



Rotary Club of Perranzabuloe
Cornish Moor to Sea Challenge

In aid of



Saturday October 1st

Jamaica Inn to Boscastle – Smuggler's Way

Section 1

Introduction

These guidelines have been written to provide you with all the information we think you will need to make this Challenge enjoyable.

The Cornish Moor to Sea Challenge which is being organised by the Rotary Club of Perranzabuloe in aid of Cornwall Blind Association will take you through some of the exciting and picturesque landscapes in Cornwall.

Jamaica Inn – Boscastle: The Smugglers' Way (Walk)

Start time: 11.00

Section 2

What you need to know

Your Team

Your team will consist of at least three members, plus at least one driver who will act as your support crew during the actual event. Their role will be outlined in more detail later.

Medical & Team Detail Forms

When you have established your team you need to fill in and return the respective forms to Wayne Harris at wayner1@talktalk.net. Please fill in the form as fully and accurately as possible. All information will be treated with the strictest confidence and only divulged to medical personnel in the event of an emergency. We must have the medical and team detail forms a minimum of four weeks before the event. We request that you send a Team Affirmation of your definite wish to enter the Challenge as soon as possible. Please also remember to tell us of any changes in your team or if individuals' medical details change. These forms can be found at Appendices 5 and 6.

If any of the team takes regular prescription medication, please ensure that they have adequate supplies for the Challenge. It has proved not uncommon for someone to have forgotten their medication.

Support Team

Your 'support crew' will be invaluable to you at all times and you should involve them from the outset. Their role is varied and includes logistics, transport and food. Because of the nature of the event, team members are **prohibited from driving between stages**. This is the primary role of the support crew. In addition they should take responsibility for the whole exercise of logistics and planning. This includes organising suitable transport. Ideally this will either be a minibus or people carriers. The latter option is probably the more comfortable of the two but may be more expensive and does split the team up during travelling.

Food

Cooking food should be avoided wherever possible as it generates a lot of washing up takes up time. Meals that can be reheated and stored in flasks are best. Thick soups, pasta or rice based dishes, stews with boiled vegetables and lots of bread are filling, full of carbohydrate and easily re-warmed. Follow this with fresh fruit and a yoghurt and you will be well fed and quickly on your way with the minimum of fuss!

Insurance

The Rotary Club of Perranzabuloe has public liability insurance and this protects participants in the event of negligence on the part of the organisers. However, **this is not personal accident cover for individuals.**

Participants should therefore ensure that their personal accident insurance arrangements do not preclude them from taking part in this type of activity and that they are adequately covered in the event of an accident.

Safety

Safety is the primary consideration during any event. For this reason instructions given to you by RCP staff and their representatives must be adhered to at all times.

RCP will not take responsibility for any incident that occurs as a result of teams or individuals not heeding advice and instructions given.

When all teams have started on the first stage there will be a briefing for the support crew. This will reinforce recommended routes, update on any traffic issues and reiterate the need of sensible driving. There is nothing to be gained by racing between the stages. Based on estimated journey times (data supplied by AA/RAC) a minimum time is allowed between each stage. Early arrival will simply mean that a team has to wait until the allotted start time. Similarly if teams are delayed by unexpected incidents, there will be no penalty. The minimum journey time will be applied.

Section 3

Equipment and Safety

The weather in Cornwall can be unpredictable even in summer. A wet, windy day can be as challenging and hazardous as a day in mid-winter. Once cold and wet, fatigue can soon set in lowering the body's temperature, resistance and possible lead to exposure.

Teams will be expected to be able to navigate using a map and compass. You will be asked to mark on the Team Detail Form who are the competent navigators. You must ensure that more than one team member is versed in this skill. Mist and low cloud can descend rapidly on the moor and coast, even the most well worn path can become indistinguishable in certain conditions.

Directing staff will check individual and team equipment and those individuals or teams not suitably equipped will be prevented from starting. A checklist is at Appendix 3

You will need to purchase the correct maps that cover the areas of the event. The required map sheets are

These can be purchased from many outdoor shops, stationers or from the Ordnance Survey website at www.ordnancesurvey.co.uk

Appendix 1

Contact Details

Challenge Manager:

wayner1@talktalk.net

Wayne Harris
Nanhayes
Neeham Road
St Newlyn East
Newquay
Cornwall
TR8 5LE

07973 754567

Cornwall Blind Association

dhenshaw@cornwallblind.org.uk

Debbie-Marie Henshaw
Community & Events Fundraiser
Sight Centre
Newham Road
Truro
TR1 2DP

01872 266709/07855 556908

Appendix 2

Registered Charity No. 1108761

Reference..... Registration Number.....

