



53rd Annual Hike

24th & 25th June 2017

HIKE
INFORMATION
PACK

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OBJECTIVE AND AIM

The aim of the hike is to promote friendship and fellowship between young people through teamwork and leadership, tests of stamina and the use of one's initiative.

The Cleveland Hike runs every year in June and takes place in the North York Moors, in the North East of England. The hike has been running for over 50 years so you can rest assured that it is great fun, and most importantly safe and well organised.

The event takes place over two days and teams can either enter for either 1 day, or take on the full two-day challenge, camping overnight. The Saturday route normally covers 20-25 miles and the Sunday route 10-15 miles making the whole event over 30 miles! The event starts with you receiving the grid reference for the next checkpoint and you plan your route with a map and compass. Approximately 5 miles later, you should find a checkpoint where you can fill up your water bottle and complete a challenge incident, usually with a teambuilding theme. You then get the 6-figure grid reference for the next check point, and then off you go!

This annual summer event offers a real challenge for people aged 12+ of all abilities. It is a great test of navigation skills, fitness and team building.

The Cleveland Hike is a team event and people enter it for a variety of reasons. For some it's a race and the challenge is to get to the end in the quickest time making sure they maximise both the hiking points element of the hike and the incident challenges at each checkpoint. Some people take on the challenge as part of a sponsored event to raise funds for good causes. Others use it as a practice event for the Duke of Edinburgh award programme, others simply for fun.

TEAM ENTRY TYPES

There are different categories of team entries and these are divided as follows:

- Standard Team - 3 or 4 persons' team aged 12yrs - 19yrs
- Expedition - 4 or more persons' team, OR youngsters led by an experienced adult
- Senior - 3 or 4 persons' team (1 or more members is 20+)

Most teams will enter the 2-day hiking challenge however it is possible to enter on just 1 day if this suits you better. Everyone completing the hike gets a certificate to keep and winning teams in each category will receive prizes and trophies!

The Cleveland Hike is open to all organisation or individual entrants. We have entries from:

- Boys Brigade
- Scouts
- Army / Air / Sea cadets
- Schools etc.

We have teams that join us right across the UK. Regular entries from up in Scotland all the way down to Torquay. We welcome you all!

**You can enter your team and pay online by visiting our website at
www.theclevelandhike.com**



BEFORE THE HIKE

The Cleveland Hike is a TEAM event, designed to encourage the qualities of leadership, teamwork and initiative.

Teams must be:

- Fit enough to complete the hike
- Able to proficiently read a map
- Able to proficiently use a compass
- Able to perform basic first Aid
- Aware of emergency procedures
- Thoroughly aware of the Hike Rules and Regulations
- In possession of all necessary equipment (See kit list)

Visiting Officers and team supporters must resist the temptation to give assistance to teams once the competition gets underway.

DAY BEFORE THE HIKE - FRIDAY OVERNIGHT CAMP

The hike will start early on Saturday (Kit checks starting from 7.15am and all teams must have started prior to 9am)

Teams therefore may wish to camp overnight the day before the hike. This is all included in your entry fee.

This year the start will be – Danby, North Yorkshire

Toilet and water facilities will be available. However, teams should be self-sufficient as staff from the hike may not be available.

FIRST DAY OF THE HIKE – THE START

This year the start will be – Danby, North Yorkshire

Teams will have been allocated a registration time in advance. They should allow ½ an hour before this time for a kit check and a simple map and compass test. Kit check will be open from 7:15am.

Registration will be open between **7:30am to 9:00am**. Only under special circumstances will teams reporting shortly after 9:00am be allowed to start the hike. Under no circumstances will a two-person team be allowed to start the hike.

There are 5 stages to starting the hike:

- 1) The first thing you team will do is have your equipment checked by a member of Cleveland Mountain Rescue Team. It should all be in good condition and present. The equipment required is detailed in the equipment list and is different for the one day and two-day event.
- 2) Map & Compass Test – Your team's ability to use a map and compass will be checked by the Cleveland Mountain Rescue Team.



- 3) Start Speech – A member of Cleveland Hike Staff will go through specific instructions relevant to the hike including any cut off times.
- 4) Paper Work Check - Your team's paperwork must be completed and handed in. The paperwork required is:
 - Welfare Link
 - Team Detail sheet
 - Relevant Consent / Indemnity forms
- 5) Issue of clock card and pass card - The Clock Card must be completed in accordance with the instructions (this tells you where the 1st checkpoint is using NGR 6 figure grid reference.) The Pass Card should be read as soon as possible as it gives additional route information.

