



# Participants Information Pack

**IMPORTANT**

Capesthorpe Hall, Siddington, Macclesfield, Cheshire

Saturday 11<sup>th</sup> May 2019

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## INTRODUCTION:

Well this is it; you've enlisted and it's time to get your Born Survivor face on! We'd love it if you put your feet up and spend 5 minutes reading through the following important information.

## EVENT WAIVER:

Before we go any further, you know what you're getting yourself in for: Born Survivor is an extreme challenge, physically and mentally, and taking part can be dangerous. So, we need to know and be clear that you fully understand this and that you are happy taking part in Born Survivor. That's why we need you to complete our event waiver. Please read it carefully, print, sign and bring it with you on the day to Event Registration.

**Downloaded Event Waiver Here:** [www.born-survivor.com/downloads/WAIVER-2019.pdf](http://www.born-survivor.com/downloads/WAIVER-2019.pdf)

**IMPORTANT: PARTICIPANTS WITHOUT A SIGNED EVENT WAIVER WILL NOT BE WILL NOT BE ABLE TO REGISTER AND WILL NOT BE PERMITTED TO TAKE PART IN BORN SURVIVOR.**

## EVENT TIMETABLE:

Date: Saturday 11<sup>th</sup> May 2019

**IMPORTANT:** You should register at least 1 hour before your wave start time.

08:00	Car park opens
08:15	Registration, bag drop & key drop opens
09:30	Elite Squadron called to starting cage
09:45	Elite Squadron wave start
09:46	First wave start (10am) participants called to starting cage. Repeated every 15-30 minutes dependent on exact event timings.
11:00	Bar opens
11:30	Elite Squadron presentation
13:00	Registration closes
13:20	Final wave sets off
18:30	Last orders
19:00	Event village closes



## LOCATION & DIRECTIONS:

The BORN SURVIVOR event village is located at Capesthorpe Hall, Siddington, Macclesfield, Cheshire, SK11 9JY.

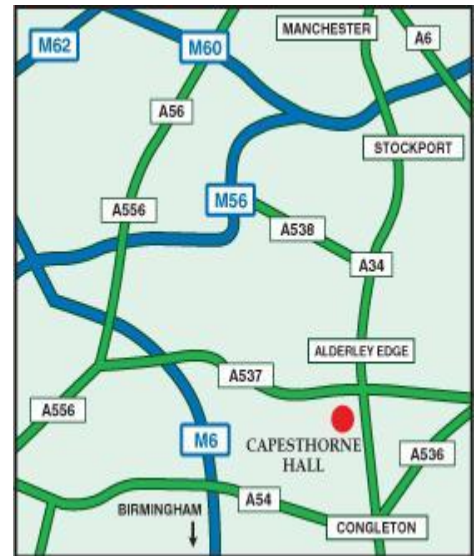
**NOTE:** Please follow these travel directions and event roadside signs for ease of access to the event site and to minimize traffic impact on the local community.

### **BY ROAD**

Born Survivor is set in a historic country estate 5 miles west of Macclesfield and situated off the A34 between Manchester and Stoke on Trent. 15 miles south of Manchester down the A34 and a short distance past the east-west A537 Knutsford to Macclesfield Road.

### **By motorway**

Capesthorpe Hall is easily accessible from the M6 – junction 17 (Congleton), Junction 18 (Holmes Chapel) or Junction 19 (Knutsford) . Also the M56 Junction 6 (Macclesfield/Wilmslow).



As you approach the event location you will see Born Survivor direction signs along the roadside on approach route and at road junctions to give you confidence you are on the right route. On arrival our marshals will direct you to the event site parking area.

### **BY TRAIN**

The nearest train stations are at Macclesfield (5 miles) and Wilmslow (5 Miles).

## CAR PARKING:

Event car parking opens at 8am. We ask that you don't arrive before 8am as we cannot allow you on to site. We have extensive onsite parking on grass which is charged at the following rates. Please remember this is a **CASH ONLY** payment and once parked it is a 10 min amble to registration and the event village:

<b>Cars</b>	<b>£5</b>
<b>Minibuses</b>	<b>£10</b>
<b>Coaches</b>	<b>£25 (Must be pre-booked by e-mailing <a href="mailto:support@born-survivor.com">support@born-survivor.com</a>)</b>

We operate a one-way traffic system in our car park; one way in, one way out. The exit route will be clearly signposted. The speed limit while on the event site is 10mph.

