



**WE'LL  
MAKE  
A CHANGE!**

2019 CPL TREK



# TREKKERS HANDBOOK

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## CPL - Choice, Passion, Life

CPL has been redefining the way people with disabilities are supported and empowered since 1948. CPL was established by a group of parents who wanted more for their children with disabilities. From these humble beginnings we have grown to become one of the largest disability service providers in Queensland.

Our journey has taught us that every moment, interaction and relationship is an opportunity to question, evolve and challenge ourselves and others to go beyond good enough.

We believe strongly in the value of corporate partners to advance our mission of an inclusive society for all.

Our partners support us to fund vital equipment and life changing therapies, deliver exciting new programs and technological innovations and invest in community education and advocacy.

Previously known as the Cerebral Palsy League, we changed our name to CPL which stands for Choice, Passion, Life—a sentiment that reflects everything we do.

At CPL we work with people of all ages to grow beyond expectations, seize new opportunities and do amazing things with their lives. We're here to help you chase your best life.

# CPL WE'LL MAKE A CHANGE TREK - WHAT'S IT ALL ABOUT?

## WE'LL MAKE A CHANGE

Since 2012 Brisbane corporates have been challenged to raise \$5000 each for CPL's programs through the We'll Make a Change (WMAC) campaign. Funds raised have assisted CPL's Let's Talk program, Camp Have and Chat and an economic independence program – Rai Collective.

## THE CHALLENGE

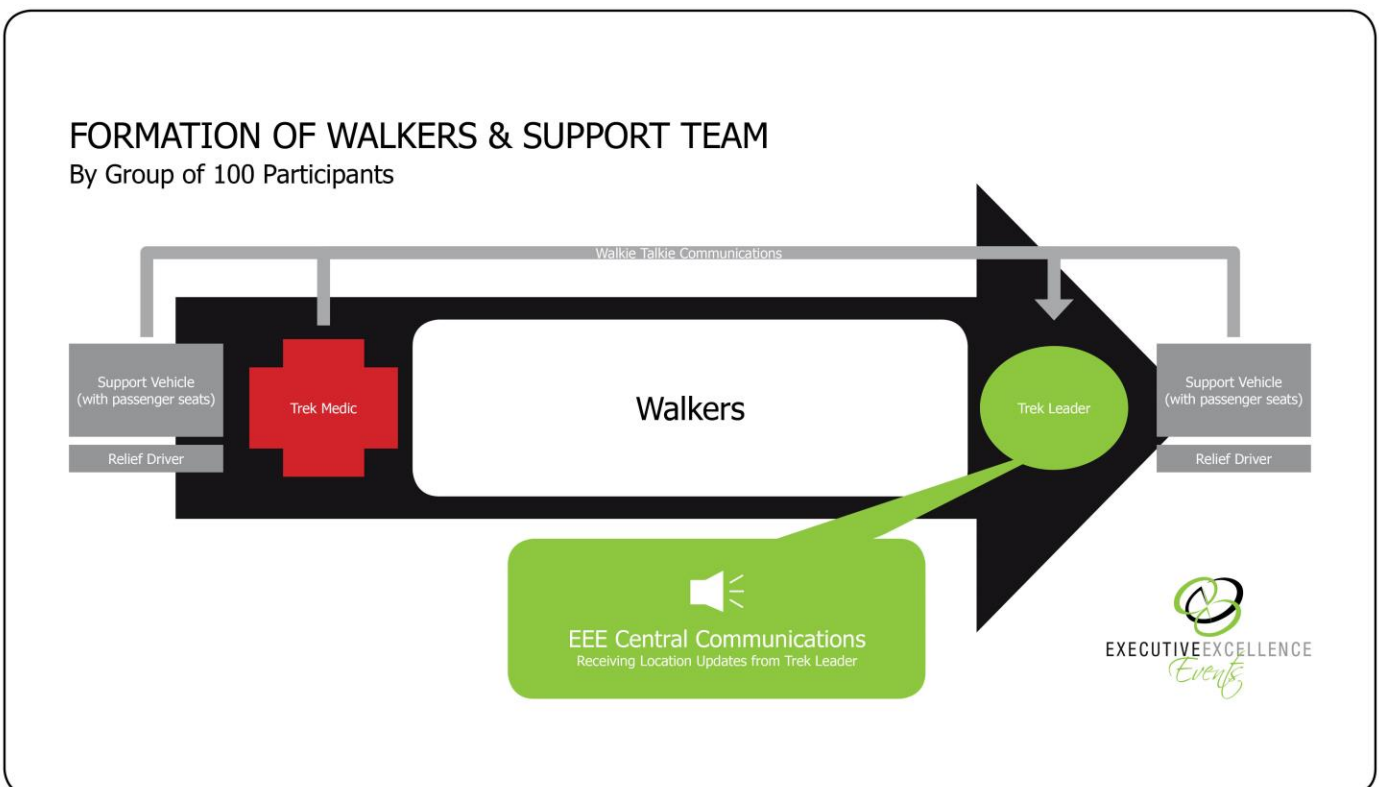
CPL are proud to bring you a unique opportunity to challenge yourself just like many of our CPL clients do on a daily basis. The CPL WE'LL MAKE A CHANGE TREK, Sunday 26 May 2019 will offer you and your teammates the opportunity to test your fitness and enjoy the spirit of camaraderie while completing a 22.5km trek from Mt Nebo to Enoggera Reservoir, The Gap through the spectacular D'Aguilar National Park.