This competition should **NOT** be treated as a weekend stroll, it is hard work and each member of the team must be physically fit.

The country code must be observed at all times

N.B in Scotland it is possible to cross land using any route, provided no damage is caused. This does not apply to the North Yorkshire Moors, where strict laws of right of way must be adhered to. ONLY PUBLIC RIGHTS OF WAY MAY BE USED.

ON THE ROUTE

Members of a team MUST stay together and rely on their own resources at all times, except in cases of an emergency.

Teams should use their map reading and compass skills to successfully navigate the landscape to get to the checkpoint. There may be Via points to go on route. These must be gone to by all members of the team.

At each checkpoint teams, will be booked in where their walking time will stop. Teams will be awarded walking points for arriving at the checkpoint within the allocated time frame. Maximum allowed time for each section is walking time plus 60 minutes.

Some Part of the routes will be classed as 'Speed Sections.' By completing speed sections faster than allowed walking time teams will gain one bonus point for every minute earlier than the allocated walking time.

All checkpoints will be staffed and contain water filling stations and an area for a **brief** rest.

Each checkpoint will have an 'incident.' Incidents are challenges designed to test teams. They may be physical, mental, agility team activities. Incident points are awarded for successful completion of each of the incidents.

In the case of an emergency situations between checkpoints, the team must rely on its training and preparation to decide how the situation should be handled. Staff from Cleveland Mountain Rescue team will be available to support but will need to be contacted.



WITHDRAWING FROM THE HIKE

If your team decides to drop out of the event, DO NOT GO HOME WITHOUT CLEARANCE FROM HIKE CONTROL FIRST. It is very important for officials to know where teams are at all times during the weekend, to avoid unnecessary use of search resources.

You are only able to drop out of the hike at checkpoints where transport of your team can be arranged. There is no provision to pick up teams in between checkpoints.

OVERNIGHT CAMP

The overnight camp is the last checkpoint on the Saturday (usually checkpoint 6.)

For teams only doing the 1-day event, this is where your event finishes.

For those doing the 2-day event, at this checkpoint teams will be expected to pitch their own tent and cook a meal (using only the equipment they carried around the route.) This will be marked and points will be awarded for good camp craft. Toilets and fresh water are provided and an area for visitors and staff to camp will be provided.

You pitch will be marked out for you, and you must camp in this area. You will also be given the time you are to be ready to leave on the Sunday morning.

START OF DAY 2 - SUNDAY

This day is an early start. Teams will begin leaving the camp site at approximately 6.30am. The second day follows the same format as the first. Teams will be given a clock card to go to the next checkpoint and all the same rules apply.

FINISH – DANBY VILLAGE HALL

The final checkpoint will be at Danby Village Hall. This is where all teams will muster. All competitors will be given a hot dog / burger at the end. There are also toilets and running water available.

After all teams have finished the hike, we will begin a presentation of prizes and certificates.

All people that have entered the hike will get a certificate and winning teams will receive small prizes. An official hike photographer will take photographs that are made available.

We aim to start the presentation by 2pm latest, however this is subject to change on the day.

If the weather is fine the presentation will take place on the village green, if it's raining it will take place in the village hall.

SAFETY

The Boys' Brigade – North of England District



The hike has run for over 50 years with no major incidents, the committee are committed to ensuring a safe and fun hike takes place. Safety is the number one priority in the event and your assistance to ensure it stays that way is greatly appreciated.

Insurance cover is the responsibility of TEAM / OFFICERS / LEADERS. You must ensure that THEY, their TEAM (S) and SUPPORTERS have adequate insurance cover for the duration of the Hike, as no responsibility can or will be accepted by the Hike Committee for any injury or loss of time at work etc.

No team will be allowed to start the hike without all necessary equipment, including consent forms and entry paperwork.

Cleveland Mountain Rescue team are available throughout the hike weekend and support the hike if teams go off track and deal with medical emergencies.

Each checkpoint on the hike has volunteer staffing and will be in contact with an overall hike controller who ensures the hike runs smoothly.

Risk assessment of all incidents and the general route are undertaken prior to the event and copies are available should you want them.

