

Winter Survival Rules

Survival is intended to be an enjoyable and fun event, but for safety reasons there must be some rules. This list of rules covers the basics and you will be fully briefed at the start on all safety aspects of the event.

1. Teams should be made up of three or four Explorer Scouts (aged 13½ to 18).
2. Teams may only continue walking with a minimum of three members. Teams are not allowed to merge with other teams.
3. Teams are not to split up unless it becomes necessary in an emergency. It is your responsibility to ensure that your team stays together.
4. Teams will not be allowed to start unless they have the full list of the compulsory equipment.
5. Team members will not be able to start unless they have returned, signed and completed, health and authorisation forms.
6. Teams are not allowed any external assistance or support teams.
7. Teams must use footpaths wherever possible. Roads should be avoided unless there is no alternative. Teams found using roads where a footpath was available may be withdrawn from the event. All teams will have a GPS tracker and routes taken will be reviewed after the event. Time penalties may be applied for walking on roads when a footpath was available.
8. Although this event is not a race, for safety reasons if a team's average walking speed falls below 2km per hour or the team is deemed to be too far behind the rest of the teams, the Committee reserves the right to move teams further up the route, to the night stop or to the finish by minibus.
9. Each participant must ensure that their Hi-Vis vest and the reflective rucksack square issued at the start are visible at all times i.e. not covered by waterproofs or rucksack covers. Torches and red rear lights must be used by every participant whenever crossing or walking on roads.
10. The use of any drugs including alcohol, caffeine based products (such as Pro-Plus and Red Bull), and over the counter medicines (including painkillers and anti-inflammatories) is strictly prohibited. Exceptions are medicines noted on your health form, tea and coffee. Contravention will result in the whole team being immediately withdrawn from the event,
11. Teams must not drive themselves to or from the event.
12. The carrying of knives or axes (other than a small penknife – see kit list) is not permitted
13. Sleeping bags and tents must not be carried during the event – see kit list.
14. Any GPS capable device which can be used by a team to identify their location is not permitted, Communication devices such as radios are not permitted. Any team found with such a device will be disqualified.
15. Each team may carry up to 2 mobile phones, which will be switched off and sealed in an envelope at the start of the exercise and should only be used in an emergency. Other mobile phones must be left at the start. It is recommended that you download the free OS locate and What 3 Words apps to any emergency smartphones being

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carried, know how to use Google maps and consider registering for SMS Emergency Texts

16. There will be a 10-minute time penalty for every compulsory item missing at the kit check. Teams may be able to borrow items (not to be relied upon), but the time penalty will still be incurred. Teams may be subject to random kit checks throughout the event and any missing items will incur a time penalty. There will be a kit check on completion – if any of the essential kit is missing, the team may be disqualified.
17. Any other items considered to be dangerous or against the spirit of the exercise will be confiscated for the duration of the event.
18. Damaged or unusable maps will not be replaced; if a teams' map becomes unusable then the team will have to retire.
19. Individuals or teams retiring must only be picked up from Survival main base. On no account must any individual be picked up from a checkpoint or anywhere on the route.
20. The Winter Survival Committee's decision is final.