## BENEFICIARIES

By participating in this event, you will be helping to raise funds to support Queenslanders living with a disability

## THE TREK

The CPL WE'LL MAKE A CHANGE TREK is a journey of friendship, **not a race**, you will be trekking with other people in a safe and controlled environment averaging 4-5 km per hour. The group will stop every 5 kilometers or so for 10 minutes' rest and water top-ups. All participants are to be behind the trek leader and in front of the rear trek leader during each section. It is encouraged as a sign of friendship for participants who are feeling strong to go to the back of the group and encourage those people who might be struggling during the trek. Remember this event is **not about individuals or their fitness ability**, it is about looking after your friends and making sure that everyone succeeds in a manner that reflects true Australian friendship.



# THE TREK

**CPL and Queensland Parks and Wildlife Service staff welcome you to the D’Aguilar National Park and wish you all the best with your training preparation.**

Rugged escarpments covered in eucalypt woodlands and scribbly gum forests are a striking contrast to the lush, rainforest-filled gullies. Forest locals such as bell miner birds and yellow-tailed black-cockatoos watch on as you hike along the trek. D’Aguilar National Park is not only challenging, but allows you to reconnect with nature.

## REGISTRATION

**0600 BCC Enoggera Reservoir Bus Station,  
Waterworks Road, The Gap  
Sunrise is 0624**

The trek begins at Enoggera Reservoir with registration opening at 0600. Please make sure you keep an eye out for the parking signs. Our traffic controllers will direct you to where to park your cars. There are limited spots so carpooling is recommended. You can leave your car in our secure carpark while you are trekking.

**At 0630 the last bus will depart for Mt.Nebo.**

After arriving at Mt Nebo Primary school you will be given a team rope to carry the whole distance – this rope cannot touch the ground. Along the way you will also be given pieces of a puzzle to carry which as a collective group you must solve at the finish line.

A small trek brief will be provided at the school to recognise the purpose of the trek (and CPL). You will begin your trek between 0735-0740.

Start stretching your legs over the trail and work as a team over this aspect of the event – remember to pace yourself. Please remember that we have support

vehicles and medics around you, so if you need a rest or assistance you can hop into the support cars and then re-join the trek at a later stage.

You will then take your first steps in the D’Aguilar National Park and follow the well-defined route with your friends, up and over some of the aspects of this trek finishing back at Enoggera Reservoir at approximately 1400-1430.

## THE ROUTE

The route will take you through D’Aguilar National Park, stunning rainforest and rolling hills.

This trek is approximately 22.5 kilometers, with a beautiful rainforest walk at the start – allow up to 6.5 hours to complete the trek.

The first 3km of this section are through a magnificent rainforest. It may be cold, even wet but keep moving!

The next 13.5 km of this leg is flat or slightly descending. At the end you will experience 6kms of moderate to steep descending and ascending hills.

Enjoy arriving at the finish line at the Dam wall of Enoggera Reservoir where you can meet up with family and friends and enjoy a light BBQ and a cold drink.

## DO I HAVE TO FUNDRAISE?

We request that each corporate team raise \$5,000. Don't worry! You are not left on your own to fundraise - we will be with you every step of the way with ideas, tips and tools to assist you to fundraise during the campaign.