An emergency plan is also in place if circumstance dictate that this is appropriate. Copies are available should you want them.



Two Day Event Kit List

Item	Details	Check
1	MAP 1-25,000 Outdoor Leisure Map / Explore sheets 26 & 27 North York Moors East / West sheets. (minimum of 2 per team)	<input type="checkbox"/>
2	Compass, with dial and base plate – TWO per team	<input type="checkbox"/>
3	Watch. – TWO per team	<input type="checkbox"/>
4	Torch with spare batteries (and bulb where appropriate, for use in an emergency.) At least one torch must be powerful enough for rescue purposes and navigation in the dark.	<input type="checkbox"/>
5	Back pack or Rucksack or pack frame – One per individual	<input type="checkbox"/>
6	Whistle – One per individual	<input type="checkbox"/>
7	First Aid Kit. The following is a minimum list: - 6 individually wrapped sterile adhesive dressings. 2 sterile dressings. 1 triangular bandage. 1 cotton bandage. 1 crepe bandage. Safety pins. Small pair of scissors. Antiseptic ointment. <i>One large team first aid kit based on the above is permitted instead of individual small ones.</i>	<input type="checkbox"/>
8	Coins for public telephone. Plus, ONE Mobile phone	<input type="checkbox"/>
9	Emergency rations / food – One per individual <i>These are for EMERGENCY use only and are not to be treated as part of the team's normal food provisions. They may be inspected at the Hike finish.</i>	<input type="checkbox"/>
10	Survival bag, 500-gauge polythene – TWO per team.	<input type="checkbox"/>
11	Pencil or pen and paper – One per individual.	<input type="checkbox"/>
12	Walking boots with adequate ankle support or Fell walking shoes <i>Any variations from this type of footwear may not be acceptable by the Cleveland Mountain Rescue Team who will inspect and decide on the suitability of footwear during the kit check.</i>	<input type="checkbox"/>
13	Warm clothing including walking trousers, hat & gloves, and a spare arm's length jumper or top. <i>Team members may walk in shorts but they must carry trousers. Jeans are NOT ALLOWED</i>	<input type="checkbox"/>
14	Waterproofs; waterproof jacket / cagoule and over trousers – a set per individual.	<input type="checkbox"/>
15	Water - A minimum of half a litre per person is required in a re-useable container and each team member must have it for the kit check at the start of the hike	<input type="checkbox"/>
16	Food for the duration of the day, per individual. This needs to be both sustaining and energy providing for the tough event	<input type="checkbox"/>
17	Tent, stove, cooking equipment and food for the duration of the Hike. The tent must be suitable for harsh weather conditions and have a sewn in groundsheet. Sufficient for all team members.	

N.B Mixed teams must bring two tents with them to ensure segregated sleeping arrangements at the overnight camp. One must be carried by the team during the Hike and the second one will be transported by the committee to the overnight camp and the finish. This second tent must be clearly identified with your team name on it.

You are strongly advised to keep the weight and size of your packed back pack / rucksack to a minimum without skimping on any of the detailed required equipment above.




One Day Event Kit List

The one day hike has a reduced kit list.

<u>Item</u>	<u>Details</u>	<u>Check</u>
1	MAP 1-25,000 Outdoor Leisure Map / Explore sheets 26 & 27 North York Moors East / West sheets. (minimum of 2 per team)	<input type="checkbox"/>
2	Compass, with dial and base plate – TWO per team	<input type="checkbox"/>
3	Watch. – TWO per team	<input type="checkbox"/>
4	Torch with spare batteries (and bulb where appropriate, for use in an emergency.) At least one torch must be powerful enough for rescue purposes and navigation in the dark.	<input type="checkbox"/>
5	Back pack or Rucksack or pack frame – One per individual	<input type="checkbox"/>
6	Whistle – One per individual	<input type="checkbox"/>
7	First Aid Kit. The following is a minimum list: - 6 individually wrapped sterile adhesive dressings. 2 sterile dressings. 1 triangular bandage. 1 cotton bandage. 1 crepe bandage. Safety pins. Small pair of scissors. Antiseptic ointment. <i>One large team first aid kit based on the above is permitted instead of individual small ones.</i>	<input type="checkbox"/>
8	Coins for public telephone. Plus, ONE Mobile phone	<input type="checkbox"/>
9	Emergency rations / food – One per individual <i>These are for EMERGENCY use only and are not to be treated as part of the team's normal food provisions. They may be inspected at the Hike finish.</i>	<input type="checkbox"/>
10	Survival bag, 500-gauge polythene – TWO per team.	<input type="checkbox"/>
11	Pencil or pen and paper – One per individual.	<input type="checkbox"/>
12	Walking boots with adequate ankle support or Fell walking shoes <i>Any variations from this type of footwear may not be acceptable by the Cleveland Mountain Rescue Team who will inspect and decide on the suitability of footwear during the kit check.</i>	<input type="checkbox"/>
13	Warm clothing including walking trousers, hat & gloves, and a spare arm's length jumper or top. <i>Team members may walk in shorts but they must carry trousers. Jeans are <u>NOT ALLOWED</u></i>	<input type="checkbox"/>
14	Waterproofs; waterproof jacket / cagoule and over trousers – a set per individual.	<input type="checkbox"/>
15	Water - A minimum of half a litre per person is required in a re-useable container and each team member must have it for the kit check at the start of the hike	<input type="checkbox"/>
16	Food for the duration of the day, per individual. This needs to be both sustaining and energy providing for the tough event	<input type="checkbox"/>

