

# Crazyman - Rules & Safety

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## Safety

*The Crazyman is a challenging event. There are elements of risk ranging from exhaustion to accident to falling out of a kayak.*

*All roads, tracks and waterways are open to the public at all times. You must obey all normal laws in regard to use of all roads, tracks and waterways. You must Give Way to all other traffic, riders and pedestrians.*

Where possible organisers reduce risk via adequate signage, water rescue and first aid support from Upper Hutt Community Rescue.

The course will be marked with a mixture of arrows and tape to indicate direction and no-go areas. A sideways arrow indicates a change in direction. An upward arrow indicates straight ahead or uphill. Downwards arrows indicates downhill or drop-off. Two or three downward arrows indicate downhills or drop-off's that require extra care.

There are first aid stations on all points of concern and at transitions, provided by Upper Hutt Community Rescue.

If you suffer minor injuries make your way to the next aid station for treatment.

Competitors must assist anyone who has suffered serious injury. Your finish time will be adjusted applicably.

In the event of serious injury, one competitor must stay with the injured rider while another competitor moves to the next emergency aid station.

Do not move anyone with suspected neck or back injuries.

Any entrant withdrawing from the event - either before the start or during the race - must notify a race marshal or aid station staff.

There are no drink or food stations on course. Competitors must carry food and drink on every leg.

All participants should carry mobile phone in case of emergency.

Competitors must obey all road rules and take responsibility for their actions at all times. All roads, tracks and waterways are open to the public.

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## Rules

*NB: The Crazyman is run according to the universal logic of fair play and decency. Any form of protest should be lodged in writing to the organisers within 30min of finishing. In all matters the organiser's decision is final.*

Entry is limited to age 16 and above. Athletes under 16 will be considered on case by case basis. Email the event organiser to state your case.

Kayak race numbers must be worn on the front of the life jacket and be visible at all times.

Mountain bike numbers must be attached to the handlebar cables with the cable ties provided.

Runners must pin their numbers to their chest, on the outside of clothing. Triathlon-style elastic waist bands are allowed.

All transitioning must be done within designated transition areas. Only one support crew member within transition. Keep bikes to the side.

Before starting all participants must read all information in the entry form, event website and pre-race programme.

All participants must be present at and pay attention to the pre-race briefing.

No roads tracks or waterways are closed. Competitors must obey all normal laws on roads, tracks and waterways. On any roadway you must use the gravel verge or footpath, unless crossing.

All participants must obey race officials, including water rescue, first aid staff and police, at all times.

All competitors must carry a long sleeve thermal top and/or jacket in all sections of the event. We advise you carry a mobile phone for emergency.

All mountain bikers must wear a safety standards approved bicycle helmet and carry 2 spare tubes, chain lube and bike tool.

All mountain bikers must ensure their bike is in safe and serviceable condition.

All kayakers must wear a standards-approved buoyancy vest and be capable of a forced wet-exit out of their kayak. K1 kayaks and wave skis not allowed. Proper surf skis are allowed.

When passing, the competitors in front always has the right of way. Be patient and courteous at all times.

In the event of accident, mechanical failure or failure to follow the leader in the right direction, competitors may assist each other.

In the event of serious accident any rider who does not stop to assist will be disqualified.

Competitors are not allowed to wear ipods or any other type of earphone system.

No short cuts.

No moaning about the organisers!

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