# THE TREK STARTING POINT

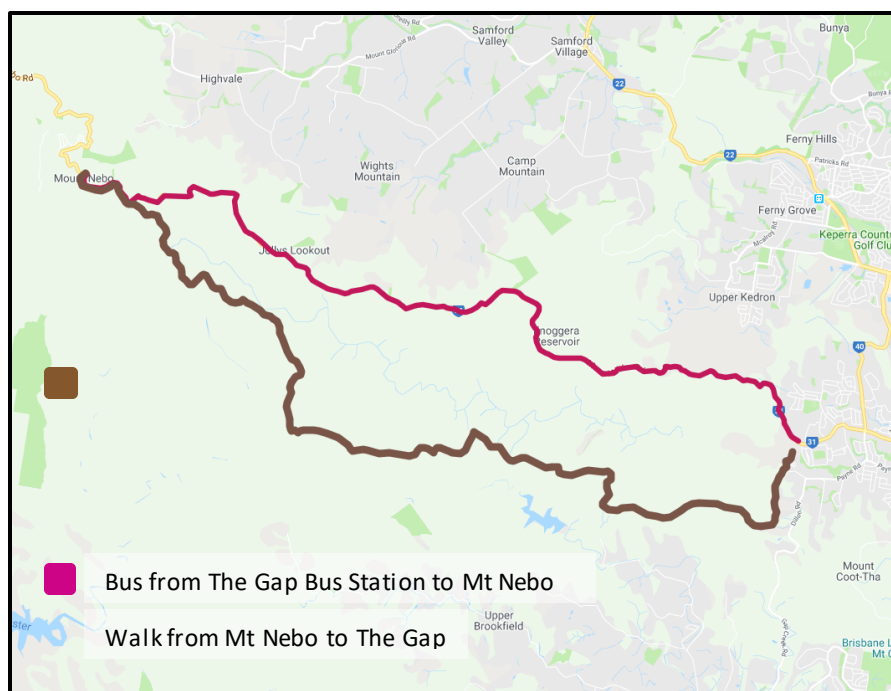
## Enoggera Reservoir, 1358 Waterworks Road, The Gap

**From Brisbane** - 12 km from Brisbane's CBD, and is easily accessible by public transport from the city. Continue up Waterworks Rd from Brisbane and a small road on your left will lead you up to the Enoggera Reservoir car parking area. **Please keep a close eye out for traffic controllers as the turn off is easy to miss.**

Last bus departs at **0630** from Enoggera Reservoir. Welcome address at Mt. Nebo State Primary School 0730.

