

GENERAL RULES AND REGULATIONS

1. An application would be regarded as incomplete and therefor null and void, should all necessary documents not be completed in full and/or deposits not be included/attached with/to the application.
- Health questionnaire:**
 2. The health questionnaire, one each per team member, must be included with the original application.
 3. **The organizers must be informed immediately of any change in the medical history of any of the participants.**
 4. On arrival, all **supporters must pay** the applicable fees at the **main gate** to the venue and **register** at the **admin-office** with **proof of payment**
 5. Non-registered supporters (spectators) may only visit the venue as day-visitors, i.e. they may not overnight on the premises. Day visitor fees apply.
 6. During the duration of the event, all supporters and spectators will be subject to all the rules and regulations of (i) CapeNature and (ii) the organizers.
 7. **No supporters and/or spectators may hike with the team.**
- Base camp:**
 8. Hikers as well as registered supporters must provide their own tent-accommodation which may include mattresses, fold-up tables & chairs, gas lights, braai grids, etc.
 9. The participants, marshals or supporters may not use caravans or camper vehicles.
 10. Hikers (participants) and registered supporters will be accommodated in separate camping areas.
 11. All rules and regulations, which will be provided at registration, are applicable to the base camp and must be strictly adhered to.
 12. **No vehicles will be allowed within the boundaries of the camping area.**
- General:**
 13. All announcements made on the public address system should be regarded as important and official at all times. It is the responsibility of all team members, supporters, marshals and officials to ensure that they do take note of and understand these announcements.

GENERAL INFORMATION

- Challenge Date** Saturday, 7 October 2023
- Goals:** To provide training to prospective Boland 90 competitors or hikers in responsible and enjoyable hiking and to foster conservation and environmental awareness.
The emphasis is on team performance, safety and environmental awareness.
- Nature of the Challenge:** The **BOLAND 90 JUNIOR HIKING CHALLENGE** is an offshoot of the “Boland 90 Interclub Hiking Challenge” where hiking skills and fitness is important. Participants should be mentally prepared to face any situation that might develop during the challenge, but it is a fairly moderate hike of about 10km. Hikers progress will be checked en route and certain tasks will be completed. The duration of this challenge should be no more than 3½ hours.
- Venue:** Nuweberg Conservation Center, Hottentots Holland Nature Reserve
- How to get there:** Take the N2 from Cape Town over Sir Lowry’s Pass. Turn left to Grabouw at the Orchard Farm Stall, pass through town and follow the R321 towards Villiersdorp for approximately 11 km. Turn left at the sign to the Hottentots Holland Nature Reserve.
- Organizers:** Boland 90 Interclub Hiking Challenge - NPO
- Contact information:**
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|-------------------|-----------------|---|
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- Accommodation** Competitors, parents & supporters are responsible for their own sleeping arrangements such as tents, mattresses, etc. Tent sites, water and basic ablution facilities will be provided for at the base camp.
- Food:** Teams, parents & supporters should provide all their own meals and drinks.
- Fees payable:** **Supporters: R???.00 per/person/per/night**
- Payment of fees:** Payable at entrance to the reserve
- Important Dates**
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| Registration for Boland 90 teams: | 4 October 2023 |
| Opening function: | 4 October 2023 |
| Ultra-Hiking challenge: | 5 - 7 October 2023 |
| Boland 90 Junior Registration Closes(15h00) | 6 October 2023 |
| Boland 90 Junior Hiking Challenge (07h30) | 7 October 2023 |
| Official Awards ceremony (18h00) | 7 October 2023 |

CHALLENGE RULES AND REGULATIONS

- Teams:** 1. A team consists of two hikers, each of whom must to complete the entire route to qualify for completion status.
- Route:** 2. The route forms part of stage 5 of the Boland 90 Interclub Hiking Challenge \pm 10 km
3. The organizers reserve the right to change the routes or cancel stages and/or tasks.
4. Hiking is allowed only on the route and in the direction shown on the official challenge map, unless changes are announced.
5. The route will be marked with yellow footprints on a black background.
6. Teams are responsible for staying on the correct route.
7. Any team taking a wrong turn or overshooting a marked turnoff may be penalized.
8. No shortcuts or deviations from the specified route(s) are allowed except when, under **adverse** conditions, it is deemed to be the safer option.
- Hiking:** 9. Running is not a normal hiking mode, and any style, which does not conform, will be subject to penalties.
10. Slower hikers must always give way for faster hikers. Deliberate obstruction will be penalized.
11. Team members may not walk apart. Lone individuals will be penalized if separated from their team members by more than 2 minutes.
12. No seconding is allowed and teams will be penalized should supporters be found walking/hiking with the team.
- Dropouts:** 13. If a team member drops out, the team falls out of the team competition. Remaining team member may, however, still complete the challenge and qualify for a badge/medal.
- Backpacks:** 15. Each participant must carry his/her own backpack, even if it is empty and the contents is shared between the other member of the team. *The team member's emergency and first aid kit must, however, always be carried in his/her own backpack.*
16. The minimum pack weight per team will be calculated at 10kg each team.

- Equipment:** 17. Each team will be responsible for carrying what generally is considered to be essential for survival and safety on a 1-day hike.

- 18.** *Each team member will be responsible for his/her first aid supplies.*
- 19.** Random equipment checks, for points, may be conducted on the day.
- Tasks:** **20.** A task/s will be assigned for the challenge.
- 21.** Task sheets may not be opened before the start of the challenge.
- 22.** Answer sheets must be handed in *before* clocking in or, if so specified, to marshals along the route.
- 23.** Tasks are to be completed *together* by team members.
- Marshals:** **24.** Marshals, identified by bibs, will be deployed at various points (not necessarily on correct route).
- 25.** The marshals are entitled to ensure that the rules are observed and hikers must adhere to instructions from marshals.
- Penalties:** **26.** Infringement of the rules may be penalized by subtracting points from a team's score.
- 27.** The penalty will be one point for each infringement of any rule.
- 28.** Serious infringement of rules or an unacceptable code of conduct may lead to the disqualification of an individual team member or a team as a whole.
- Complaints** **29.** Any marshal, official or team may report infringements of the rules to the Challenge-referee.
- 30.** Complaints, in writing, must be lodged immediately and not more than 30 minutes, after the end of the challenge.
- 31.** The Challenge-referee will make the final decision regarding penalty points and/or disqualification.
- Final Results:** **32.** *Results announced at the awards ceremony will be final and will not be changed afterwards.*
- General:** **33.** The normal rules and regulations applicable to the nature reserve form an integral part of the rules and regulations of the challenge and must be adhered to at all times.