You are strongly advised to keep the weight and size of your packed back pack / rucksack to a minimum without skimping on any of the detailed required equipment above.



 CLEVELAND HIKE 2017 : ONE Day Event Team Detail Sheet Document C ONE Day Event					FOR OFFICIAL USE ONLY - ONE Day			
Please complete in BLOCK CAPITALS and hand in to the START officials. You must complete 1 per team.					TEAM No. = _____			
* TEAM / COMPANY / ORGANISATION NAME = _____					Type of Team ONE Day Event			
Start Time = _____								
I confirm that the ages stated below are correct = _____ Supporter / Leader								
* if entering more than one team, please designate 'A', 'B' or 'C' etc.								
HIKE COLOUR CODE	FULL NAME & ADDRESS IN BLOCK CAPITALS	AGE ON 25/06/17 and D.O.B.	BRIEF DESCRIPTION OF CLOTHES TO BE WORN ON THE WEEKEND, ie COLOURS		ANY KNOWN MEDICAL CONDITION OR TREATMENT	Kit Check Details	Quantity	Requirement
			(Fair Weather)	(Waterproofs)		MAPS (sheet 26) West		2 per team
	mobile phone = e-mail (optional)		HAT	CAGOULE		MAPS (sheet 27) East		1 per Team
			SWEATER	O'TROUSERS		COMPASS		TWO per team
			SHIRT	Back pack		WATCH		TWO per team
			TROUSERS			TORCH + spares		ONE per team
	mobile phone = e-mail (optional)					Rucsack or Back Pack		Each person
			HAT	CAGOULE		WHISTLE		Each person
			SWEATER	O'TROUSERS		FIRST AID KIT		1 Large per team
	mobile phone = e-mail (optional)		SHIRT	Back pack		MONEY		3 x 50p
			TROUSERS			Mobile Phone		1per Team
						EMERGENCY FOOD		Each person
	mobile phone = e-mail (optional)		HAT	CAGOULE		SURVIVAL BAG		TWO per team
			SWEATER	O'TROUSERS		PENCIL & PAPER		Each person
			SHIRT	Back pack		BOOTS (w ith ankle support)		Each person
			TROUSERS			Wearing Sutable Clothes		Each person
	mobile phone = e-mail (optional)		other			WATERPROOFS		Each person
			HAT	CAGOULE		FOOD - for the day		Each person
			SWEATER	O'TROUSERS		WATER		1/2 Litres each
	mobile phone = e-mail (optional)		SHIRT	Back pack		HAT & GLOVES		Each person
			TROUSERS			COMMENTS		
						Kit Checker =		
Are any of your team members carrying a mobile phone (which is to be used for emergency use only), if so then please state the team member's name and mobile phone number below. _____					committee signature if needed =			
					committee 'M&C' test signature =			
					Equipment Penalties = Total Age Penalties =			



CLEVELAND HIKE 2017 : TEAM DETAIL SHEET

Document C
TWO Day Event

Please complete in BLOCK CAPITALS and hand in to the START officials. You must complete 1 per team.

FOR OFFICIAL USE ONLY FULL

TWO Day Event

TEAM No. = _____

* TEAM / COMPANY / ORGANISATION NAME = _____ Start Time = _____
 I confirm that the ages stated below are correct = _____ Supporter / Leader
 * if entering more than one team, please designate 'A', 'B' or 'C' etc.