## MOUNT NEBO STATE PRIMARY SCHOOL

**Location:** Mt Nebo State School,  
View Street,  
Mt Nebo Rd 4520.



# KEY TIMINGS

## 22.5 KILOMETRES

### 0600

Car Park Opens (1358 Waterworks Rd, Enoggera Reservoir, The Gap)  
Registration

### 0630

Buses Depart Enoggera Reservoir, The Gap  
**Do not be late as we cannot wait**

### 0730

Welcome Address  
Mt. Nebo State Primary School

### 0740

Hike Begins

**Trek numbered bibs must be worn at all times \*\*\*\***  
**These will be given out at registration**

# THE RULES OF ENGAGEMENT

**To participate in the CPL WE'LL MAKE A CHANGE TREK, there are rules that must be followed:**

1. All team members must be aged 18 or above unless approved by the organiser in advance in writing and will only be approved where a parent or guardian has signed the appropriate form(s). The minimum age for students participating in the event is 16 years of age and must be accompanied by an adult for the entirety of the course or where multiple adults are involved for each leg. Where necessary adults accompanying minors must be Blue Card certified.
2. At the start of the event, any team(s) must have a minimum of 4 members with a maximum of 5 members.
3. If you are a participant with a disability wanting to enter the Trek, you will need to notify the CPL Trek coordinator to discuss your level of disability so that we can assess the best options for you and your equipment prior to the event. You will meet with the Trek Medical team 30 days prior to the event.
4. Teams must register and check in during their allocated check in period. Check in times will be on Sunday morning at the following time slot: **0600-0630. The bus departs at 0630, we cannot wait for anyone.**
5. There are two major rest/ drink stations on the course excluding the start and finish lines. All trek participants must remain together between checkpoints. All participants must check in and check out as a group at each checkpoint. Checkpoint staff will not check in or check out a team until all members are accounted for.
6. Do not drop litter on the ground. Please respect the environment and carry out all your rubbish or discard at any bins provided. (This includes cigarette butts. Do not leave butts in tall grass or other flammable materials.) Anyone observed littering will be removed immediately from the event.
7. Under no circumstances are any participants to be left unattended. If a participant is seriously injured and cannot be moved, one person must remain with them while another participant alerts the accompanying medical personnel, Event Medics should be no further than 100 metres away.
8. If you want to withdraw during the event, you must first report to the Trek Group Leader or Trek Group Medic who will sign you out at the next checkpoint and assign you to a transport vehicle until that checkpoint is reached, at which time you will have your entry bib code recorded as having left the event. You will not be permitted to leave the Checkpoint until your support crew has also signed you out.
9. If you do not notify event organisers of your intention to leave a checkpoint prior to doing so, this will result in an emergency services response. This can waste valuable resources, which may be required elsewhere and for which you may be held financially accountable for.
10. Identification (eg. Bibs) must be worn always during the event.
11. A team must notify the CPL WE'LL MAKE A CHANGE TREK Challenge organisers of any change of team members via email. No substitutions will be allowed once the event starts. Any team found to be substituting without prior notification or during the event will be withdrawn.
12. If in the opinion of medical personnel, a team member is unable to continue for medical reasons, then the organisers reserve the right to remove that member from the event.
13. Each team captain must attend one information night prior to the event. All team members are welcome to attend as well.
14. All participants must read the Trekkers Handbook and be fully prepared on the morning of the event to commence the trek with all equipment and provisions.

# CPL WE'LL MAKE A CHANGE EVENT GUIDELINES

The following guidelines should be adhered to for teams to safely complete the CPL WE'LL MAKE A CHANGE TREK Challenge:

1. Use your personal discretion in the event of injury or emergency as to which of the following recommended procedures to use:
  - Contact the nearest Medic or Trek Leader and inform them of the situation.
  - If necessary and only in the event of a complete communications failure Ring 000 and when asked your name also state "we are participating in a trek challenge with Elite Executive Events (EEE)."
  - Alternatively, Ring 112 and treat the same as a 000 call.

Follow instructions from Emergency Services and/or race officials. Administer first aid treatment if required and continue until assistance arrives.
2. Teams are responsible for the behaviour of both their team and others. Any participant found to be contravening any checkpoint property owner's regulations may lead to the team's withdrawal.
3. At least one team member of each registered team must attend the CPL WE'LL MAKE A CHANGE TREK Challenge Formal Briefing session. Details to be advised closer to the event.

4. Teams must carry mobile phones, preferably on two different networks. It is highly recommended that one of these networks is connected to the Telstra Network. All phone numbers in use should be given to event organisers as registration details.
5. Prescription medication and pain killers will be your own responsibility. These cannot be issued by First Aid.
6. Sections of the trek can get very cold, especially in the morning and it is expected that participants carry and wear appropriate clothing for such conditions. It is recommended to keep a rain poncho on hand depending on forecast weather.
7. Bush Fire. An emergency evacuation plan will be enacted by your trek leader and the support network. Follow event officials' instructions and remain at a checkpoint if advised to do so by officials. In the unlikely event that you are trapped, EEE will call emergency services on 000 or 112 from a mobile; attempt to find a safe position in water, away from trees (in clear ground), in low ground or dig a trench, cover your mouth and nose with a wet piece of clothing.



# THE TRAINING: IMPORTANT STUFF

## FREE TRAINING!!!!

**We cannot stress enough how important pre-training is for this trek. Flat walking is not enough. You must be training on hills and have completed a 10km-15km walk prior to the event.**

For registered participants WE OFFER FREE TRAINING every Saturday between 0600-0900, starting on Saturday 13th April 2019 at HOOP PINE PARK, MT COOT-THA. There will be no training the day before the trek.

Please bring a CamelBak with at least 2 litres of water. It is also recommended to wear hiking boots, have something to eat before training and bring some snacks with you.

## PRELIMINARIES

If you are over 50 it is recommended that you consult with your local doctor for a medical checkup prior to commencing any type of physical training.

Specifically, please explain that you are about to commence a Pre-Trek Physical Training Program in preparation to walk the CPL WE'LL MAKE A CHANGE TREK Challenge (22.5kms). Explain what is involved in walking the track from the information that has been provided to you.

