



Participants Information Pack

IMPORTANT

Avenham Park, Preston, PR1 8JT

Saturday 6th July 2019

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INTRODUCTION:

Well this is it; you've enlisted and it's time to get your Hero Assault Course cape 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: Hero Assault Course 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 Hero Assault Course. 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.

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 HERO ASSAULT COURSE.

EVENT TIMETABLE:

Date: Saturday 6th July 2019

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

08:30	Hero HQ Registration, bag drop & key drop opens
09:45	Adult Course- First wave start (10:00) participants called to warm up base. Repeated every 15-30 minutes dependent on exact event timings.
11:00	Bar opens
13:25	Junior Course- First wave start (13:40) participants called to warm up base. Repeated every 15-30 minutes dependent on exact event timings.
14:00	Registration closes
14:40	Final wave sets off
17:30	Last orders
18:00	Event Village Closes

LOCATION & DIRECTIONS:

The HERO ASSAULT COURSE event village is located at AVENHAM PARK, PRESTON, PR1 8JT.

NOTE: Please follow these travel directions for ease of access to the event site and to minimize traffic impact on the local community. There is no parking on site so please see below the map of nearest car parks and parking available.

BY ROAD

Hero Assault Course is set in the beautiful grade 2 listed Avenham Park situated 1KM below Preston City Centre. Follow signs to the city centre then to Avenham Park.

BY MOTORWAY

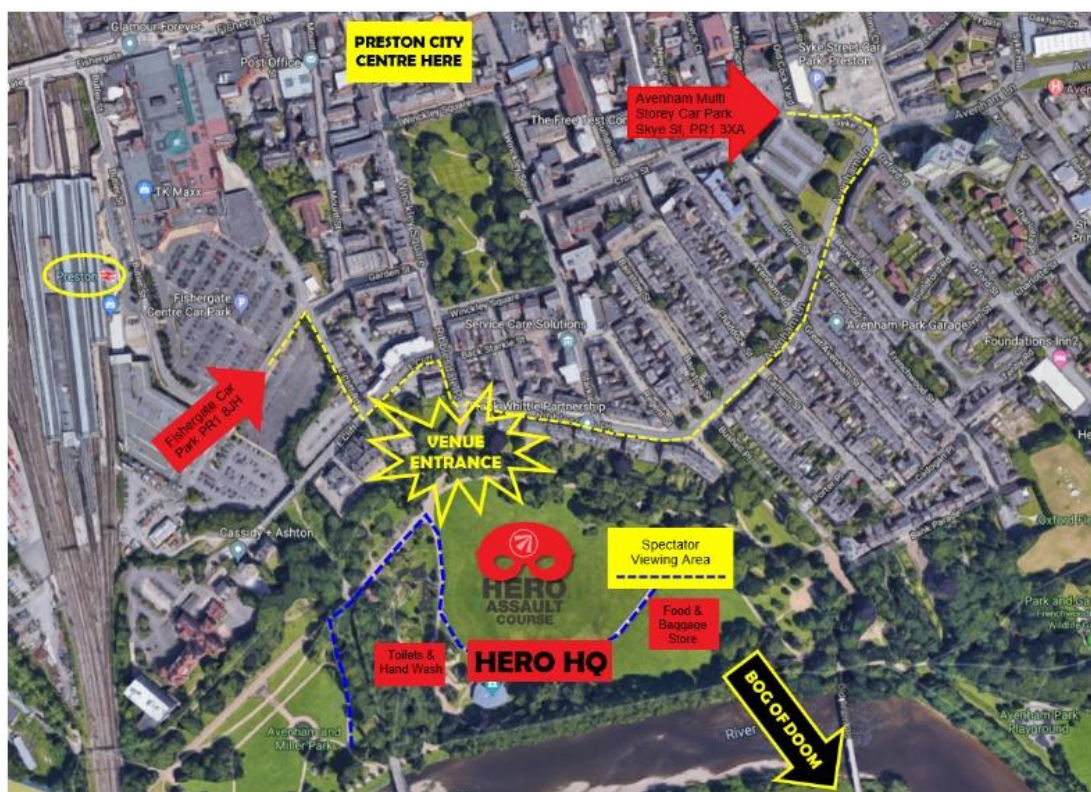
Avenham Park Preston is easily accessible from the M6 - Northbound Junction 31, Southbound Junction 29. Follow the signs to Preston.

BY TRAIN

The nearest train station is Preston and is less than 1 mile away from Avenham Park.

CAR PARKING:

There are 2 main car parks near the site. Please see below map which indicates the closest parking facilities available.



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 08:30. 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'.

IMPORTANT: PARTICIPANTS WITHOUT A SIGNED EVENT WAIVER WILL NOT BE WILL NOT BE ABLE TO REGISTER AND NOT BE PERMITTED TO TAKE PART IN HERO ASSAULT COURSE.

We will be registering you by **INDIVIDUAL 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 £2. 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**.

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 The Sea Cadets.

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.

LICENSED BAR

Beer Brothers will be selling craft ale, larger and and seasonal gins.

WHAT WE HAVE ON SITE:

-  3KM Junior Route with over 20 Obstacles
-  8KM Adult Route with over 30 Obstacles
-  Extreme levels of mud & water
-  Awesome Event Village
-  High Speed Race Registration
-  Covered M/F changing areas
-  Bag & Key drop
-  Licensed Bar
-  Hero Burgers & Crepes by Wah Wah's Mexican
-  Hot Drinks
-  Ice Cream by Grandpa Greene's
-  Warm ups with Ozonefit Military Fitness
-  Hero Mask Face Painting
-  Royal Marines Commandos & Royal Navy Reserves Recruitment Tent
-  Logical Rehab
-  Inflatable Obstacle Course for Kids 5 years + by Commando Joes
-  Medical Safety Cover by A&E Life Support
-  Live Music
-  Awesome event photography by Alf Myers & Team

FACILITIES:

We provide showers/de-mud station however please come prepared with sufficient towels, baby wipes and deodorant as well.

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

MERCHANDISE T-SHIRTS

If you have pre-purchased t-shirts whilst signing up for Hero Assault Course then these will be available to collect from registration. We also have limited stock available in our merchandise shop position at Hero HQ.

ENTERTAINMENT:

There is a lot going on in and around the Event Village. There is a kids' inflatable obstacle course operated by Commando Joes. We have top quality food & drink including a beer tent which is providing live music throughout the day by The Coulton Brothers.

EVENT PHOTOGRAPHY:

We will have a team of photographers to capture you in the most testing and spectacular situations. We will post images on our 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 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 Hero Assault Course at the stunningly beautiful Avenham Park. 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

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 ½ way around 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 Hero Assault Course to support friends and family.

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.

LOST PROPERTY & CHILDREN:

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

CASH:

Don't forget to bring plenty of dosh, you'll need it for the tasty food and most importantly, beer. Not forgetting our limited Hero Assault Course t-shirts available on the day.

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. 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.



no fun
standing
still



IMPORTANT SAFETY INFORMATION:

We want you to have the time of your life at Hero Assault Course, 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 Hero Assault Course. 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 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.

BORN SURVIVOR – OUR 2019 EVENTS

We have made exciting changes and improvements to our event calendar for 2019 – feel inspired?

Born Survivor Lake District – Lowther Castle – 21st September 2019

