

ROGAINE 2018 – Safety Guidelines

Main roads on perimeter of map – Use is forbidden (not even on the shoulders).

Main roads (routes 386/3866) within the map – Use is permitted where not marked in magenta on map. Use is forbidden in sections marked in magenta on map.

Local roads – Walking alongside and crossing are permitted. Do so carefully and in accordance with traffic laws.

Railroad tracks – Do not cross or walk alongside the tracks. Crossing is permitted only by means of 4 underpasses and one bridge.

Soreq Stream – Entry to the water is forbidden. Crossing the stream is permitted only on bridges or trails (not on pipes), and in one marked passage (near control 54).

Cutting through Terrain (off-trail) – Can be very problematic in steep and/or dense areas. There are many impassable cliffs that are not mapped. It is recommended to stay on trails.

All group members must stay together all the time, especially if moving off-trail.

Water – Be sure to drink every half hour, and make sure urination is frequent and transparent. Water stations (marked A, B) are intended for filling only. Do not drink straight from the jerrycans. Do not use this water for washing. Notify organizers if water supply is low.

Do not drink water from sources not marked on the map (fear of contamination / fertilizer).

You must stop the competition if a team member experiences one of the following symptoms: exhaustion, dehydration, abnormal body temperature, confusion, sudden sharp pain, vomiting, dangerous injury (bleeding, fracture, animal bite).

If you encountered a safety / health problem, call organizers immediately.

Nature Reserves – Passage is permitted only on mapped trails (cutting through is forbidden).

Villages – Passage is permitted only on mapped roads.

Agricultural/Cultivated Fields – Crossing only on paths or along edges of fields.

“Experienced Hiker Trails” – Difficult trails. Not to be used by cyclists (even on foot).

Each team member must punch each control with his/her personal SI stick.

Cyclists are not allowed to be more than 50 meters away from their bikes.