

United Workers Union



Pedal 4 Paramedics

Rider Information Pack

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QAS LEGACY SCHEME INCORPORATED

PURPOSE

The Pedal4Paramedics Challenge is a week-long cycling event that aims to elevate the awareness of Queensland Ambulance Service Legacy Incorporated (QAS Legacy Scheme Inc.) and to raise funds for the QAS Legacy Scheme Inc. through direct donations and membership.

HISTORY

Jamie Jackway, a flight paramedic working for the Queensland Ambulance Service, was involved in an accident that occurred whilst performing a rescue via helicopter in the Torres Straits. Jamie and an Air Crew Officer fell from the helicopter, landing on a ship and resulting in significant injuries to Jamie, ultimately rendering him a quadriplegic. To support Jamie in the sudden changes to his life, a fundraising campaign was commenced to build him and his family a lowset, cyclone proof house in his home-town of Townsville.

During the inaugural event, the “Jamie Jackway Appeal 2012 Iron Man Event”, five riders left Brisbane and cycled over 21 days to Townsville Ambulance Station, raising funds for Jamie Jackway along the way. During this event riders formulated the idea to have a regular cycling challenge to raise funds for a support program for uniformed QAS personnel that have died or been diagnosed with a terminal illness whilst employed by QAS. The Queensland Police Service Legacy was used as a model on which to start the Queensland Ambulance Service Legacy Scheme Incorporated, and the cycling challenge was continued as a means of fundraising.

QAS Legacy Scheme continues to grow and currently provides support to 14 children, with 10 graduating the scheme in recent years. With the scheme’s continued success, modernisation of the QAS Legacy Scheme inc. constitution in January 2023 provided an opportunity to broaden the coverage of the scheme to all employees of the Queensland Ambulance Service, including staff working in corporate support areas, the Health Contact Centre and Retrieval Services Queensland.

Riders taking part in the challenge travel to communities across Queensland to raise the profile of the QAS Legacy Scheme, raising funds to enable the Scheme to continue providing support to QAS families who have lost a loved one whilst they have been working for the QAS.

RIDE DETAILS

Brisbane to Townsville

Start location: Kedron Emergency Services Complex

Start Date: Tuesday 2 May 2023

Number of riders: Maximum 15

Number of support vehicles: 2

Finish location: Townsville Ambulance Station

Finish Date: Sunday 14 May 2023

Event Manager: Jamie Rhodes-Bates

Support Staff: Mindy Thomas, Elliott Rhodes-Bates, Glen Morrison

Cairns to Townsville

Start location: Cairns Ambulance Station

Start Date: Monday 8 May 2023

Number of riders: Maximum 8

Number of support vehicles: 1

Finish location: Townsville Ambulance Station

Finish Date: Sunday 14 May 2023

Event Manager: Adrian House

Support Staff: TBA

EVENT OVERVIEW

The 2020, 2021 and 2022 P4P event was postponed due the declaration of a pandemic for COVID-19 which saw unprecedented quarantine measures implemented across Australia, including in Queensland where multiple outbreaks occurred in the lead up to planned events.

This 2023 event has been sponsored by United Workers Union and riders will have the option of completing a route from Brisbane to Townsville over 13 days, or a mountain bike route from Cairns to Townsville over 7 days.

THE ROUTE:

Brisbane to Townsville

Day 1: (Event start) Kedron Park Emergency Services Complex to Nambour

119kms (6hrs 13 mins) with 330m elevation

<https://goo.gl/maps/QpacDnUY9e1hrtJp7>

Day 2: Nambour to Rainbow Beach

103kms (5hrs 37 mins) with 581m elevation

<https://goo.gl/maps/hkamXrg6NBgsPS1t5>

Day 3: Rainbow Beach to Childers

156kms (8hrs 2 mins) with 625m elevation

<https://goo.gl/maps/1Q4QmL6nZBgGwAdG9>

Day 4: Childers to Agnes Water

164kms (8hrs 13 mins) with 398m elevation (via Rosedale Rd)