### **No parking on approach roads!**

Participants and spectators at Born Survivor must **not** park on approach roads to the event site.



no fun  
standing  
still



### DISABLED ACCESS:

Anyone requiring disabled parking or easy access to the event village, please e-mail [support@born-survivor.com](mailto:support@born-survivor.com) and we will organise parking arrangements.

### WAVE TIMES:

A link to your confirmed wave time will be sent out separately. For safety reasons we may have to adjust your start time. If so we will endeavour to keep to a start time as close to the one you originally selected and team members will all be in the same wave.

### REGISTRATION:

**Registration opens at 08.15.** You should register at least at least 1 hour before your wave start time. This will give you enough time to sort yourself out, meet your mates, warm up and hear the all-important safety briefings.

As a reminder, we don't send anything by post and registration takes place in the event village; all you need to do is **print off, read and sign** our 'Event Waiver Form'.

**Downloaded Event Waiver Here:** <https://www.born-survivor.com/downloads/WAIVER-2019.pdf>

**IMPORTANT: PARTICIPANTS WITHOUT A SIGNED EVENT WAIVER WILL NOT BE WILL NOT BE ABLE TO REGISTER AND NOT BE PERMITTED TO TAKE PART IN BORN SURVIVOR.**

We will be registering you by **SURNAME**, so when you arrive at registration, please go to the marked desk that corresponds to the initial letter(s) of your **SURNAME** used when you registered.

### BAG DROP & KEY DROP:

We will operate a Bag and Key Drop area – just go to the Bag Drop and leave your bags with us for just £3. Your bag will be tagged and we will give you a numbered wristband. We strongly suggest that you (a) remember, or better still (b) body mark yourself with your Bag Drop number just in case you lose your wristband. Any item left with us is **strictly at your own risk.**

For cars keys, wallets, small items etc. please put your items into your Participants pack envelope (A5 size) given to you at Registration. You will be required to sign your items in and out of 'Key Drop' and any item left with us is **strictly at your own risk.** It's just £1 per item left in Key Drop.

Both Bag Drop and Key Drop are operated on our behalf by our fantastic charity partners at **UNIQUE KIDZ**

**IMPORTANT** – Please do not leave any medical items or medicines (e.g. inhalers) that you might need before, during or immediately after the event. Once bags are left with us there is no access to bags until you collect them.



## OFFICIAL BORN SURVIVOR STRIPES BAR

We will be selling craft ale, larger and ciders from Manchester Brewers J.W.Lees and seasonal gins including high quality Cuckoo Gin with mixers.

### WHAT WE HAVE ON SITE:

-  5KM Route with 20 Obstacles
-  10KM Route with 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
-  Burrito & Churros by Wah wahs
-  Polish Sausages by Smak - the Polish Kitchen
-  Hot Drinks by Coffee Vintage Company
-  Ice Cream by Grandpa Greene's
-  Warm ups with Royal Marines Commando Instructor
-  Born Survivor Kit Shop
-  Mud and Blood Kit Shop
-  Royal Marines Commandos & Royal Navy Reserves Recruitment Tent
-  INOV8 – Obstacle Course and Trail Running Kit Experts
-  Inflatable Obstacle Course & Top-Secret Missions for Kids 5 years + by Commando Joes
-  Children's Scavenger Hunt
-  Medical cover by Event Safety Group
-  High energy tunes all day by DJ James
-  Awesome event photography by James Kirby
-  ABF The Soldiers' Charity, Alder Hey Children's Charity, Unique Kidz on parade....



## FACILITIES:

We do not provide showers so please come prepared with sufficient towels, baby wipes and deodorant.

We will be providing hand wash facilities at the finish line, which we strongly advise all participants to use before diving into their celebratory burger.

There will be ample toilets including disabled facilities.

## CHANGING AREAS:

There will be limited tented separate changing areas for girls and guys in the event village.

## BORN SURVIVOR SHOP:

There will be a Born Survivor shop in the event village with a range of quality Born Survivor branded goodies. The shop operates a **cash** and **card payment** system. So if you want to go home in a thick luxurious Born Survivor Stealth Training Hoodie, or a spiffing Born Survivor branded t-shirt and who wouldn't? Then bring your readies and plastic.



