

THE RULES OF THE BOG

SAFETY BRIEFING – Read carefully for your own safety.

- 1. Please inform us immediately if anyone is carrying injuries or has a heart problem.**
- 2. If anyone obtains an injury please make his or her way to the nearest Marshall. If you are unable to make your way to a Marshall, please stay still and place your arm in the air so we can find you.**
- 3. Under no circumstances should you make your own way back. Stay where you are, and a member of the team will locate you.**
- 4. When crossing obstacles please ensure you do so safely. If jumping down off obstacles, make sure you carry out a TWO-FOOTED landing.**
- 5. Some obstacles will require you to help each other to cross.**
- 6. Please help your fellow participants if they are stuck, struggling or in danger – we'd like everyone to come back whole!**
- 7. You don't have to do any of the obstacles if you don't want to, please judge them carefully and ask a Marshall if in doubt.**