

2021 EVENT OVERVIEW

FRIDAY 1ST – MONDAY 4TH OCTOBER 2021

Conquer the Corrugations Cape York 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.

It is a not-for-profit event where people are encouraged to come together as a community and to support one another. Participants walk on foot or horseback from the Coen Information Centre to the Archer River Roadhouse, totalling 42km completed over two days, with camping each night at 28 Mile Lagoon (located approx. 19km south of the Archer River).

It is a family friendly event open to everyone of all ages and abilities. Through the generous support of local businesses, we offer this as a free event.



2021 Conquer the Corrugations will run similar to 2020 to ensure a COVID-19 safe event. The event will adhere to the QLD Health Event Management Guidelines and Checklist and we will ask you to respect any additional Qld Health and Government restrictions that may be in place at the time of the event.

Coming together in Coen and at the Archer River Roadhouse as a large group will be avoided to reduce risks however you may choose to go to both for food and supplies at any time over the weekend. We ask that you think about supporting the local businesses as they have been incremental in this event's success every year. Please respect any rules and read displayed signs.

Each registration group will need to nominate a group leader when registering. This person will receive all relevant information leading up to the event and will participate in Group Leader debriefs during the event. The Group Leaders will be responsible for passing on all relevant information to the members of their group.

The following is an overview of how the weekend will run. Please appreciate that details are subject to change and a more detailed itinerary will be shared with all participants in their Welcome Information Pack upon arrival.

COVID-19 remains a risk, and the event organisers will work closely with Queensland Health and Local Government to make sure we are complying to any changes in rules and regulations. Your safety is our priority.

Registrations will open online on 1st August 2021.

EVENT OVERVIEW

Fri 1st Oct

- From **3pm**, check in will open at 28 Mile Lagoon, approx. 19km south of Archer River on eastern side of PDR and 23km north of the Coen Biosecurity Centre
- Various marquees will be set up at the lagoon – COVID-19 screening (if required), welcome pack collection, shirt collect, merchandise, and RFDS Mental Health Team and First Aid Team meet and greet.
- Set up camp at the lagoon for the duration of the event (participants camp at this location for each night to mitigate COVID-19 risk)
- Hot BBQs available for participants to cook on
- A group leader debrief will be held at 8pm (15min debrief)

Sat 2nd Oct

- Self-cater for breakfast
- Groups to depart south and arrive at the Coen Biosecurity Centre for 7:30am, to begin Welcome to Country and Welcome Speech
- Walk begins! Rest stops approx. every 6km with morning tea, lunch and afternoon tea provided – you do not need to bring food (hydrolytes are encouraged)
- Group Leaders are responsible for checking in with their group members. Any private support vehicles must drive on and park at the designated points ahead of the walking pack and support vehicles
- All Conquer support vehicles will be available on UHF Ch17 to assist you during the walk. These vehicles and services include buses, water truck, port-a-loo and first aid team
- Arrive at 28 Mile Lagoon (usually between 2pm - 3pm)
- RFDS Mental Health Team workshop at 28 Mile Lagoon (available to all participants)
- Meeting for Group Leaders at 6pm (15min debrief)
- Self-cater for dinner (BBQ's will be hot for you to cook on)
- Raffles and Entertainment - All music turned off by 10pm

Sun 3rd Oct

- Self-cater for breakfast
- Groups to depart north and arrive at Archer River Roadhouse for 7:30am start
- Walk begins! Rest stops approx. every 6km with morning tea and lunch provided (lunch will be on arrival at entry to 28 Mile Lagoon)
- Conquer support vehicles (buses, water, port-a-loo etc.) will be the same as Day 1
- RFDS Mental Health Team Workshop at 28 Mile Lagoon (available to all participants)
- Meeting for Group Leaders at 6pm (15min debrief)
- Self-cater for dinner (BBQ's will be hot for you to cook on)
- Awards Presentation & Entertainment from 7pm

Mon 4th Oct

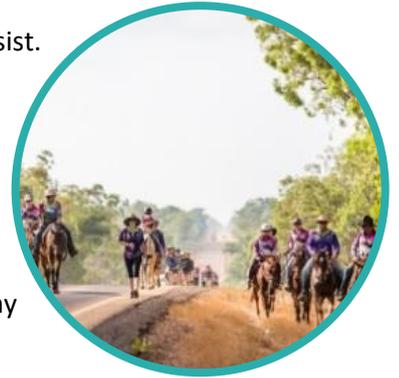
- Self-cater for breakfast
 - Pack up camp, clean up personal rubbish and area used
 - Event completed! Safe travels home
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HEALTH SERVICES

Queensland Ambulance Service is aware of the event and will be on standby to assist. Your health and safety are our number one priority and as such, an isolation area and a first aid station will be set up at 28 Mile Lagoon. A map of the layout of 28 Mile Lagoon is attached at the end of this Event Overview.

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 and a registered nurse 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.



VEHICLES

As a safety precaution, we wish to limit the number of vehicles travelling on the road as part of the event. We ask that participants leave their cars at the designated areas for collection at the end of the day (the buses are available to run participants to collect vehicles). Any vehicles supporting participants must drive onto a safe checkpoint to avoid congestion.



A bus will be travelling with the participants and will pick up any adult or child during the walk if they wish to have a break. All children hopping on the bus must be accompanied by an adult from their group. 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 other than the families/friends of the bus drivers at special request with the driver.

HELPERS

If you do not wish to walk your help is always appreciated throughout the weekend. Setting up the rest stops 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.

Life is tough
and it can get bumpy...
But when we come together
It smooths out the path and the
hills become a little
less steep!

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

Historically, children have been able to hop on the bus without adult supervision. This year, 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. Weipa, Napranum and Mapoon participants will collect their BBQ pack from the Weipa Bakery the day before the event starts. Participants attending from other areas will have the BBQ packs available for them when they check in at 28 Mile Lagoon. The BBQ packs will consist of steak, sausages, 6 pack of bread rolls and a loaf of bread. This pack is a supplement 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 BBQ's will be available in the evenings if you would like to utilise them to cook your dinner. 1.5m physical distancing rules will apply and no 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. If you require any other snacks and drinks, outside of the meal times listed above, please cater for yourself, however we do feed all participants well over the whole weekend, other than breakfast and your evening meal.

At 28 Mile Lagoon, you are welcome to bring some refreshments, but no alcohol will be provided. Alcohol is not permitted on the main road whilst walking.

CAMPING

Free camping is provided at 28 Mile Lagoon with toilets and cold showers (hot showers available at Archer River Roadhouse for a small fee). Participants are required to bring along their own camping gear and cooking gear for the duration of the event.

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

A limited number of 2-man tents and inflatable mattresses are available for use. Please let us know in advance if you would like to borrow any.

NOT PERMITTED

Dogs are not permitted on the walk or at 28 Mile Lagoon, other than those required for medical reasons. 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.

CONTACT DETAILS

For more information or to register please go to www.conquerthecorrugations.com.au or contact us via:



[www.facebook.com\conquerthecorrugations](https://www.facebook.com/conquerthecorrugations)



conquerthecorrugations@gmail.com

Event Co-ordination:

Emma Jackson – 0429 175 980 or 4060 3210

Shelly Radlof – 0407 023 942

28 MILE LAGOON MAP