Cornwall Blind Association

improving the lives of visually impaired people

Rotary Club of Perranzabuloe Cornish Moor to Sea Challenge
2011

Cornwall
Blind
Association



(Please complete in block capitals)

Name of participant : Team name :

Address :

Postcode : Tel No : e-mail address :

***Sponsorship & Gift Aid Declaration Form:** We, who have given our names and addresses below, and who have ticked the box entitled "Gift Aid", want the above charity to reclaim tax on the donation detailed below, given on the date shown. We understand that each of us must pay income tax or capital gains tax equal to the tax reclaimed by the charity on the donation.

Full Name <i>Please complete in block capitals</i>	Home Address in Full <i>We need this in order to claim Gift Aid.</i>	Postcode (for Gift Aid)	Gift Aid I am aged over 16 and a UK tax payer *	Sponsorship		
				Date d/m/y	Amount £5.00	Paid
A.SPONSOR	8 HIGH STREET, ANYWHERE	AN2 8JB	<input type="checkbox"/>			
1.						
2.						
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£5 helps pay for equipment demonstrations to assist people with everyday tasks, such as cooking. £30 enables one of befriending volunteers to visit a person at home over six months, helping to reduce isolation and providing companionship. £45 provides one person with a personal assessment for technical equipment. With the help of IT, many people with sight loss can read and deal with paper tasks like their post. £65 pays for a computer course for one year for an individual with sight loss, to develop skills to help retain their independence. £160 provides ongoing telephone support for isolated clients for a year.

Full Name <i>Please complete in block capitals</i>	Home Address in Full <i>We need this in order to claim Gift Aid.</i>	Postcode <i>(for Gift Aid)</i>	Gift Aid <i>Please reclaim the tax on my gift</i>	Sponsorship		
				Date	Amount	Paid
12.						
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21.						
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Thank You for your Support

Total Collected	£
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Please make your cheque payable to The Rotary Club of Perranzabuloe and send to
**The Challenge Manager, Wayne Harris, Nanhayes, Neeham Rd,
 St Newlyn East, Newquay, Cornwall, TR8 5DR**

 To be completed by Rotary Club of Perranzabuloe

Date Money Received	Gift Aid Donations	£	x22/78=	£	Tax Reclaimable
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Appendix 3

Equipment Check List

The following list is compulsory for all teams and participants and will be checked prior to each team starting

Fcv Individual Equipment		Check	Team Equipment			Check
Clothing						
Suitable trousers (not Jeans)			Map	x 2		
Waterproof jacket			Compass eg Silva	x 2		
Waterproof trousers			First Aid Kit including blister treatment			
Hat/Sunhat			Whistle	x 2		
Gloves			Sunscreen			
			Insect repellent			
Footwear						
Walking socks			Walking Poles	x 2		
Boots (must have ankle support)			Mobile Phones	x 2		
Carrying						
Rucksack						
Other						
Waterbottle						
Cycling						
Bike*						
Bike tools if using own bike						
Suitable, comfortable clothing and footwear						

* Bikes can be provided on request. Please notate on your Team Detail Form
Frame size cannot be guaranteed

Appendix 4

Team Details

Rotary Club of Perranzabuloe Cornish Moor to Sea Challenge 2011 in aid of Cornwall Blind Association

Team Name

	Name	Address	Telephone No	Date of Birth	Mobile No	Next of K
Team Leader						
Member						
Member						
Member						
Member						
Member						
Member						
Member						
Member						

Please put asterisk(*) by the member(s) who have knowledge of First Aid

Appendix 5

Medical Form

Name:	Date of Birth:	Team:
Address:	Weight:	Next of Kin: Name: Address:
Telephone No:	Height:	Telephone No:
Are you currently taking any medication? If yes, please give details of name, dosage and frequency		
Contact details for your Doctor		

Declaration

I authorise RCP to contact my GP for further information should they feel it necessary

I will bring sufficient supplies of any medication that I am using

I understand that the RCP Moor to Sea Challenge may be physically tiring. I am sufficiently fit to undertake the event

If my medical condition changes before the event I will inform the RCP

I am/will be over 18 years of age on the date of the event

I agree to abide by the rules as set out by the RCP

I understand that I enter the event at my own risk and that no person(s) or organisation(s) will be held responsible for any accident, injury or loss to myself

I have read the notes below and have answered all questions to the best of my ability

Signed: _____

Date: _____

Notes on completing this form

It is essential that you answer all questions as fully as possible, signing and dating the declaration at the end. The information will be kept confidential to event staff and any medical officer(s) attending the event. When answering questions please bear in mind that we are particularly interested in any history of the following conditions: asthma, bronchitis, heart conditions, high blood pressure, kidney or bladder disease, fits, HIV, faints, blackouts, severe headaches and migraines, diabetes, joint, back or muscle problems, any allergies including food sensitivities, mental health problems, including phobias, visual or hearing problems, heart related illnesses.

If you fail to disclose any relevant information, your safety may be jeopardised. In addition, any insurance you have may be invalid