## TRAINING PRINCIPALS (FITT)

There are two basic types of training principals often referred to: overload and progression.

Overload training relates to the increased stress or load placed upon the body that is more than it is usually accustomed to. Overload training manipulates the training variables of frequency, intensity, time and type (FITT). Progression training relates to what, when and how the load is increased through adjusting the components of frequency, intensity or time.

The FITT Principle describes how to safely apply the principles of overload and progression:

**Frequency:** how often we are going to train throughout the week. A safe frequency is three to five times a week dependent on the phase (what week) of training.

**Intensity:** how hard we are going to exercise during a session. Intensity can be measured in different ways. For example, monitoring heart rate is one way to gauge intensity during aerobic endurance activities. In our training we will also use Rate of Perceived Exertion (RPE). This is explained in more detail later in the document.

**Time:** how long the session is going to be. As with the other aspects of the FITT principle, time varies depending on the phase of training.

**Type specificity:** refers to the specific physical activity (5 km walk vs marathon) chosen to improve our fitness. For example, an individual wishing to increase arm strength must exercise the triceps and biceps, while an individual wishing to walk an endurance event will need to increase their aerobic endurance and subsequently needs to hike, weight load walk, swim or other aerobically challenging activities.

**Most importantly,** through our understanding of the training principals we acknowledge that incremental and progressive ENDURANCE walking and hill work are the keys to successful endurance walking. When do we do them (timing – phase of training), how do we do them (technique up and down), and why are we doing them (specific training). All these are answered within the training program.

## PHASES OF TRAINING

Throughout the training program there are six notable phases of training:

- Introduction
- Improvement (initial improvement in physical performance)
- Adaptation to training (body adjusting to training requirements from a physical perspective)
- Feel good (mental adjustment to workload, movement in confidence, esteem, outlook etc.)
- Increase in training intensity
- Goal achieved (successful completion of the CPL WE'LL MAKE A CHANGE TREK Challenge)

## STRETCHING

Stretching is a vital part of the CPL WE'LL MAKE A CHANGE TREK Challenge Training Program and should be looked on as being as important as any other part of the program.

Stretching can help to prevent an injury by promoting recovery and decreasing soreness. By ensuring muscles are loose and flexible, you'll reduce your chance of an injury dramatically.

Stretching ensures that your muscles and tendons are in good working order. The more conditioned your muscles and tendons are, the better they can handle the rigors of the program and exercise intensity / volume levels, subsequently the less likely that they'll become injured.

## RECOVERY

Recovery is an integral component of any training program. Usually we find that along with over-training, it is the least adhered to component of a training program – subsequently there is an increase in injury and failure rates.

It is a skill to find the balance between training intensity / volume and programmed recovery periods. It is important to understand that recovery does more than rest the muscles or the body. It assists in improving our overall fitness and moving closer to the overall objective.

Most importantly, listen to your body. If you are feeling tired or are starting to feel rundown, then rest - even if it is not scheduled on the program. It is better to have one or two days off than one or two weeks when you become injured or sick. Work on the principle that if you are feeling below **70%, DO NOT TRAIN.**

## YOUR NUTRITION GUIDE

Regular exercise places great demands on the body. In order to achieve maximum performance, optimal energy and rapid recovery, the ideal training diet must be employed.

The following points must be considered when planning your training diet:

- Food is Fuel
- Physical fitness does NOT presuppose nutritional health
- Nutrition starts to bridge the gap between performance and ability

## TRAINING DIET

Enjoy a wide variety of nutritional foods. You should eat food from the following food groups every day:

- Breads and cereals
- Fruit and Vegetables
- Meat and protein
- Milk and dairy foods

## CARBOHYDRATES

Aim for high levels of carbohydrates.

### Carbohydrates:

#### LOW G.I.

Pasta  
Multigrain bread  
Milk  
Apples, peaches,  
plums  
Dates, figs  
Yoghurt  
Legumes  
Jelly Beans  
Raisin

#### HIGH G.I.

Glucose  
White & Wholemeal bread  
Rice  
Processed plain cereals  
eg. WeetBix  
Watermelon  
Honey  
Lucozade/Sports Drinks

- Carbohydrates are the primary energy source for exercise
- Are easily digestible
- Rapidly replenish muscle and liver glycogen stores
- Improve endurance, recovery and concentration
- Are important for good nutrition and long term health (low in fat, cholesterol free, vitamin rich)

All carbohydrates break down into simple sugars. A little of this sugar is rapidly available as blood sugar; the rest is sent to the liver and converted to glycogen. We store glycogen in our liver and muscles and then use it during training. We must, therefore, eat enough carbohydrates each day to replace those used during training. 60% – 70% of the meal in front of you should consist of carbohydrate foods. If we do not eat enough carbohydrates each day we eventually use up our entire store (similar to petrol in a car). Consequently, we are not able to train as well and we feel constantly tired.

