

## IMPORTANT SAFETY INFORMATION

We want you to have a very fun race, but your safety is on top of our priority. Please take a moment to read these instructions and keep them in mind during the run.

## PRECAUTIONS

### Keep hydrated

Solo runners especially, the wadi is dry and hot; you are running in an extreme environment.

### Drive safely

The wadi is narrow at times; stay alert for other runners and cars.

### Keep your speed down to avoid picking up dust

It's not only a pain to run through but it reduces visibility in the wadi, which could lead to accidents. Please offer solo runners support if requested as some of them may have no direct support vehicles. You can recognize them by the red or yellow bib numbers.

## IN CASE OF AN EMERGENCY

Assess the situation. If the injury is minor, use team support to transport to nearest marshal point or the ambulance. Ensure safety of incident scene by warning other teams and drivers.

For serious injury, try to avoid moving a patient if there is suspected head or spinal trauma and seek assistance from the race organization.

Call the race director on the number below and try to send a message to nearest marshal point by communicating:

- Your name and position
- The location of the incident (by distance to the Check Points or distinguishable landmark)
- The nature of incident, state the facts
- Wait for instructions from the Absolute Adventure Marshalls



**Race Director**  
**Emergency Contact Number:**  
**+971526453581**

**Marshalls will be at**  
**Start/Finish**  
**Checkpoints 4,9,12**  
**Turn around point (TP)**

Marshalls will be with the yellow Absolute Adventure vehicles and wear yellow vests. The Marshalls are well trained to provide first aid in the Wadi and they carry equipment for more serious injuries. Please follow their advice on the best course of action.