

# THE ULTIMATE MILITARY OBSTACLE COURSE

## ★ EVENT VILLAGE - WHAT WE HAVE ON SITE

### ★ ON SITE FOR YOU

10KM/ 5KM ROUTE - 30+ OBSTACLES  
EXTREME LEVELS OF MUD  
AWESOME EVENT VILLAGE  
PARKING CLOSE TO EVENT VILLAGE  
HIGH SPEED RACE REGISTRATION  
COVERED M/F CHANGING AREAS  
BAG & KEY DROP MANNED BY UNIQUE KIDZ  
LICENSED SURVIVOR STRIPES BAR  
WOODFIRED PIZZA BY PIZZA PEDDLERS  
BURGERS BY WHAT'S YOUR BEEF  
JAMAICAN STREET FOOD BY YARDIES  
FISH & CHIPS BY THE HIP HOP CHIP SHOP  
ICE CREAM & TREATS BY GRANDPA GREENE'S  
HOT DRINKS BY COFFEE VINTAGE  
EVENT PHOTOGRAPHY BY MY BIB NUMBER  
WARM UP WITH ROYAL MARINES  
INSTRUCTOR  
BORN SURVIVOR KIT SHOP  
INOV8 - TRAINER SPECIALISTS  
MEDICAL COVER BY REMOTE MEDICAL  
SERVICES  
HIGH ENERGY TUNES BY BEAT N TRAX  
LIVE MUSIC BY THE RAGAMUFFINS

### ★ SPONSORS

We are partnered up with some absolutely amazing sponsors and charities, all of which we wouldn't be able to put on such a great event without. We would like to thank all of them along with our epic set up team!

**J.W.LEES**

**INOV8**

**SPORTSSHOES.COM**

### ★ CHARITIES



**East Cheshire Hospice**

Where people come to live



ABF

THE SOLDIERS'

CHARITY



**Willowbrook Hospice**  
Every Contact Counts



**MAGGIE'S**

Everyone's home of cancer care



**Alder Hey**



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## ★ EVENT INFORMATION - THE COURSE

### ★ WARM UP

Before each wave starts, participants will be expected to be 'on parade' 15 minutes in advance of their wave start time. This will give you sufficient time to enjoy the warm-up in the 'start cage' delivered by our military PTI's. Once you're supple, you'll hear the crucial safety briefing.

### ★ ON THE COURSE

There are multiple drinks stations located on the course, at approximately 1/3 and 2/3 distance and another at the finish line.



### ★ MEDICAL INFORMATION

On registration you were asked to tell us about your medical conditions. It is vital for your safety that this is accurate for you prior to event day. If necessary, please update us on changes to your medical condition by emailing us at [support@born-survivor.com](mailto:support@born-survivor.com). In the event of any medical emergency we will refer to this information to provide you with any appropriate medical and emergency treatment. That vital piece of information may be crucial you on the day.

### ★ BIOSECURITY

We are privileged to be able to hold Born Survivor at the stunning Capesthorpe Hall Estate. We take our responsibilities to the environment, land, flora and fauna very seriously. We ask for your assistance to put some simple but effective biosecurity measures in place for preventing the spread of invasive non-native species at and from this event. Impacts of invasive species are considered to be one of the greatest threats to biodiversity worldwide. They threaten the survival of rare native species, damage sensitive habitats and cost the British economy approximately £1.7 billion each year. Non-native invasive species can have huge detrimental implications if they 'hitch-hike' on your equipment.

**Ditch the Hitchers:** As part of a scheme to help prevent the spread of foreign invaders into UK freshwater, it is compulsory for all participants to follow a simple 'Ditch the Hitchers' procedure. Follow this simple 3 step process every time you leave any river, lake or other body of water to protect our freshwaters from the spread of Invasive Non-Native Species (INNS):

**Check:**

Check your equipment and clothing for living organisms. If you do come across any organisms, leave them at the water body where you found them.

**Clean:**

Clean and wash ALL equipment, footwear and clothes thoroughly.

**Dry:**

Dry ALL equipment and clothing. Some species can live for many days in damp conditions.