The body's stores of muscle glycogen are generally only adequate for 90 minutes of hard exercise. After this time your levels of glycogen will fall rapidly and your performance will be affected. Therefore, you can either slow down or you need to top up your blood glucose levels as you exercise, with glucose polymer sports drinks and easily digestible carbohydrate snacks. Sports drinks provide instant energy as blood sugar, they can improve endurance when taken during exercise.

### TRADITIONAL CLASSIFICATION OF CARBOHYDRATES

- Simple (sugars and fruits etc)
- Complex (breads and cereals)

### Classification System – Glycaemic Index (G.I.)

The Glycaemic Index is the method of assessing and classifying the blood glucose response of foods containing carbohydrates. High G.I. foods cause blood sugar levels to rise quickly after eating, so are ideal for recovery and during exercise.

Low G.I. foods are better for endurance and sustained energy. Low G.I. foods should be taken before long periods of exertion, and High G.I. foods during long work-outs and for recovery.

#### **50 gram servings of Carbohydrate:**

Bread	4 slices
Pasta (cooked)	1 1/4 cups
Weetbix	4 biscuits
Scones	3 average
Banana	2 medium
Orange/Apple/Pear	3 average
Fruit Roll-up bars	2 1/2
Muesli Bars	2 1/2
Mars Bars	2 1/2
Power Bars	2 1/2
Orange Juice	600 mls
Gatorade	850 mls

#### **PROTEIN**

Protein should be eaten several times a day. Protein is required for tissue growth, repair and maintenance. However, if not used for energy any extra protein in your diet will be converted to fat. Good sources of lower fat protein include:

- Lean red meat
- Poultry
- Fish and all seafood
- Low fat dairy foods
- Beans
- Rice, bread and cereals (to a lesser extent)

#### **FAT**

Limit Fat. Excess fats, including oils, butter, margarine, mayonnaise, fatty meat, chicken skin, take away, deep fried potatoes, etc. are not a primary energy source, and are therefore stored as excess body fat!

You should also avoid salt (which leads to dehydration), too much fibre, and drink alcohol in moderation. In training peaks, alcohol leads to dehydration, storage of excess fat impedes recovery and exacerbates injury – definitely do not drink to excess after a big training day.

#### **SPORTS DRINKS**

These are designed to replace lost fluids and carbohydrates. They can increase your time to exhaustion while exercising, however they are expensive. The best way to use them is as a fluid replacement after exercise. If you intend to use glucose polymer sports drinks such as Exceed, Endura, Gatorade, Isosports etc. do not take them as the manufacturer recommends – dilute with water instead. Sports drinks which are too concentrated, can cause gastrointestinal upsets and retard gastric emptying rate and carbohydrate absorption.

#### **BEFORE TRAINING**

The night before big training sessions is the crucial time for refilling your energy stores. A meal consisting mostly of carbohydrates is recommended, e.g. a large serve of pasta, with smaller serves of meat.

Complement your meals with bread, juices and water, and if desired finish with a fruit-based dessert. Other good foods include rice, vegetables, chicken (no skin), lean red meat, broccoli, cauliflower and mushrooms.

Carbohydrate super snacks to remember are: strawberry Quick in skim milk, crumpets with honey and jam (no butter) and dry fruit (eg. banana chips).

## AFTER TRAINING

Recovery = Replenishment of Glycogen Stores + Re-hydration of Fluids.

The first 30-60 minutes after a training session are the most important for recovery. It is believed that between 50g and 100g of carbohydrates consumed during this time will promote a more rapid uptake of glucose by the muscle. This leads to a more rapid recovery, as the muscle is able to restore glycogen at a faster rate. Delaying carbohydrate intake for more than 2 hours can delay full recovery for several days.