Type of Team	Standard Male / Female	Standard 'Mixed'	Senior	Expedition
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HIKE COLOUR CODE	FULL NAME & ADDRESS IN BLOCK CAPITALS	AGE ON 25/06/17 and D.O.B.	BRIEF DESCRIPTION OF CLOTHES TO BE WORN ON THE WEEKEND, ie COLOURS		ANY KNOWN MEDICAL CONDITION OR TREATMENT
			(Fair Weather)	(Waterproofs)	
	mobile phone = e-mail (optional)		HAT SWEATER SHIRT TROUSERS	CAGOULE O'TROUSERS RUCKSACK	
	mobile phone = e-mail (optional)		HAT SWEATER SHIRT TROUSERS	CAGOULE O'TROUSERS RUCKSACK	
	mobile phone = e-mail (optional)		HAT SWEATER SHIRT TROUSERS	CAGOULE O'TROUSERS RUCKSACK	
	mobile phone = e-mail (optional)		HAT SWEATER SHIRT TROUSERS	CAGOULE O'TROUSERS RUCKSACK	
	mobile phone = e-mail (optional)		HAT SWEATER SHIRT TROUSERS	CAGOULE O'TROUSERS RUCKSACK	

Kit Check Details	Quantity	Requirement
MAPS (sheet 26) West		2 per team
MAPS (sheet 27) East		1 per Team
COMPASS		3 OF
WATCH		3 OF
TORCH + spares		3 OF
RUCKSACK		3 OF
WHISTLE		3 OF
FIRST AID KIT		1 LARGE ONE
MONEY		3 x 50p
Mobile Phone		1per Team
EMERGENCY FOOD		3 SETS
SURVIVAL BAG		3 OF
PENCIL & PAPER		3 SETS
SLEEPING BAG		3 OF
BOOTS (with ankle support)		3 PAIRS (*)
CLOTHES		3 SETS
SPARE CLOTHES		3 SETS
WATERPROOFS		3 SETS
FOOD		3 SETS
STOVE & FUEL		1 SET
TENT		1 per 'SEX'
WATER		3 x 1/2 Litres
HAT & GLOVES		3 SETS

COMMENTS (*) penalty = 25pts per person
 (*) U19 → non competitive

One mobile phone must be carried per team ; Solely emergency use only), please state the telephone number here.
 Team member's name and mobile phone number below.
 Name _____
 Mobile Number _____

Kit Checker = _____
 committee signature if needed = _____
 committee 'M&C' test signature = _____

Equipment Penalties = _____
 Total Age Penalties = _____



CLEVELAND HIKE : WELFARE LINK SHEET

ONE OF THESE SHEETS MUST BE COMPLETED BY EACH TEAM AND HANDED IN AT THE START OF THE HIKE

Document D

**TEAM
NUMBER**

NAME OF COMPANY or ORGANISATION	TEAM MEMBER NAME	COLOUR	AGE PENALTY
<u>VISITING OFFICER or SUPPORTER'S DETAILS</u>			
NAME _____			
VEHICLE REG' _____			
COLOUR & MAKE _____			
Contact Phone number : _____			
E-mail Address: _____			
Contact Address : state address of the V.O for the hike wkd _____		<p><u>OFFICIAL USE ONLY</u></p> <p>TEAM TYPE CODE = _____</p> <p>After completion by Staff at the Start, this sheet will be used to update the Entry List for the Hike</p>	
Is each member of your team practised in first aid ? _____			
And in map and compass work ? _____			
And conversant with the country code ? _____			



CLEVELAND HIKE CONSENT FORM

TO BE COMPLETED WHERE THE COMPETITOR IS UNDER 18

This form is to be completed and signed by someone with PARENTAL RESPONSIBILITY for the competitor, not more than three days before the event. The form is then to be handed to the Cleveland Hike Official at the Start Control.

I hereby give permission forwho isyears of age, to take part in the CLEVELAND HIKE from 24th June to 25th June 2017 and also consent to his / her participation in the range of possible activities listed below:

Gully Scrambles, Rope & Water Obstacles, Obstacle courses, Balancing Obstacles

I consent to his / her photograph being taken & used in Emergency situations or for Hike publicity

FIRST CONTACT DURING THE EVENT

Name						
Address						
Telephone	Day		Night		Mob	

MEDICAL CONDITIONS

Please give details if His / Her health requires special care or supervision during the event.

