have been withdrawn from the race are not permitted to continue on the race route.

## 3.14 Disposal of Rubbish

**3.14.1** Runners must take responsibility for the safe disposal of all rubbish and litter i.e. the course must be clean at all times.

**3.14.2** Support crews are encouraged to have bags for litter and to dispose of these correctly into public bins along the route.

**3.14.3** If public bins are full, or close to full, rubbish should be kept in the support vehicle until it can be disposed of responsibly, including waiting until after the race if necessary.

**3.14.4** Particular emphasis must be given to Mt Kosciuszko National Park, including eliminating access to food supplies for ravens, currawongs and other wildlife at Charlotte Pass.

## 3.15 Social Media

**3.15.1** Please use the hashtag of #CoastToKosci2021 before, during and after the race.

**3.15.2** We encourage support crews to post updates, photos, etc. to the Coast To Kosci official social media sites throughout the race to enable the best possible online coverage.

**3.15.3** Please be respectful and refrain from inappropriate language or images that may negatively affect the reputation of Coast To Kosci, or offend residents along the route or official parties.

**3.15.4** Coast To Kosci enjoys goodwill from all stakeholders associated with the race – please respect the goodwill Coast To Kosci enjoys.

# 4.0 Medical and Police Assistance

## 4.1 Emergency

For our international runners, in any emergency, please dial 000.

## 4.2 Hospitals

**South East Regional Hospital**

4 Virginia Drive, Bega NSW 2550 Ph: 6491 9999

### **Cooma Hospital**

Bent St, Cooma NSW 2630 Ph: 6455 3222

Please note that Cooma Hospital has 24hr Accident and Emergency.

Cooma is 62km and 45mins drive from Jindabyne. Cooma can also be accessed via:

- Dalgety, which is 50km and 37mins drive from Cooma.
- via Maffra Rd, which is approx. 15km before Dalgety.

## **4.3 Medical Centres**

### **Eden Community Health Centre**

Twofold Arcade, Eden, NSW, 2551 Ph: 02 6496 1436

### **Bombala Medical Centre**

130 Wellington St, Bombala NSW 2632 Ph: 6458 3022

### **Cooma – Ochre Medical Centre**

184 Sharp St, Cooma NSW 2630 Ph: 6458 3022

### **Cooma - Bombala Street Surgery**

62 Bombala St, Cooma NSW 2630 Ph: 6452 5888

### **Jindabyne HealthOne**

5 Thredbo Terrace, Jindabyne NSW 2627 Ph: 02 6457 1036

### **Snowy River Health Centre**

Thredbo Terrace Jindabyne, NSW 2627 Ph: 02 6457 1221

### **Snowy Mountain Medical Centre**

- Nugget's Crossing, 22 Snowy River Ave, Jindabyne NSW 2627 Ph: 02 6456 2545

## **4.4 Police Stations**

### **Eden Police Station:** (Not open 24 hours)

229 Imlay Street EDEN 2551 Ph: 02 6496 1444

### **Bega Police Station:** (Not open 24 hours)

167 Auckland Street BEGA 2550 Ph: 02 6492 9999

### **Bombala Police Station:** (Not open 24 hours)

64 Forbes Street BOMBALA 2632 Ph: 02 6458 3444

### **Cooma Police Station:** (Not open 24 hours)

87 / 91 Massie Street, COOMA 2630 Ph: 02 6452 0099



**Jindabyne Police Station:** (Summer Hours 8.00am -12.00pm)  
14 Thredbo Terrace, JINDABYNE 2627 Ph: 02 6456 2244

## 4.5 Other Useful Assistance Numbers

**NSW Poisons Information Centre**  
131 126

**NRMA Roadside Assistance**  
13 11 11

**healthdirect Australia**  
1800 022 222

**Alcohol Drug Information Service**  
1800 250 015

Please ensure you and each of your support crew download the three mandatory 'WhatsApp', the 'Emergency +' and 'Fires Near Me RFS' Apps prior to arrival in Eden.



## 5.0 Toilet Facilities

### 5.1 In General

Runners and Support Crews are directed to use the public toilet facilities available. It's also strongly suggested that you bring your own supply of toilet paper. Use of hand sanitiser is mandatory.

Note that there are no toilet facilities at the start line at Boydton Beach...and no use of bushes, if you have to go, go in Eden!

## 5.2 Known Public Toilet Facilities

Please ensure good hygiene at all times (use of hand sanitiser is mandatory) for the safety of all associated with the race, and for the safety of all the local communities. We will provide additional stocks of toilet paper for the toilets however we also recommend you take your own.

### **Towamba Hall (24km)**

Towamba Hall is approx. 500m off the course



### **Rocky Hall Checkpoint (50km)**

#### **Base of Big Jack Mountain (~ 58km). Toilet is on RH side of road**

Where the climb up Big Jack actually starts

### **Cathcart (70km)**

In the park just past the Cathcart General Store – there are also showers here!

### **Dalgety Hall (148km)**

### **Jindabyne (181km)**

Adjacent to the cycle path near the roundabout at the junction of Barry Way and Kosciuszko Road. Note that toilets here are generally closed overnight.

### **Charlotte Pass (222km)**

### **Rawson Pass (230km)**

### **Charlotte Pass (240km)**

## 6.0 Bushfire Advice (Source RFS NSW November 2020)

Travelling in a bush fire area

If you're travelling during the bush fire season, you could be affected by a fire. Bush and grass fires often cross roads and highways. Smoke can reduce visibility and roads may also be closed without warning.

Make sure you have all the information you will need to keep safe.

### Check before you go

- Fire Danger Ratings and Bush Fire Alerts at or on the Fires Near Me smartphone application
- Weather conditions on the Bureau of Meteorology website.
- How you can call for help
- Emergency Survival kit is packed, including a working battery operated radio, protective clothing, woollen blankets and water.
- If caravanning or camping read our Caravan and Camping Bush Fire Safety fact sheet or brochure
- If bushwalking read our Bush Fire Safety for Bushwalkers fact sheet or brochure

### If you are caught in a fire

- Call Triple Zero 000
- Park off the road in a clear area away from trees, scrub and tall grass
- Face the front of your car towards the fire
- Stay in the car below the windows to protect yourself from radiant heat
- Turn off the engine and turn on headlights and hazard lights
- Close windows and air vents
- Cover yourself with a woollen blanket
- Drink plenty of water
- Cover your mouth with a damp cloth
- Stay down until the sound of the fire has passed, carefully leave the car (it will be hot)