



INFORMATION PACK

(Version 2.0.7)

**Choose
a
Challenge**



When you have finished with
this pack please recycle it

Introduction Letter

Dear Participant,

Thank you for taking part in Lost. Please read this information pack carefully as it contains very useful information about the event.

Please thoroughly read the page titled 'Tracking System' as you **MUST** send messages to the tracker in the correct format in order for us to correctly verify your location. This is extremely important.

You will be transported to an 'unknown location'. You then must make your way back as quickly possible without spending any money on transport.

If you need to get in touch for any reason during your challenge then please call us: our number is shown below.

Good luck with your challenge.

Enjoy!



Choose a Challenge

Emergency Contact Details

In An Emergency:

1. Ensure the safety of yourself and the group
2. Call the emergency services
UK: 999
3. Call Choose a Challenge: +44 (0) 2031328751

Useful Phone Numbers:

Choose a Challenge Head Office +44 (0) 2031372851

Tracking System

The tracking system is an automated web application – it is not a human! Whilst the tracking system will try and understand you, it is by no means as intelligent as a human operator. As such, your messages **MUST** be in the following format:

Place, Country, Then your message

If you send a message in any other format then your location will not be correctly verified.

- ✓ Oxford, England, We are having a great time – **CORRECT** (Place [comma] Country [comma] Then your message)
- ✗ Oxford, England. We are having a great time – **INCORRECT** (There should not be a full stop after the country - instead there should be a comma. The message should read. “Oxford, England, We are having a great time”)
- ✗ Holborn, London, We are having a great time – **INCORRECT** (London is a city not a country. The message should read, “Holborn, England, We are having a great time”)
- ✗ Somewhere in Oxford, England, We are having a great time! – **INCORRECT** (The place name is not ‘Somewhere in Oxford’. The message should read, “Oxford, England, We are having a great time”)

One member of each team must send an SMS to the tracker phone number +44 (0) 2031372883:

1. At least every 6 hours;
2. Every time you get into a vehicle (provide your current location, vehicle type, make, colour, registration and route e.g. “Oxford, England, We’re in a blue Volvo AB12CDE heading south on the A46”);
3. Every time you get out of a vehicle (provide your current location e.g. “Oxford, England, We’ve just got out of the blue Volvo and we’re now trying to hitch to Durham”);

If we have not heard from you within the last 6 hours then we will be forced to assume that your situation is serious. The event organisers may then decide to contact the relevant authorities.

All messages are charged at your standard network rate.

Lost Rules

1. You must be at least 18 years of age;
2. You must pay the registration fee;
3. You must commit to fundraising the minimum amount of sponsorship required;
4. You must send SMS messages to the tracker in the correct format;
5. You are responsible for where you go and what you do;
6. You are responsible for all costs and expenses incurred as a result of taking part in Lost. These include all transport and accommodation costs and expenses once the event is over;
7. None of your own money is to be used for travel expenses during the event;
8. You must always put your safety and your fellow team members' safety first;
9. Before you leave you must have:
 - a. A fully-charged mobile phone;
 - b. A phone charger plus a spare battery (wall socket charger and 12v car charger);
 - c. Your Lost t-shirt;
 - d. Tracker phone number;
 - e. Emergency contact phone numbers;
 - f. Cash and a debit card/credit card.
10. In the event of an emergency you must contact the emergency services/authorities. Once the emergency services have been contacted then you must contact the Lost emergency contact phone number where phone-lines will always be open;
11. Travel in groups of 2 or 3. Never travel alone. Never split up to get a lift. All team members must stay together at all times;
12. You must not use your own vehicle;
13. You must not do anything which could harm the reputation of yourself, your fellow team mates, the event, your University (if applicable), the charity you are fundraising for, Choose a Challenge or any other entity associated with this event.

Other things to pack:

- | | |
|----------------------------------|--------------------------|
| a. Road maps; | h. Camera; |
| b. Compass; | i. Bottled water; |
| c. Torch; | j. Travel first aid kit; |
| d. Information Pack; | k. Sun hat; |
| e. White board markers; | l. Sunglasses; |
| f. Warm and waterproof clothing; | m. Umbrella; |
| g. Sun cream; | n. Gloves. |

Lost Guidelines

1. Check the UK weather forecast before you set off. You must take note of any weather warnings issued by the Met Office (<http://www.metoffice.gov.uk/>);
2. Use your common sense. Do not put yourself in any situation which could be viewed as being potentially dangerous;
3. Your hitch location is very important. Well lit public places are ideal;
4. It is illegal hitch on motorways or motorway slip roads. Ensure drivers do not drop you off on motorways as you will be unable to hitch from there. Avoid roundabouts and bends in the road. Do not obstruct traffic;
5. Hitch from service stations, toll booths, petrol stations and roadside stops where vehicles come to a stop or slow down;
6. Vehicles must have enough time and space to see you and then to stop safely. Be aware of how fast the vehicles are travelling, the faster they are travelling the more time and space they need to stop;
7. Use public footpaths where possible. If you must walk in the road then walk facing oncoming traffic;
8. Have fun, smile and stay positive as drivers are much more likely to pick you up. Make eye contact with drivers as this is said to double your chances of getting picked up;
9. Wear fancy dress or brightly coloured clothing (your Lost t-shirt is perfect). High visibility clothing or reflective accessories can also be worn. Be considerate towards other cultures when choosing your attire. Do not wear anything that may offend anyone;
10. Use signs when you are trying to hitch from the side of the road. Make sure you have big, bold, dark lettering;
11. Network with as many people as you can when you are at service stations. Head to the truckers' lounge or café;
12. Do not put your luggage in the boot of a vehicle, keep it with you at all times. Otherwise, the driver could drive off with your luggage as soon as you get out of the vehicle;
13. Do not compromise your safety in order to get to your destination quicker;
14. If you are uncertain about a vehicle or the vehicle occupants then do not get in the vehicle;
15. Always ask the driver where they are going before you get into the vehicle. If you are uncertain about your safety then do not accept the lift;
16. If you are uncertain about your safety whilst in transit then request that the vehicle stops as soon as it is safe in order for you to exit the vehicle. Pretending to feel ill/sick may help;
17. Know where you are at all times. Follow your route on a road map and make sure you are heading in the right direction;
18. Avoid speaking about controversial subjects and/or getting into heated debates. Topics to avoid include politics, religion and sex;
19. Always wear a seatbelt.



