

# Adventure Race Safety Instructions

Dear Participants,

Thank you for registering for the upcoming Adventure Race! Your safety is our top priority. Please read the following safety instructions carefully:

## General Safety Guidelines:

- Wear appropriate clothing and gear for the weather conditions.
- Stay hydrated and carry sufficient water.
- Familiarize yourself with the race course map and marking.
- Do not race beyond your skill level.
- Inform a team member of any pre-existing medical conditions.

## Emergency Procedures:

- In case of an emergency, call the race emergency number: [insert number].
- Locate the nearest checkpoint for assistance.
- Always keep your team together and communicate regularly.

## Equipment Checklist:

- Map and compass
- First aid kit
- Headlamp or flashlight
- Multi-tool or knife
- Whistle

We wish you all the best in the race and encourage you to have fun while staying safe!

Sincerely,

The Adventure Race Organizing Team