Choose foods that are high on the Glycaemic Index for recovery. A High G.I. snack straight after exercise will give you the kick-start you need to refuel your muscle energy demands. A commercial sports recovery drink containing added electrolytes might be beneficial if you cannot eat immediately after exercise. Remember: keep your energy levels up and you will train better!

Water also helps your body to replenish energy stores, so make sure you drink plenty.

## EVENT DAY DIET

Keep It Simple! Don't try anything new on the event day as it could cause some unknown stresses that you certainly don't need on a journey like this.

Find what works for you during your preparation and stay with it during the trek. Inform your support crew of any special dietary concerns and prepare early for what you'll be using for nutrition on the day.

Replenish your carbohydrate levels every three hours and stay hydrated.



## YOUR BODY IS A TEMPLE - SO LOOK AFTER IT!

Looking after your own health, and other CPL WE'LL MAKE A CHANGE TREK Challenge participants is essential. If you observe that something is not quite right with yourself or another participant, please advise your trek leader or medic – early intervention is paramount. Experience has shown that in some cases this type of activity may cause or aggravate certain injuries. In almost all cases, however, these injuries have arisen due to inadequate preparation by participants.

## COMMON HEALTH CONCERNS ON TREKS INCLUDE:

### Blisters

Blisters are the bane of any hiker's existence! They are the David to your Goliath. Whilst small and relatively insignificant, they have the ability to immobilize a trekker. Causes of blister can be derived from a number of factors such as wet feet, improper foot wear, improper preparation.

To ensure you and your team can keep taking left foot after right, ensure proper preparation such as the following:

- Changing wet footwear
- Strapping or covering vulnerable and exposed regions of the foot
- Wear in any new footwear
- Regular changes of socks

### Dehydration

Water is the key component of our body; it makes up approximately 83% of our blood, 76% of our muscles, 75% of our brain and even 25% of your bones. Put simply, if we were to avoid drinking for a few days we would not survive. Therefore, fluid intake is essential within this trek.

Water makes up approximately 50–60% of body weight, a variation of this by more than 6% due to dehydration can lead to heat exhaustion, leaving the participant with symptoms such as, nausea, dizziness, loss of muscle control and much more. Dehydration can become a serious condition and that is why it is imperative for participants to maintain regular fluid intake.

### Chafing

Chafing is another insignificant condition that can cause severe frustration. It is caused by friction produced from contact to the skin, and can be exacerbated by moisture.

To reduce the risk of chafing, avoid using loose clothing and keep dry as much as possible. Using well ventilated clothing that removes sweat can also prevent the occurrence of chafing.

### Sore Lower Backs

The occurrence of lower back pain during treks is often the case of not enough preparation. If participating in exercise for prolonged periods of time the weight of the entire upper body is forced back down to your lower limbs and predominately onto your lower back, causing pain. To prevent this from occurring it is recommended that participants engage in core and gluteal exercises. This will help your back support and stabilize your upper body reducing the risk of lower back pain.

### Fatigue

Fatigue can expose you to risks far greater than a grumpy attitude! When you're tired your muscle strength is reduced and so is your ability to handle the stresses you put on your body. When fatigued you can become susceptible to musculoskeletal injuries and less capable to maintain thermoregulation. So keep hydrated, keep nourished and take rest when you need it, remember this is not a race! Most importantly, prepare! If you're body knows what it is in for then you are more likely to power through this event and reduce recovery time.

**For us to take care of you we request full disclosure of any pre-existing medical conditions. Remember we are a team, here for each other! So if we know, then we can help keep you and the team moving forward!**

# HEALTH CHECKLIST

Please complete and return to: [carlee.hay@cpl.org.au](mailto:carlee.hay@cpl.org.au)

## Personal Medication

Doctor’s Examination – this would be beneficial if all participants had a check-up before commencing their training, ensuring there are no serious medical problems with their heart and lungs (cardio vascular and respiratory systems).

1. Do your due diligence in relation to your individual medical plan i.e. use of medications + use of painkillers it is extremely advisable to discuss this with your medical practitioner.
2. Ensure you are physically and mentally prepared on the day.
3. If you are unfortunate to just be recovering from some form of setback i.e. flu, medical operation / illness / injury (regardless of severity) or no training due to life/work commitments please discuss with your medical practitioner or contact us.

For us to take care of you we request full disclosure of any pre-existing medical conditions. Remember we are a team, here for each other! So if we know, then we can help keep you and the team moving forward!  
Please check each box below.