<https://goo.gl/maps/w7M6JQnU6xNeeg9eA>

Day 5: Agnes Water to Mount Larcom

128kms (6hrs 23 mins) with 435m elevation

<https://goo.gl/maps/RW89vDJJ5Mkm5t3Z6>

Day 6: Mount Larcome to North Rockhampton

84.3kms (4hrs 8 mins) mostly flat

<https://goo.gl/maps/8FNnu4wdBcG7bGim9>

Day 7: North Rockhampton to Saint Lawrence

177kms (8hrs 35 mins) mostly flat

<https://goo.gl/maps/Z46EBAWH7VGSvkaSA>

Day 8: Saint Lawrence to Mackay

156kms (7hrs 33 min) mostly flat

<https://goo.gl/maps/kM1ZvznN3XcKLzgj7>

Day 9: Rest Day

Day 10: Mackay to Proserpine

130kms (6hrs 19 min) mostly flat

<https://goo.gl/maps/M3ZJ2ziNZxiddAgR7>

Day 11: Proserpine to Bowen

67.8kms (3hrs 16 min) mostly flat

<https://goo.gl/maps/LYoKDtXzm67itnK96>

Day 12: Bowen to Ayr

117kms (5hrs 43 min) mostly flat

<https://goo.gl/maps/mXzWmFMvTiFU95XM9>

Day 13: Ayr to Townsville

89kms (4hrs 23 min) with 67m elevation

<https://goo.gl/maps/Nr1D2y kz9uTzcPDv6>

Cairns to Townsville

Day 1: Cairns to Curraghmore

133km: Day 1 will commence at Cairns station and head along the highway for about 30km before tackling the Quaid Road climb up to the tablelands. The route will follow some nice gravel roads before finishing on The Mulligan highway at Curraghmore station for the first night. 831m elevation.

<https://goo.gl/maps/5sjxYbBtD5nJDJ5x8>

Day 2: Curraghmore to Dimbulah

114km: Day 2 will commence at Curraghmore station and will be mostly on flat trail roads passing through Mt Mulligan and then onto Dimbulah station for the night. 496m Elevation.

<https://goo.gl/maps/zzW5SmiodS3AKgU9>

Day 3: Dimbulah to Mt Garnet

10. 92.1km Day 3 is one of the shorter days and will be fairly flat. We travel from Dimulah to Petford on the Burke Development Rd before heading to Mt Garnet Station for the night. 605m Elevation.

<https://goo.gl/maps/MW6mqm5KHwZR6EA27>

Day 4: Mt Garnet to Burdekin River

117km Day 4 will be a longer day and mostly on smaller gravel roads with some great outback scenery. We will camp overnight on the bank of the Burdekin River. 467m elevation

<https://goo.gl/maps/vpL6TCXKZRYZzkxy9>

Day 5: Burdekin River to Mt Fox

108km Day 5 will be all off-road and will pass through the amazing Valley of Lagoons. Before continuing to the campground at Mt Fox. Anyone with some energy left may wish to climb the dormant Mt Fox volcano crater. 558m elevation

<https://goo.gl/maps/1XTFoojFttqw8VvL6>

Day 6: Mt Fox to Camp Gelding

161km Day 6 is our big day covering 161km, We will pass through Zig Zag station and the Paluma area before leaving the dirt tackling the last 60km on Hervey Range Road until we reach our overnight stop at Camp Gelding . 1022m elevation

<https://goo.gl/maps/QoUyxGqp5wZiL3v19>

Day 7: Camp Gelding to Townsville

40kms. We finish our epic trek with a gentle 40km downhill trek into Townsville. 0m Elevation.

<https://goo.gl/maps/bzx3XEbmYcy2XP4MA>

Please note, both routes are subject to change pending final approvals from TMR and QPS.

BEFORE THE RIDE

Pre-ride Training:

Entrants have been provided the planned route including an elevation graph as to allow them sufficient time to familiarise themselves with the requirements of the ride and make appropriate preparation. Riders have been advised that they must be able to sustain a solo average cycling speed of at least 24km/h for 80km. Cyclists have been warned that this event involves challenging distances. No specific cycling training plans have been offered to entrants.

Conditions of Participation

Riders have been informed that they must comply with the following conditions:

- Riders and support crew must be 18 year of age or older.

- Riders must have paid for the event in full seven days prior to the event.
- Participation involves riding on public roads used by other traffic and in some cases designated bike paths and you must be aware that there are potential risks in undertaking this ride.
- Riders and support crew are solely responsible for ensuring that they are competent to participate in the event, and that any bicycle used by a rider is maintained in a sound and roadworthy condition at all times.
- Riders must be members of either Triathlon Queensland or Bicycle Queensland (or similar organisation providing accident insurance) prior to the event. Participants will be required to show proof of membership, and details of insurance if not a member of Bicycle Queensland.
- An Australian Standards approved bicycle helmet must be worn at all times, and the helmet must be worn in accordance with the manufacturer's instructions for use whilst riding.
- Riders must follow all road rules, the issued Queensland Police permit and follow any directives issued by the ride organisers, Queensland Police Service personnel and Queensland Transport and Main Roads personnel.
- Riders and support crew participate in the event at their own risk and release and indemnify Queensland Ambulance Service Legacy Scheme Incorporated, ride organisers and other involved in conducting the event from all liability, claims and costs whatsoever, whether in negligence or otherwise in connection with a rider's or support crew participation in the ride.
- The organisers reserve the right to change the route or any published information about the ride without prior notice to the riders.
- Riders commit to and are expected to be in good health and physically capable of completing the ride.
- Riders must disclose any prior medical history, current injuries or illness that may impact their ability to complete the ride, and must not participate in the ride should pre-existing medical conditions or injuries pose a risk to their safety, or the safety of other participants.
- Riders and support crew represent QAS Legacy Scheme Inc. during their participation in the ride. Riders' behaviour must be courteous and professional, and must not risk reputational damage to QAS Legacy Inc.
- Riders and support crew must adhere to any COVID related directive and/or risk mitigation strategies issued by Queensland Health and/or event organisers.

