



NUUKSIO CLASSIC TRAIL MARATHON SAFETY INSTRUCTIONS

To ensure safe participation of yourself and others, follow these guidelines:

Prepare carefully and be prepared to take care of small troubles by yourself:

- **Avoid blisters.** Use such combination of shoes and socks that you know will work also on long distances and even if the shoes are getting wet. Cut toe nails few days before. Use tape or anti-chafing Vaseline or other means to protect sensitive places on your feet and elsewhere. Take second skin for blisters if you expect to need it. Remove all trash and sand from shoes immediately during the run.
- **Avoid getting exhausted.** Fill your energy reserves before the race. Have a proper breakfast. Carry enough energy for the race. Remember that it can be a full 8 hours working day that will take a lot of energy and hydration. Drink enough during the run, taking into account the weather conditions. Especially take enough water for the section between 11km and 26km water stations. It is mainly slow trails and may take up to 3 hours for the slower runners. Don't start too fast, find your own pace. It's a race about finishing and winning yourself, not about beating others or making personal bests.
- Take care of your own medication if needed.
- Store the first aid team's phone number **+358 400 724530** and the route team leader's number +358 44 5409219 to your phone. Make sure that your phone battery has enough power until the finish line.

Help yourself in small trouble:

- Use the first aid material in your race pack if needed.
- If you twist your ankle or another place, cool it down in the nearest lake or ditch.
- If you can't finish, proceed to the next first aid station for transport or take the shortest route to finish. Always inform organizers if you don't complete the full course in other places than cut-offs. Tel +358 40 8256873 or +358 44 5409219.

Help other participants in emergency:

- Give first aid to an injured participant
- Help an injured participant to the first aid station.
- Ensure that an injured participant is not left alone without help. Race officials on the course and the tail patrol can also be asked for help.

If you have to call help:

- If it is not an emergency, call the first aid team **+358 400 724530**.
- In serious emergency, first call the emergency number 112. Tell your name, what has happened (accident, sudden illness), where (Nuuksio Classic Trail Marathon, kilometer xx). Listen to the instructions, answer questions, wait for ok before hanging up the phone. After this, inform the race organizers immediately for quick evacuation of the patient to the nearest road. Tel. +358 40 8256873 or +358 44 5409219.