--

Please give details if He / She require any course of treatment or medication during the event.

--

Please give details of any known allergies or sensitivities

--

Date of last Tetanus injection	
His / Her Blood group	

I wish to authorise.....Relationship.....

To sign on my behalf any written consent form required by hospital authorities, if any delay to obtain my own signature is considered inadvisable by the doctor concerned.

Signed Parent / Guardian		Date	
Home Address			

It should be noted that no special insurance policy has been taken out to cover the loss of or damage to property during the period of the event.

<u>Team Name</u>	<u>Colour Code</u>	<u>Team Number</u>



CLEVELAND HIKE CONSENT FORM

TO BE COMPLETED WHERE THE COMPETITOR IS OVER 18

This form is to be completed & signed by the competitor, not more than 3 days before the event. The form is then to be handed to the Cleveland Hike Official at the Start Control.

Competitors name :..... Date of Birth :....., will be taking part in the CLEVELAND HIKE from 24th June to 25th June 2017. I acknowledge the need for obedience & responsible behaviour. I understand the range of possible activities, as listed below, which will be fully supervised & also understand there will be times during the event when I will not be supervised by Hike staff.

Gully Scrambles, Rope & Water Obstacles, Obstacle courses, Balancing Obstacles

I also consent to my photograph being taken and used in Emergency situations or for Hike publicity

NEXT OF KIN DURING THE EVENT

Name						
Address						
Telephone	Day		Night		Mob	

MEDICAL CONDITIONS

Please give details if your health requires special care or supervision during the event.

--

Please give details if you require any course of treatment or medication during the event.

--

Please give details of any known allergies or sensitivities

--

Date of last Tetanus injection	
Your Blood group	

I authorise a Cleveland Hike committee member to take emergency decisions on my behalf, including the giving of permission for emergency medical treatment, including anaesthetic, as considered necessary by medical authorities in attendance, having taken the above Medical Information into account

Signed		Date	
Home Address			

It should be noted that no special insurance policy has been taken out to cover the loss of or damage to property during the period of the event.

<u>Team Name</u>	<u>Colour Code</u>	<u>Team Number</u>

FULL RULES

❓ **PLEASE READ THESE RULES VERY CAREFULLY NOW
and avoid disappointment later.**

**FAILURE TO FOLLOW AND COMPLY WITH THESE RULES, ESPECIALLY THE TEAM'S ABILITY
TO DEMONSTRATE MAP AND COMPASS SKILLS COULD LEAD TO MAJOR COMPLICATIONS
FOR YOUR TEAM AND THE EVENT OVER THE HIKE WEEKEND!**

THE BOYS' BRIGADE CLEVELAND HIKE - 2017 HIKE RULES & REGULATIONS

1. Each STANDARD or VETERAN team will consist of 3 or 4 people.
A team must have at least 3 members to start the competition but may reduce to two members during the course of the competition (see rule 5)
Prizes will be awarded for the following categories of competitive teams:-
 - a) Standard Team
 - b) Veteran Team (teams including anyone aged 20 years and older)
 - c) Expedition Teams; A team of 2 or more young people assisted by an experienced adult leader, or team of 5 people or more.

2. The age of a team member is the age applying on the first day of the hike i.e. the Saturday.
The MINIMUM age of any team member (other than an Expedition team member) is 12 years. The MAXIMUM age is 19 years old for a Standard Team member.
ALL TEAM MEMBERS UNDER THE AGE OF 18 MUST HAND IN AT THE START OF THE HIKE A COMPLETED 'FORM OF CONSENT' as supplied with this paperwork.
PROOF OF AGE MAY BE REQUESTED.

Age handicaps for Standard Team members will be applied as follows: -
 - a) Any team member who is 18 years of age will have a 5 point penalty deducted from their team's score.
 - b) Any team member who is 19 years of age will have a 10 point penalty deducted from their team's score.