DURING THE RIDE:

The following information details a range of rules that must be followed by riders and support crew whilst participating the event. These rules are to ensure the safety and wellbeing of all participants is protected.

Timetable of daily events

Time	Who	What
06:00	All	Assemble at the designated assembly area for departure
06:10	Riders	Complete pre-ride checks, including tyre condition and pressures, that all equipment is securely attached or stowed and that there is easy access to ride nutrition and hydration.
06:30	All	Pre-ride briefing
06:45	Support	Position vehicles for departure
07:00	All	Departure
Throughout day	All	Every 50kms (approx.) stop for a rest break
Completion of day	All	Dismount and assemble for post-ride debrief

Riding Etiquette

At the commencement of each day, participants will be briefed on the planned route, any likely obstacles or issues, and planned locations for rest breaks or stops. During the ride participants must obey all Queensland Road Rules, and follow any direction or instruction provided by event organisers, the Queensland Police Service or Department of Transports and Main Roads.

Participants must ride in a safe manner and within their riding abilities and must not unduly endanger themselves or others during the event. Participants must stay together in a single group, no more than two abreast, and should note that sprinting or racing on public roads is strictly prohibited. If you are unable to maintain the pace of the group, you may be asked by the event organiser to take a break from the ride and travel in a support vehicle to rest and recuperate. Participants may also request a rest and will be supported by a support vehicle when such a request is made.

Whilst participating in the ride, event organisers request the following:

- Maintain responsibility and security of your personal property at all times.
- Headphones must not be worn whilst cycling. A single earpiece for radio communication is permissible.

- Ensure that you regularly drink water and hydration supplements to reduce the risk of dehydration.
- Ensure that you have adequate protection from the sun – sunscreen will be available from support vehicles.
- Ride safely and communicate with other participants – warn other riders of your pending actions by calling out loudly, “stopping,” “car back,” “rider back,” or “on your right” before acting.
- Pass only on the right. Always check behind you to be sure it’s clear, then signal and call out.
- Participants are to ride no closer than 1.5m to the centre of the road.
- Ride two abreast at most times but single file on narrow, winding and double lined roads or when instructed to do so by the event organiser. Allow more space on downhill or wet roads.
- In areas of single lane heavy vehicle traffic participants must ride single file as close to the left fog line as possible.
- Participants are to concentrate, keeping a good line and not to swerve or stop suddenly.

Support Vehicles:

For the Brisbane to Townsville event, two support vehicles will be driven by the event organiser or designated support staff for the duration of the event. A lead and rear vehicle will be allocated each day, with the lead vehicle maintaining the front of the riding pack, leaving the rear vehicle to have good sight of the riding pack, stopping to provide support and assistance if required.

For the Cairns to Townsville event there will be a single support vehicle.

Medical Support:

The event organiser and several support staff and participants are paramedics with a minimum skill set of Advanced Care Paramedic authorised by the Queensland Ambulance Service Commissioner.

In the unlikely event of a participant requiring medical assistance, the event organiser will advise the entire group, whom will be directed to find a safe place to stop whilst assistance is provided to the participant. If required, the event organiser (or delegate) will call 000 and request an emergency ambulance for further treatment and transport of the participant.

Command and Communication:

The event organiser, all support staff and at least three senior riders will be allocated a 2-way radio at the start of each day. The radio channel will be checked and all persons with radios required to perform a radio check-in with the event organiser.

Radio channels will be decided upon each day depending upon local channel use

Rest Stops:

Rest stops will be every 50km at the safest location as determined by the event committee. Due to the nature of this event the rest stops will not be specifically planned.

Toilet stops will be at each rest stop. Should no public toilet be available, a chemical toilet will be available in these circumstances.

Hydration strategy will predominantly be the responsibility of the participant, but the support vehicles will have available cold water and hydration supplements at each rest stop to ensure the riders have sufficient fluids available. Support staff will continually remind participants to check their water before leaving the rest stop and the keep drinking.

TRAVEL

Riders are responsible for their getting themselves to and from the ride start and finish locations. Event organisers will be travelling from Townsville to Brisbane via road and will be able to take bicycles and a limited amount of luggage back to Brisbane.

ACCOMMODATION

Each night of the ride, participants will camp together at local sporting clubs, campgrounds and ambulance stations. Please ensure you bring with you suitable camping equipment to ensure you stay dry and warm – swag/tent, camping mattress/mat, sleeping bag and a pillow.

