

MOGO TRIG TRAILS

WHAT TO DO IN AN EMERGENCY



1. DOWNLOAD

Emergency Plus
and Trailforks
PRO (will show
exit points in an
emergency) Apps



emergencyplus



2. ASSESS

**You should never
move anyone after
they have had a
serious fall.**

Assess the injured
person so you can relate
the information to the
operator.



3. LOCATION

You are on the **Trig
Trails** in the Mogo
Mountain Bike Park
in the Mogo State
Forest.

They will get your GPS
location from your
phone call. You need
to say if you are with
the injured person and
if not, is the injured
person is at the top,
middle or bottom of the
trails (approximately).



4. EMERGENCY POINT

**This is very
important.** Use your
Emergency Plus app
to pin point your
location.

**Use the 3 WORDS
on the bottom of the
screen.**

These 3 words will let the
operator know where you
are. The Mogo & Moruya
stations, VRA and RFS
know the trails and have
the emergency points
(these 3 words)

**IN AN
EMERGENCY
CALL 000**

**No service
emergency number
112**

Please keep in mind
there might be limited
or no phone service in
some areas of the trail
network.



SOUTHBOUND
ESCAPES

IMPORTANT PHONE NUMBERS AND APPS

**IN AN EMERGENCY
CALL 000**

**NO SERVICE
EMERGENCY
NUMBER 112**

- Please keep in mind there might be **limited or no phone service in some areas of the trail network**
- No service emergency number 112 (this number may also be patchy at times)
- Download the Emergency Plus and Trailforks PRO Apps



WHAT TO DO IN AN EMERGENCY



You should never move anyone after they have had a serious fall. Before you call 000, use the Emergency Plus app or Trailforks, you must collate the necessary information from the people that are with the injured person.



1. ASSESS Assess the injured person so you can relate the information to the operator. Get all information, eg. They may have broken their arm, but have they also hit their head? ALL information is important.



2. WHERE ARE YOU You will be asked where you are. You are in the Mogo Mountain Bike Park in the Mogo State Forest.



emergencyplus

3. LOCATION They will get your GPS location from your phone call. You need to say if you are with the injured person and if not, is the injured person is at the top, middle or bottom of the trails (approximately). Otherwise emergency services will send the ambulance to your GPS location and it may not be the quickest or correct route.

4. EMERGENCY POINT (EP) This is very important. Use your Emergency Plus app to pin point your location and give this to the operator. **Use the THREE WORDS on the bottom of the screen.** These three words will let the operator know where you are. Keep in mind the operators are not in our area most of the time. They will ask if the local station has maps and know the location. The Mogo and Moruya stations all know the trails and have the emergency point (these three words) along with the VRA and the RFS. Only Bermagui, RFS, Fire and Rescue and the VRA have 4wd vehicle.

IMPORTANT INFORMATION



SNAKE BITES

In case of snakebite immobilise the rider and **call 000 and do not move!**



LOCAL HOSPITALS

Moruya Hospital is approximately 15 minutes south from the township of Mogo.

Batemens Bay Hospital is approximately 10 minutes north from the township of Mogo.



AMBULANCE

Mogo, Moruya and Batemens Bay have local Ambulance Stations and rescue crews. In addition to asking for an Ambulance you can request any of these to attend.

MOUNTAIN BIKING INVOLVES THE RISK OF SERIOUS INJURY OR DEATH.

Mountain biking involves the risk of serious injury or death – Your knowledge, decisions and actions contribute to your safety and that of others. You waive your rights to sue as outlined when booking and from the Southbound Escapes Risk Waiver Form completed.

IT IS YOUR RESPONSIBILITY TO ALWAYS

1. READ EMERGENCY PROCEDURES

Please read the emergency procedures prior to your shuttle.

2. PROTECT YOURSELF

Use an appropriate bike, helmet and protective equipment and never ride under the influence of drugs or alcohol.

3. CONTROL YOUR BIKE

You are responsible for avoiding objects and people. Stop safely at all times. Always be prepared for someone, something or wildlife that you might come across.

4. KNOW YOUR LIMITS

Ride within your ability at all times. Parents/guardians are responsible for ensuring children under 16 can meet this condition.

5. RESPECT SIGNAGE & RULES

Be aware of one-way trails. Trails are closed for various safety and maintenance reasons. Never enter a closed area and always obey signs, staff, notices and warnings.

6. INSPECT TRAILS & FEATURES

Conditions change constantly. Inspect the trails and features beforehand, consider the weather and plan and adjust your riding accordingly. When scoping, make sure you're not standing in a blind spot and you and your bike is completely off the trail.

7. BE VISIBLE

Never stop where you obstruct a trail, feature or can't be seen.

8. LEAVE NO TRACE

Protect our forest and waterways by taking your rubbish with you.

YOUR ESCAPE ROUTES ARE AS FOLLOWS:



FIRE OR THREAT FROM THE NORTH

CAR, BIKE OR WALK Use Dog Trap Road trail and follow to the Princes Hwy in Mogo

CAR, BIKE OR WALK Use Mitchels Road and follow to Tomakin Road

FIRE OR THREAT FROM THE SOUTH

CAR, BIKE OR WALK Use Dog Trap Road then Ridge Road on the left then Glenella and exit on Princes Hwy

CAR, BIKE OR WALK Use Dog Trap Road then Ridge Road to the Right then Tall Gums Road and exit on to George Bass Drive

CAR, BIKE OR WALK Use Dog Trap Road then Ridge Road to the right then Dunns Creek Road to the Road and exit on to Tomakin Road