- If over 50 years, I will consult with my Doctor to obtain approval that I have the suitable health and fitness to complete this challenge.
- I understand that this Challenge is a controlled group movement and will stay between front trek leader and rear trek medic.
- I understand that event staff can request my full or part withdrawal from the event due to fatigue or health safety issues without question.

Y/N Are there any pre-existing health or medical issues that the Event Medical Crew needs to be made aware of?  
If Yes, please list below.

I agree to fully read the CPL WE’LL MAKE A CHANGE TREK Challenge Trekker Handbook and be fully prepared to trek on the morning of the event.

Signature:..... Date: .....

## ALL FOR ONE AND ONE FOR ALL...

CPL WE'LL MAKE A CHANGE TREK Challenge is an event that provides a dynamic and at times challenging experience, in which the importance of a strong functional team may be the difference between a journey well-travelled and a journey endured. Fortunately, the training and lead up to the event provides plenty of time and opportunity to build a high performance team.

### There are two critical factors in building a strong team:

- Recognition by all team members that the event is both a physically and a mentally challenging event which is best conquered by harnessing the team's different skills and personalities. Using team strengths in full can compensate for any individual weaknesses.
- Directing all team efforts towards the same clear goals. This relies heavily on good communication and harmony in your team and setting your goals collectively and early.

### Here are some team-building ideas, techniques, and tips you can try as you prepare for CPL WE'LL MAKE A CHANGE TREK Challenge:

- What is your team's motivation for doing the event? Make sure your team goals are clear. Make sure your goals are completely understood and accepted by each member of your team. For example, your goals could be finishing as a team, raising the most amount of money, finishing in a set time, or committing to a training schedule.
- Identify the various skills and tasks required to get your team ready for the event and to the finish line, based on your collective goals. Then allocate tasks, many of which can and should be shared.
- Make sure there is clarity in who is responsible for each task, even though one or more of you might be contributing. Then make sure that you support and respect that person. You can always reallocate a task or responsibility if need be.
- Build trust within your team by spending as much time together as possible leading up to the event. Create an atmosphere of honesty and openness. It is important that you do what you say you will do, and, better still, are able to demonstrate it.
- For issues that rely heavily on team consensus and commitment, try to involve the whole team in the decision making process.
- Allocate a leader everyone respects and agree that for difficult calls it will be the leader who makes the decision if consensus is split.
- You can still maintain effective team communication even when your team is spread over different locations. Just ensure that you keep all members informed and included, which can be easily done via email and phone.
- Celebrate your progress. It is important to recognise the small steps that you achieve on the way to the starting line.
- Keep a flexible team approach on the day. Be prepared to improvise, adapt and overcome. What you hope will happen is not always going to match reality. You might have to jettison some team goals for the sake of others, but nothing beats the experience of starting and finishing together.



# TIME FOR A STOCKTAKE...

Be responsible for your gear. Provided below is a suggested list of equipment that can help you and your team prepare for the trek ahead.

## WHAT TO BRING:

- FOOTWEAR – proven and used hiking shoes or boots
- SPARE LACES
- SOCKS – include spares
- GATORS – lightweight keep gravel/dust out of boots/shoes
- NICKS/SKINS/TIGHTS – prevent chafing, support recovery and performance.
- CLOTHING – consider all weather conditions - ensure you have clothing suitable for windy raining, hot and cold conditions.
- LIGHTWEIGHT GLOVES – Keep the hands warm
- HATS – baseball cap, lightweight beanie, broad-brimmed lightweight hat – personal preference
- BUFF – Multi use – sun protection, dust protection, neck protection, sweat, etc.
- SUNGLASSES
- HIKING POLES – personal preference
- SMALL CAMELBAK TO CARRY GEAR – lightweight, durable, tested and trialed
- HYDRATION – CamelBak or water bottles.
- SNACKS – food packs specially designed, lightweight, individual food packs.
- PERSONAL MEDICAL KIT – lightweight – covers personal medications, band aids, tape, chafing, Insect repellent, sunscreen, hand gel, painkillers, etc. – Please note trek medics and first aid are also available.
- COMMUNICATIONS – mobile phone (fully charged)
- PERSONAL ID

**Carry only what you need on the course, anything extra should be given to the trek crew. Remember water hydration and first aid will be provided on the course and at rest checkpoints.**