



CAPE YORK EVENT SUPPORTING INFORMATION

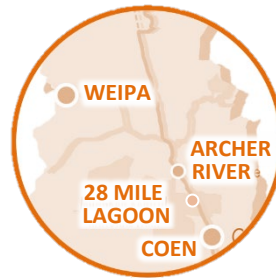
Conquer the Corrugations Mental Health Awareness Walk strives to raise awareness of the 'corrugations' in life, support and remember those affected, and to remove the stigma that surrounds mental health.



A not-for-profit, family friendly, free community event



Walk on Foot or Horseback over 2 days



Coen Biosecurity Centre to Archer River Roadhouse (42km)



COVID-19 Safe Event

HEALTH SERVICES

Your health and safety are our number one priority. Queensland Ambulance Service is aware of the event and will be on standby to assist. A First Aid team will also be supporting the event over the two-day period and first aid kits will be on hand if required. Please see our First Aid team as soon as any symptoms present.

Royal Flying Doctor Service (RFDS) Mental Health Clinicians will be participating in the event. Please feel free to have a chat to the RFDS personnel whilst walking. One-on-one chats and group sessions will also be available to participant in. We will be offering lots of interesting and worthwhile sessions with professionals and experts over the whole weekend- more information to follow!

VEHICLES

As a safety precaution, the number of vehicles travelling on the road will be limited. We ask that cars are left at the designated areas for collection at the end of the day. Any vehicles supporting participants must drive onto a safe checkpoint to avoid congestion.

Buses will be travelling with the participants to pick up any adult or child during the walk wishing to have a break. All children hopping on the bus must be accompanied by an adult.

At the end of each day the bus will transport the drivers back to their vehicles for collection. Buses will not be transporting people from Weipa to the event.

HELPERS

If you do not wish to walk your help is always appreciated throughout the weekend. Setting up the rest stops approximately every 6km, waiting for the walkers to come through then packing up and moving to the next location is important. Please see one of the event organisers if you wish to assist.



HORSES

Please bring your own yards and feed for horses. Water will be available from the lagoon. Please notify event organisers if you need assistance with yards etc.



CHILDREN

It is important that all children are supervised by an adult member of their group. At rest stops and at the end of each day, children will need a responsible adult present to minimise interaction with vehicles and horses.

FOOD & DRINKS

A BBQ pack voucher will be provided to each registered individual or group. All BBQ packs will be available for participants to collect when they check in at 28 Mile Lagoon. The BBQ packs (steaks, sausages and bread) are supplementary to your catering needs as it won't necessarily cater for all your evening meal requirements. Teams of 3 or more will receive a larger BBQ pack.



2 BBQs will be available in the evenings for participants to utilise to cook dinner. Utensils will be supplied. Food is provided for morning tea, lunch and afternoon tea for the duration of the event. If you have any dietary requirements, please advise the committee at time of registration so your needs can be catered for. Participants need to cater for themselves for any other snacks and drinks, outside of the mealtimes listed. At 28 Mile Lagoon, you are welcome to bring some refreshments. Alcohol is not permitted whilst walking.

CAMPING

Free camping is provided at 28 Mile Lagoon with flush toilets and hot showers. Participants are required to bring along their own camping gear and cooking gear for the duration of the event.