We ask that you **CLEAN AND DRY** all of your kit **BEFORE** you arrive. We also ask that you clean and dry your kit before using it again for training or taking part in any events. Click the link to learn more about the importance of Biosecurity and how you can play your part:

[http://www.scrt.co.uk/images/stories/pdfs/biose\\_c\\_pack.pdf](http://www.scrt.co.uk/images/stories/pdfs/biose_c_pack.pdf)

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## ★ EVENT INFORMATION - THE COURSE



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## SAFETY BRIEF

### SAFETY BRIEF:

- Always climb maintaining 3 POINTS of contact
- Ensure that you lower yourself to the ground slowly and safely when climbing down from ALL obstacles.
- Please DO NOT jump off any obstacles in an uncontrolled manner.
- DO NOT attempt any obstacle if you believe that it's too difficult for you to negotiate or complete safely - part of being a soldier is knowing and recognising your limits.
- If you feel ill, unwell or pick up an injury at any time, please stop and contact a marshal or Born Survivor team member highlighted by their high vis vest or military combat bottoms.
- Always put your own safety first and concentrate when negotiating obstacles and take your time, especially on climbing and water obstacles.

Para Plunge and Drop Zone Alpha Water Obstacles...

The Para Plunge and Drop Zone Alpha involves swimming approximately 4-5 meters in deep water. Although we do have water safety experts on permanent standby, it is you who must make the decision as to whether you should attempt these obstacles or not.

A bypass lane is in operation which allows a wade through approximately 3 - 5 ft of water

With that in mind:

- Speak up and please talk to your marshal if in doubt of your ability to safely negotiate the obstacle.
- Enjoy and be thrilled but at the same time take care and respect these obstacles!

The depth of water:

Drop Zone Alpha Slide is approximately 9 FEET.

The Para Plunge Jump alternative is approximately 6 - 7 FEET.

- Listen carefully to your marshals.
- NO DIVING HEAD FIRST OR BOMBING!
- DO NOT push or shove.
- Our water is from natural open water sources, PLEASE DO NOT DRINK from the pools...Therefore please do not sip, drink or gargle this water! If you have open sores/cuts ensure these are covered and waterproof and consider whether you should take part.
- If your head is submerged, keep your mouth and eyes closed until you re-emerge.
- If you should feel ill after the event (especially 3-19 days after) then please tell your parents or guardian if appropriate, and see your doctor.
- Once you've finished, please make sure you wash your hands before eating or drinking, and wash them again after handling your dirty kit.
- Please use our cold water de-mud station to help clean off.

Finally have fun but be a switched on soldier!!

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## EVENT INFORMATION



### SAFETY INFORMATION

We want you to have the time of your life at Born Survivor, but we also want you to be 100% safe. YOUR safety is our number one priority. Because of this, we need all of our participants to follow some simple advice and guidance to help ensure everyone's safety on the day:

#### Fighting Fit

When you arrive at the start line, we want to make sure you're ready for the challenge of Born Survivor. So if you're injured or unwell on the day, you need to decide whether you're in a position to safely complete the course. Our advice would always be not start the course if you are injured or unwell, speak to us and we will do all we can to help.

#### Obstacle Safety

All of our obstacles are designed to be challenging, but safe; as long as you follow instructions given at the safety briefing, listen to the obstacle marshals and use some common sense. If you find yourself at any time not confident to tackle an obstacle, there's no shame in missing it out. We recommend that no jewellery is worn whilst participating in our events as it poses risk to injury.

#### Water Safety

Being able to swim is not essential for any sections of our course, but at our deep-water obstacles we would only encourage you to tackle the obstacles if you feel confident to complete them. We will have water safety & rescue specialists on the course.



### SAFETY INFORMATION

#### Injured In Action

In the event of an injury, please inform the nearest marshal or ask another competitor to do so, you will then be assisted by the Born Survivor event crew. If you see another participant or spectator who is injured, unwell or in distress and isn't being cared for, please alert the nearest marshal.

#### Alcohol

Consumption of alcohol before completing the course is strictly forbidden.



### DISCOUNT CODES

ENLIST NOW & SAVE 15% OFF OUR NEXT MISSION IN LANCASHIRE - RIBBLE VALLEY ON 14.09.2024.

USE CODE: CHESHIRE15

DEAL EXPIRES: 01.05.2024 - MIDNIGHT

## #BORNMUDDY

Share your best photos under #bornmuddy for your chance to win a place to next year's event.



### 2024 EVENTS

BORN SURVIVOR - RIBBLE VALLEY, LANCASHIRE, BB7 4LH.

SATURDAY 14TH SEPTEMBER 2024

[BORN-SURVIVOR.COM](https://born-survivor.com)