## ENTERTAINMENT:

There is a lot going on in and around the Event Village. There is a kids' obstacle course, we have quality food & drink including a beer tent, a retail area and a Training Zone operated by Anvil Strength and Conditioning, with a chance to win a pair of INVO8 trainers provided by our sponsors sportsshoes.com.

## EVENT PHOTOGRAPHY:

We will have a team of photographers to capture you in the most testing and spectacular situations. Smiling is strictly forbidden. We will post images on our website and on social media ASAP after the event. Grab any you want, they are **FREE!** We will try our best but sadly we cannot guarantee to get a snap of everyone.

## CLOTHING:

You're going to get very, very muddy & thoroughly wet so we recommend you wear suitable clothing that dries quickly, won't bog you down and is comfortable enough to run the distance in. It will also need to protect you from the barbed wire, rough surfaces and other challenging elements of the course. If you've a penchant for fancy dress please make sure it's suitable for safely completing the course. Team t-shirts or uniforms are always fantastic to see.

## FOOTWEAR:

Tight footwear is a must, or once you enter the top quality mud we have arranged for you, they won't be seen again! Footwear with spikes or studs are strictly not allowed.

## BIOSECURITY:

We are privileged to be able to hold Born Survivor at the stunningly beautiful 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 'hitchhike' 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. Pay particular attention to areas that are damp or hard to inspect. 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. The measures we ask you to take are VERY SIMPLE but effective.

We ask that you **CLEAN AND DRY** all of your kit **BEFORE** you arrive. We also ask that you clean and dry you 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/biosec\\_pack.pdf](http://www.scrt.co.uk/images/stories/pdfs/biosec_pack.pdf)

## 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.

## DRINK STATIONS:

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



### COURSE MARSHALS & EVENT CREW:

Many of our brilliant marshals and crew members are volunteers giving up their time to help make the event great for you. Please give them a wave and a cheery 'thanks' as you go around the course. Marshals and crew are there for your safety and to make sure you have a brilliant experience. Help them enjoy the day with you.

### SPECTATORS:

We encourage as many spectators as possible to come to Born Survivor to support friends and family. Much of the route is on uneven and rough ground and care should be taken at all times to avoid trips and falls. Sensible footwear (boots or wellies) is highly recommended.

**Please Note:** Spectators must not enter the course at any time, except at designated crossing points, or attempt any of the obstacles or challenges for their own safety and that of the event participants. Children under the age of 16 must be accompanied by an adult at all times.

### KIDS:

While the participants are out on the course or perhaps once Mum or Dad has 'survived' we have the brilliant Commando Joe's - The UK's No.1 military style team building and educational specialists. They are providing a series of top-secret missions (limited spaces) as well as an inflatable obstacle course open all day for family use. If you would like more information or would like to book your child onto one of the sessions, please email [info@commandojoes.co.uk](mailto:info@commandojoes.co.uk). This year we have the first ever hunt around the course scoping out letters to crack the code. All participants that crack the code will be entered into a prize draw to win some Epic Born Survivor Goodies! £2.00 per Scavenger Hunt Pack.

### LOST PROPERTY & CHILDREN:

There will be a lost children and lost / found property point located in the event village. Or of course speak to any member of the event crew who will be wearing high visibility Born Survivor branded jackets.

### CASH:

Don't forget to bring plenty of dosh, you'll need it for the Born Survivor shop, car parking, tasty food and most importantly, beer. (Payment by card is only available in the Born Survivor shop)

### MEDICAL INFORMATION:

When you registered 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.





## IMPORTANT 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.

### **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

### **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.

## MORE INFORMATION:

Hopefully, we've covered everything you need to know about the day, but if you have any questions, please email [support@born-survivor.com](mailto:support@born-survivor.com).

## BORN SURVIVOR – OUR 2019 EVENTS

We have made exciting changes and improvements to our event calendar for 2019 – feel inspired? Take advantage of our exclusive entry discount for our next event.

**Hero Assault Course Adult & Junior Course - July 6 & 7th - Avenham Park Preston**  
**Born Survivor Lake District – Lowther Castle – 21<sup>st</sup> September 2019**

# #BORNMUDDY