INSURANCE ARRANGEMENTS

Whilst every effort is made to ensure the participants are kept safe, riders ride at their own risk and riders who become injured during the course of the event are responsible for their applicable medical treatment.

All riders must be members of Bicycle Queensland (or similar, details to be provided and approved by event organisers) and covered by the associated insurance policy. Details can be found at [Bike Riding Insurance - Bicycle Queensland \(bq.org.au\)](https://www.bikequeensland.org.au).

QAS Legacy Scheme Inc has a public liability insurance policy through Community Underwriting. Our insurance policy has public liability coverage up to \$20,000,000.

The Pedal4Paramedics Challenge is not organised by the Queensland Ambulance Service, and whilst supported in kind through QAS, participation is not in work time. Consequently riders cannot make claims through WorkCover.

ENTRY FEES

For the Brisbane to Townsville event, full ride entry (minimum 5 days) covers the cost of two sets of knicks and two jerseys, and the part ride (less than 5 days) covers the cost of one set of knicks and one jersey.

For the Cairns to Townsville event, only full ride entry is an option, covering the cost of one set of knicks and one jersey.

A small amount of money is contributed to the food kitty for the purchase of breakfast, lunch and snacks. Where possible, evening meals will be provided, however you may need to purchase an evening meal depending on facilities available.

Riders will need to supply their own preferred hydration additives for the ride.

Where there is an opportunity to visit local bakeries for morning tea or lunch, the costs of purchases will be borne by the rider.

MECHANICAL ASSISTANCE

Whilst the support team will be more than ready and willing to assist with mechanical break downs, you will be expected to have an ability to perform minor bike repairs. It is strongly recommended that you have your bike serviced prior to the ride, paying particular attention to brakes, wheel bearings, bottom bracket area, the drive train and all cables.

Bike supplies in regional areas are limited. It is highly recommended that you bring a small cache of spares to facilitate repairs during the ride.

The support crew will carry a limited number of spares, a standard set of tools and a bike pump.

WHAT TO BRING

Bike and accessories

- Bicycle
- Water bottles
- Spare inner tubes and tyres
- Chain lubricant
- Spare chain
- Spokes

- Cable set for brakes and gears
- Simple repair kit (tyre leavers)
- Endurance powders
- Front and rear lights

Gear for riders

- 2 jerseys
- 2 sets of knicks
- Cycling shoes
- Socks
- Riding glasses
- Helmet
- Riding gloves
- Arm and leg warmers
- Wet weather gear

For off the bike

- Casual wear
- Casual shoes
- Towel
- Swimmers
- Hat/cap
- Toiletries
- Medications
- Money
- Chargers
- Power board
- Bedding
 - o Pillow
 - o Sleeping bag
 - o Ground sheet
 - o Swag and/or inflatable mattress
- o A tent, or swag (essential for Cairns event)
- Plate, bowl, cup, knife, fork and spoon

CANCELLATION POLICY

Rider cancellations can be made up until Friday March 10 2023 with a full refund. After this date rider cancellations will be accepted, however participants will be responsible for the cost of producing jerseys and knicks.

In the event that the event is cancelled, a refund will be made to participants. If however clothing has been manufactured, riders will be provided with knicks and jerseys and the amount refunded will be the full cost of the event minus the cost of producing the clothing.

BANK DETAILS

Entry fees to be paid by bank transfer to following account, with your registration form submitted to info@gaslegacy.org.au Entry will be on a first in, first served basis with any entries over the maximum contacted within 48 hours of entry to arrange a full refund.

BSB: 704 052 (QBank) Account: 100158439

Name: Legacy Ride

ENTRY FORM

Name: _____

Address: _____

Phone Number: _____

Email Address _____

Emergency Contact: Name: _____ Phone: _____

Medical Conditions: _____

Brisbane to Townsville () Full Ride (\$750.00) () Part Ride (\$500.00)

Cairns to Townsville () Full Ride (\$500.00)

Dietary Requirements: _____

Entry Fee: Reference: _____ Date Paid: _____

Please use surname for reference

Additional Jersey/Knicks () Yes () No

Please note sizing information will be required prior to March 10 2023. Information regarding sizing will be sent shortly following registration.

Bicycle Queensland Membership Number: _____

I _____ acknowledge that I have read and understood the rider information pack and have understood the information. I agree to the conditions of entry, and the adhering to the riding etiquette guidelines.

I have assessed my riding ability and any underlying medical conditions and confirm that I am fit and able to complete all legs of the ride as indicated above.

I confirm that I have Bicycle Queensland Membership (or similar, endorsed by the event organising committee) and am eligible for their general insurance policy covering injury in the event of a bicycle crash.

Signature: _____ Date: _____