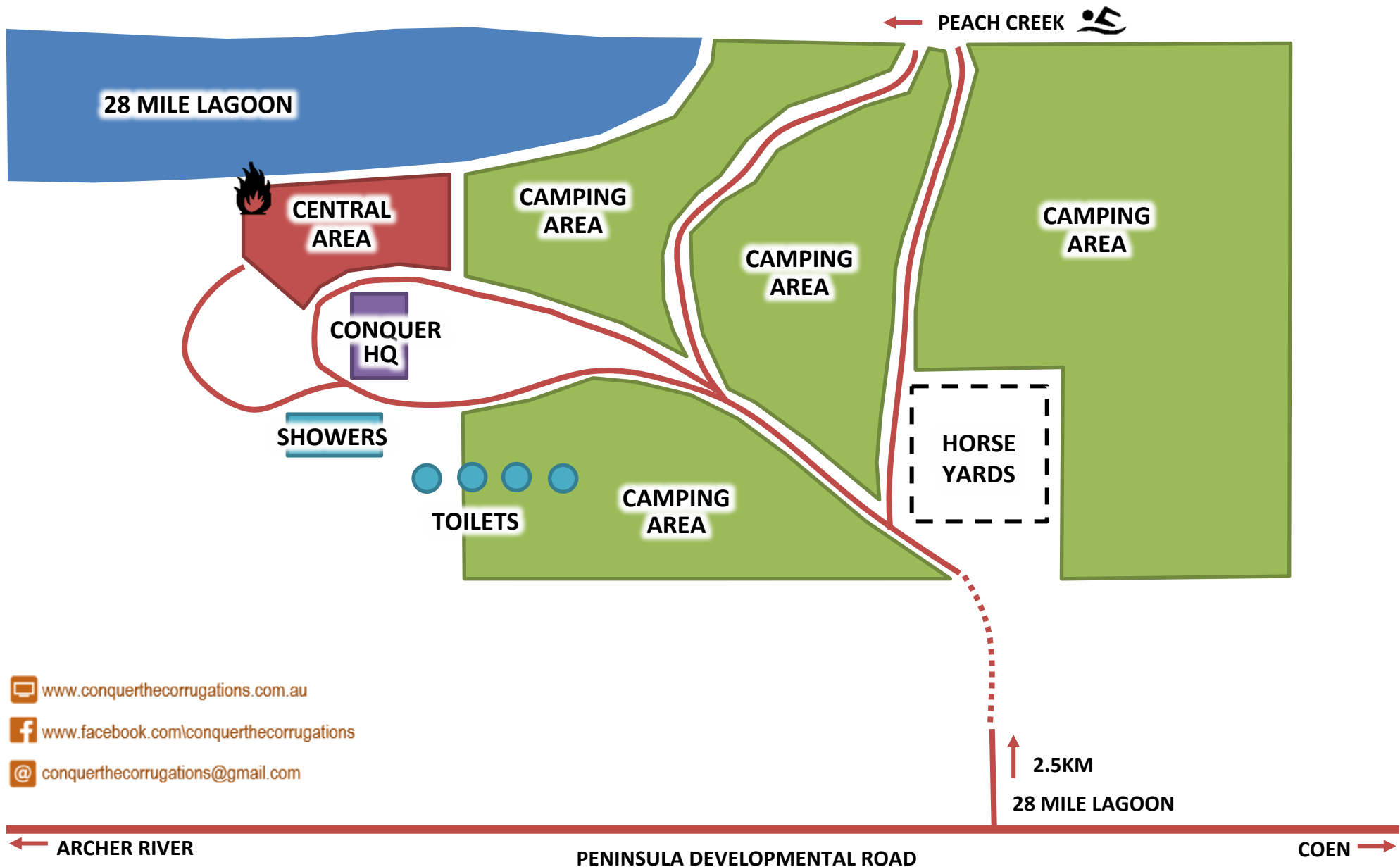
Rooms and/or cabins are available for booking at your own cost at the Coen Exchange Hotel and the Archer River Roadhouse if you don't wish to camp (bookings should be made in advance to guarantee a room).

A limited number of tents and mattresses are available for use. Please let us know in advance if you would like to borrow any. This year we are hoping to support you to get there and camp, so please let us know if you need any help.

NOT PERMITTED

Hunting dogs are not permitted on the walk or at 28 Mile Lagoon. Dogs required for medical reasons are allowed. We understand that pets are a part of your family so please let us know if you would like your pet to attend. Quad bikes are not permitted on the walk. We must satisfy criteria with Cook Shire Council, Department of Transport and Main Roads and the Queensland Police with which quad bikes are not included.

28 MILE LAGOON MAP



 www.conquerthecorrugations.com.au

 www.facebook.com/conquerthecorrugations

 conquerthecorrugations@gmail.com