3. Teams must be equipped to a standard acceptable to the Cleveland Mountain Rescue Team (CMRT) and / or the Hike Committee, see the Equipment Detail Sheet (2 day or 1 day event)
A thorough inspection of team members and their equipment will be carried out by CMRT or a Hike Committee member at the start of the hike.
A kit check may be carried out at any time during the hike, including the finish, and penalty points will be incurred for missing equipment as follows: -
 - a) Minor / non-safety items = minus 25 points per item.
 - b) ANY TEAM FOUND TO BE MISSING MAJOR OR SAFETY EQUIPMENT WILL BE AUTOMATICALLY MADE INTO A NON-COMPETITIVE TEAM.
 Teams failing to meet the required standard or who fail to demonstrate that they are capable of taking part will not be allowed to start the hike.
One Visiting Officer or team Supporter MUST attend the kit check at the start of the hike in order to receive any additional briefing by hike officials or CMRT.

4. Members of a team **MUST** stay together and rely on their own resources at all times. Except in cases of an emergency, members of a team must stay together during the competition. That is from the moment the team enters the Hike at the start to the time when the team successfully completes the competition at the Hike Finish, or when the team (or team member) is handed back to their Visiting Officer or Supporter after retiring or having been eliminated.

In the case of an emergency, the team must rely on its training and preparation to decide how the situation should be handled.

5. Drop-out procedures are as follows: -
During the competition, one team member may drop out e.g. due to injury or fatigue, etc. leaving the remaining members to carry on with the event. Under these circumstances, the remaining team members will not be eligible for prize winning but will each be awarded a certificate upon successful completion of the hike.

If multiple members of a team wish to drop, then the final member **MUST** also drop out. Under no circumstances will the final member be allowed to carry on alone, join forces with other teams or team members, or otherwise continue in the competition.

A team member who wishes to drop out of the event must make every effort to reach a checkpoint with the other members of the team and inform the Checkpoint Commander that they wish to drop out of the competition. The Checkpoint Commander will make appropriate arrangements to hand the dropout back to the V.O. or Supporter. A team or team member cannot be taken away from the Hike until the relevant Drop-Out paperwork has been completed.

A team member who drops out en-route could cause the elimination of the remaining team members depending on the relevant circumstances and the subsequent actions taken by the remaining members.

Please note that VIA POINTS do not have radio contact with Hike Control and are therefore not classed as a checkpoint. You are not able to drop out at a via point.

If a team member(s) drops out then the remaining team members must ensure that they carry the following items **IN ADDITION TO** the individual items specified on the Equipment Detail Sheet for each team member: -

- ☒ **TENT, FIRST AID KIT, STOVE & COOKING EQUIPMENT & FOOD.**

This applies on both the Saturday and Sunday of the Hike.

Any team or team member that has withdrawn from the hike and has been returned back to their Visiting Officer or Supporters must not be left unsupervised for any part of the remaining duration of the hike.

6. The team with the highest number of points wins the Hike. Points are gained in the following ways: -
- a) Completing timed walking sections, i.e. checkpoint to checkpoint within the allocated time frame. Maximum allowed time for each section is walking time plus 60 minutes.
 - b) Completing speed sections faster than allowed walking time. One bonus point is awarded for every minute earlier than the allocated walking time.

- c) By participating in the incidents at each Checkpoint, as instructed and to the required standard.
- d) Camping standards and meal preparations. On arrival at the overnight campsite teams must first erect their tent and then prepare their evening meal. Teams arriving at overnight camp after 6:00pm must be ready for meal assessment within one hour. Teams arriving prior to 6:00pm must be ready for meal assessment by no later than 7:00pm. After this time no marks will be awarded for meal preparation. It is the team's own responsibility to get an official to assess their tent erection and meal preparation. Food marks for the evening meal and planned breakfast will be awarded for nutrition, variety energy and quantity.
- e) Under special circumstances, points may be awarded at the discretion of the Hike Committee.
- f) The team writing a log of their Saturday activities and handing it in at the Sunday morning start.

Penalty points are incurred in the following ways :-

- a) Age penalty as per Rule 2.
- b) Failure to obey instructions specified on the Clock Cards or Pass Card.
- c) Failure to follow the rules, or any additional instructions regarding teamwork, route and incidents.
- d) Failure to book in or out of a checkpoint. Teams who fail to leave the checkpoint when asked to do so will incur 20 penalty points.
- e) Failure to proceed through a Via Point. The fixed penalty for this offence is 25 points per Via Point and zero walking points for the relevant walking section. Teams found to be missing via points deliberately may be removed from the hike.
- f) Incomplete kit check in line with Rule 3.
- g) Boots or footwear penalties item
- h) Insubordination to Hike staff, bad language, etc., or any other action which the Committee may judge to contravene the rules or spoil the Hike.

