



2019 Firefighter Sky Tower Stair Challenge - Participant Brief

Welcome to our biggest event yet, 1000 Firefighters climbing this year! Thank you for supporting us and helping us to create this amazing event! We look forward to hosting another fantastic day with you all, and for all of you who are first timers, we hope you enjoy your experience and come back again. Thank you for all your hard work, training, fundraising, so inspiring to see it all on Facebook and in the media. Today is our chance to make it all worthwhile for you; we want you to enjoy every moment of it!

Good luck and "Go Hard" and we'll see you at the top!

Important information

- **Please ensure you know what your call up time is.** Times for each squad will be posted at registration, are on the website and will be available at the caravan.
- **Muster area** is located halfway up Federal Street on the left hand side in the basement carpark. This is where you need to report to for your call up. We recommend being there before your call up time to be well prepared. You may leave gear there while you climb. You will commence the event here.
- **If you are borrowing equipment from us,** you will collect this en route AFTER your muster, you will pass through the equipment area en route to the waiver table. Return your gear as fast as you can as it is to be used again.
- **The air fill stations** are located on Federal Street at the base of the tower. Please give priority to air fills to the loan sets and those to be re used as these need to be re circulated asap.
- Please ensure your mask is washed before passing it on to another participant. You will be directed to a washing station at the event.
- You will **need a drivers licence to sign loan sets out.** This will be given back to you once you return the set. No licence no loan set!
- **Race numbers** must be worn at all times on the day. Your disposable timing chip is attached to the back of your bib and must not be removed until after the event

- **If you have a medical condition or any other important info we might need to know in an emergency, please write this on the back of your race number along with a contact number.**
- Your full **kit will be checked at the muster area** to make sure it is complete and that it is NZ standard issue. Crew will check you on the start line again and assist you with your air if needed as you line up.
- You will be running approx. 15 to 20 seconds apart depending on what squad you are in.
- Medics and helpers are stationed throughout the tower on the following floors, 14, 22, 38, 44, and 48 if you need help please let them know. There is a water and rest station with a medic area on floor 44.
- There is a recovery area at the finish line. The event crew will remove your gear for you as you cross the finish line and guide you to a seat. There will be water and ice available to assist your recovery.
- **Toilets** will be available in the following locations:
 - Muster area
 - Main SKYCITY foyer
 - The Sky Tower basement
 - The finish line

1. Prepare well for this event - good nutrition leading up to the event and good hydration on the day are key

2. Use of sports hydration supplements in your water is recommended.

3. Stretching and warm ups are good before you climb

4. Drink plenty of fluids before and after you climb.

This event is mentally and physically tough - good preparation is key to your success and wellbeing on the day.

2019 Firefighter Sky Tower Stair Challenge – Emergency Brief

All participants must ensure they familiarise themselves with these procedures before accessing any part of the event course on the day.

FIRE OR EMERGENCY EVACUATION.

- An audible siren alarm will sound and the Public Address system will advise to evacuate to the Safe Assembly points via the nearest stairwell.
- If you are in the tower stairwell and the alarm sounds turn around and exit down the stairs at the base of the tower on the street level. If the alarm stops continue to exit and advise any persons ascending the stairwell to do the same, unless advised otherwise by a SKYCITY Fire Warden.
- If an evacuation alarm is sounded SKYCITY Fire Wardens, identifiable by High Viz marked vests, will control the evacuation and where applicable direct you to the nearest refuge area. You MUST comply with any directions given to you by the Fire Wardens.
- Assist others where necessary to evacuate.
- Event Staff must halt the event in the event of any emergency situation and if directed they must evacuate the area.
- The Sky Tower will be closed to the public for an indefinite period
- Security staff will be ensuring that the Fire Service and any other Emergency Services have immediate access to the Sky Tower. All competitors and event staff must proceed as directed to the nearest assembly point.

Assembly Areas

Assembly points are located in the following areas.

- The event muster area
The carpark underneath the Auckland Council building on the corner of Federal & Wellesley St.
- Observation Deck, (Finish Area)
Refuge Levels – 45, 46, 44
- BASE, (Start Line)
The Grand Hotel Porte Cochere

MEDICAL EMERGENCY OR INCIDENT.

Should you discover a situation where someone requires medical assistance you must stop and assist.

- Send someone for help.
- Stay with the person until medical help arrives.
- Medics, advanced paramedics and an ambulance are on site during the event.
- In the tower medics are located on every fifth floor.
- Within the tower, send the next available person for help.

- Outside the tower seek assistance from event staff identifiable in all areas by the green event staff t shirts or go to the Fire Service caravan. They will contact the nearest available St. Johns medic to attend.
- If the incident is in an area that impacts the running of the event, the event will be suspended to allow the situation to be attended to.
- Where required, assist St. Johns personnel to remove the affected person.
- Triage areas will be set up at the base of the tower and at the finish line each under the control of a paramedic.
- There is also a rest/triage area on florr 44 with the water station.