



## **2018 STEP UP SKY TOWER STAIR CHALLENGE BRIEF**

Welcome to the 2018 climb!! To those of you who have done this with us before 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 for another shot at the climb. We want you to enjoy every moment of it!! Good luck and “Go Hard”....see you at the top!

**Please make sure you know what time your team is running, ensure you are at the registration area AT LEAST 45 MINUTES before this time to ensure you can register and pick up your race packs**

- Race numbers must be worn at all times on the day, your race transponder is stuck on the back of your race bib.
- Please make sure you wear appropriate footwear and attire for this event. We recommend sturdy well supported running shoes and comfortable sports wear.
- You will be running approx 15 to 20 seconds apart depending on what wave you are in.
- No drink bottles or loose items to be taken into the stairwell, no backpacks other than hydration packs to be carried.
- Medics and helpers are stationed throughout the tower if you need help please let them know. A water and rest station is on floor 44, if needed also.

**If you are asthmatic and use an inhaler please carry it with you during your climb in case you need to use it, the air and exertion may bring on your asthma. Also identify yourself to one of the event staff. If you need any other medication please ensure you have it with you on the day.**

**Please write any existing medical conditions on the back of your race bib.**

There is a recovery area at the finish and the crew will assist you as you cross the finish line and guide you to a seat. There will be water and ice available to help you recover!!

Toilets will be available, they are also located in the main entrance area of SKYCITY and the basement and the finish areas and also at TwentyOne bar.

We strongly recommend that you prepare well for this event, good nutrition leading up to the event and good hydration prior to the event are key to ensuring your body is prepared. **On the day of the event, please ensure you drink plenty of fluids before and after you climb.** Use of sports hydration supplements in your water is also a good idea.

Stretching and a gentle warm up is also known to be beneficial - take time to do this before you climb.

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

## **All competitors should make themselves familiar with the following briefing**

*THIS BRIEFING APPLIES TO ALL COMPETITORS ASSOCIATED WITH THE 2018 STEP UP SKY TOWER STAIR CHALLENGE.*

*ALL PERSONS MUST ENSURE THEY FAMILIARISE THEMSELVES WITH THESE PROCEDURES BEFORE ACCESSING ANY PART OF THE EVENT COURSE ON THE DAY.*

### **AREAS COVERED IN THIS BRIEF**

This Brief applies to the event course and the outside surrounding areas utilised by the event.

### **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. Even 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 Firewardens, 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 will 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 to Event Muster area or follow directions to the nearest assembly area.

## **Assembly Areas**

- All competitors and event staff should proceed to the assembly area.
- Event staff members will then be allocated a list to commence a check of names for each team.

The Sky Tower has two safe assembly points for evacuation.

Observation Deck, (Finish Area)

**Safe Assembly Point: Refuge Levels – 45, 46, 44**

BASE, (Start Line)

**Safe Assembly Point: Meet the Fire Assembly Warden at 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 or blow the whistle located on the unmanned floors.
- Stay with the person until medical help arrives, give first aid as required.
- Medics, advanced paramedics and an ambulance are on site during the event to assist.
- In the tower medics are located on the following floors.
  - The Finish area.
  - The start line
  - Floor's, 51, 44, 26, 36 & 16
  - Floor 44 Refuge level, water and rest area also on this floor.
- If the incident is inside the tower, or in an area that impacts on the running of the event and access for medics 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 in the basement area, floor 44 and at the finish line each under the control of a paramedic.

If you have any questions please do not hesitate to contact us and ask. On the day of the event the event staff in green t-shirts will be there to assist you.

**Good luck everyone and see you at the top!**