The following offences will result in penalty points and may result in disqualification from the hike: -

- i) Vandalism. Serious offences of this nature will also result in the team's unit or organisation being banned from entering the competition for 5 years, as well as having to pay any compensation claims.
- j) Accepting assistance from any person other than another team member.
- k) Team supporters walking / cycling with competing teams around the route.
- l) Poor hiking performance which would subsequently result in serious delays for the Hike organisation.
- m) Not striking camp on the Sunday morning when asked to do so, between 6:00am and 6:30am.
- n) The use of CB radios, mobile phones and other communications equipment **other than in an emergency.**

7. Teams which do not reach checkpoints by a specified time, designated by the Committee may not be allowed to continue walking or to do the incidents on that day. If this occurs on the Saturday of the hike, they will be transported to overnight camp. No walking points or incident points will be awarded between the point of withdrawal and overnight camp. Teams will be allowed to continue walking and gain points on Sunday.

Teams that are withdrawn on Saturday and continue walking on the Sunday, will only qualify for team positions after those teams which complete the whole of the hike. Teams withdrawn on the Sunday will only qualify for team positions after those teams which complete the whole of the hike. They are not eligible for prize winning positions.

The designated cut off times may be changed at any time to facilitate the safe operation of the hike; any changes will be notified to the teams.

Provisional CUT OFF time for LEAVING checkpoint 4 is 16:30.

Provisional CUT OFF time for LEAVING checkpoint 5 is 17:30.

A Cut-Off time on the Sunday may be introduced during the weekend.

8. Use of Citizen's Band Communications equipment, Global Positioning Systems (GPS), Mobile Phones or other electronic navigational aids ; by any competitor or person(s) responsible for a team is strictly forbidden in the hike unless it's an emergency.

Any competitor using such equipment on the Hike to aid their team's performance, WILL BE DISQUALIFIED, or in the case of a person responsible for a team using such equipment, that person's team being disqualified. Any mobile phone being carried by a competitor must have the number noted on the Team Detail sheet.

9. During Saturday evening teams will be given their allocated Start Time for Sunday morning. It is the teams' own responsibility to be fed and watered, fully packed up and present themselves at the Start tent ready for their Start time; this allocated time is when their team will be booked out.
10. Insurance cover is the responsibility of TEAM / OFFICERS / LEADERS. Team Officers / Leaders must ensure that THEY, their TEAM (S) and SUPPORTERS have adequate insurance cover for the duration of the Hike, as no responsibility can or will be accepted by the Hike Committee for any injury or loss of time at work etc.
11. THE HIKE COMMITTEE'S DECISION IS FINAL.

HELPFUL HINTS TO VISITING OFFICERS AND SUPPORTERS

- A We do welcome you and hope you have a most enjoyable weekend.
- B If you would like to help then please see any committee member at the Start on Saturday, or at the Friday camp site.
- C At 9:00am on the Saturday morning you will be able to obtain a brief route sheet which will enable you to visit various checkpoints. Please do not go to those checkpoints marked as restricted access etc.
- D As you travel around the route, park well away from the actual checkpoint and avoid causing any traffic or pedestrian problems.
- E Information given to Visiting Officers / Supporters is strictly CONFIDENTIAL so do not pass it on to any teams. ANY HELP given in any way to teams can lead to their DISQUALIFICATION
- F Give checkpoint officials room to do their jobs. If you would like to help at the checkpoint, see the official in charge.
- G Please display your Company's / Unit's name in your vehicle to aid in locating you in an emergency.
- H At the competitor's camp site on Saturday night, there will be a marked out meeting area for you to visit. Information regarding your team's progress will be posted on your area of the camp site. If your presence is required, you will be called for.
- I DO NOT block any roads in Danby. Park sensibly and avoid the entrance to Danby Village Hall.
- J Although there are garages in the area, service is not guaranteed. Make sure you have sufficient fuel for the weekend.
- K In addition to checking your team's insurance cover, please check your own and that of your helpers / supporters for the weekend.
- L After the presentations assistance, would be appreciated in ensuring that all the litter is cleared up so that our reputation for leaving the area cleaner than we found it can be maintained.

THANK YOU
HAVE AN ENJOYABLE WEEKEND