Extract from The Highway Code

General Guidance

1. Pavements (including any path along the side of a road) should be used if provided. Where possible, avoid being next to the kerb with your back to the traffic. If you have to step into the road, look both ways first. Always show due care and consideration for others.
2. If there is no pavement, keep to the right-hand side of the road so that you can see oncoming traffic. You should take extra care and
 - a. be prepared to walk in single file, especially on narrow roads or in poor light
 - b. keep close to the side of the road

It may be safer to cross the road well before a sharp right-hand bend so that oncoming traffic has a better chance of seeing you. Cross back after the bend.

3. Help other road users to see you. Wear or carry something light-coloured, bright or fluorescent in poor daylight conditions. When it is dark, use reflective materials (e.g. armbands, sashes, waistcoats, jackets, footwear), which can be seen by drivers using headlights up to three times as far away as non-reflective materials.

Help yourself to be seen

4. Young children should not be out alone on the pavement or road (see Rule 7). When taking children out, keep between them and the traffic and hold their hands firmly. Strap very young children into push-chairs or use reins. When pushing a young child in a buggy, do not push the buggy into the road when checking to see if it is clear to cross, particularly from between parked vehicles.
5. Organised walks. Large groups of people walking together should use a pavement if available; if one is not, they should keep to the left. Look-outs should be positioned at the front and back of the group, and they should wear fluorescent clothes in daylight and reflective clothes in the dark. At night, the look-out in front should show a white light and the one at the back a red light. People on the outside of large groups should also carry lights and wear reflective clothing.
6. Motorways. Pedestrians **MUST NOT** be on motorways or slip roads except in an emergency (see Rules 271 and 275).

[Laws RTRA sect 17, MT(E&W)R 1982 as amended, reg 15(1)(b) & MT(S)R reg 13]

Crossing the road

7. The Green Cross Code. The advice given below on crossing the road is for all pedestrians. Children should be taught the Code and should not be allowed out alone until they can understand and use it properly. The age when they can do this is different for each child. Many children cannot judge how fast vehicles are going or how far away they are. Children learn by example, so parents and carers should always use the Code in full when out with their children. They are responsible for deciding at what age children can use it safely by themselves.

A. First find a safe place to cross and where there is space to reach the pavement on the other side. Where there is a crossing nearby, use it. It is safer to cross using a subway, a footbridge, an island, a zebra, pelican, toucan or puffin crossing, or where there is a crossing point controlled by a police officer, a school crossing patrol or a traffic warden. Otherwise choose a place where you can see clearly in all directions. Try to avoid crossing

between parked cars (see Rule 14), on a blind bend, or close to the brow of a hill. Move to a space where drivers and riders can see you clearly. Do not cross the road diagonally.

B. Stop just before you get to the kerb, where you can see if anything is coming. Do not get too close to the traffic. If there's no pavement, keep back from the edge of the road but make sure you can still see approaching traffic.

C. Look all around for traffic and listen. Traffic could come from any direction. Listen as well, because you can sometimes hear traffic before you see it.

D. If traffic is coming, let it pass. Look all around again and listen. Do not cross until there is a safe gap in the traffic and you are certain that there is plenty of time. Remember, even if traffic is a long way off, it may be approaching very quickly.

E. When it is safe, go straight across the road – do not run. Keep looking and listening for traffic while you cross, in case there is any traffic you did not see, or in case other traffic appears suddenly. Look out for cyclists and motorcyclists travelling between lanes of traffic. Do not walk diagonally across the road.

8. At a junction. When crossing the road, look out for traffic turning into the road, especially from behind you. If you have started crossing and traffic wants to turn into the road, you have priority and they should give way (see Rule 170).

9. Pedestrian Safety Barriers. Where there are barriers, cross the road only at the gaps provided for pedestrians. Do not climb over the barriers or walk between them and the road.

10. Tactile paving. Raised surfaces that can be felt underfoot provide warning and guidance to blind or partially sighted people. The most common surfaces are a series of raised studs, which are used at crossing points with a dropped kerb, or a series of rounded raised bars which are used at level crossings, at the top and bottom of steps and at some other hazards.

11. One-way streets. Check which way the traffic is moving. Do not cross until it is safe to do so without stopping. Bus and cycle lanes may operate in the opposite direction to the rest of the traffic.

12. Bus and cycle lanes. Take care when crossing these lanes as traffic may be moving faster than in the other lanes, or against the flow of traffic.

13. Routes shared with cyclists. Some cycle tracks run alongside footpaths or pavements, using a segregating feature to separate cyclists from people on foot. Segregated routes may also incorporate short lengths of tactile paving to help visually impaired people stay on the correct side. On the pedestrian side this will comprise a series of flat-topped bars running across the direction of travel (ladder pattern). On the cyclist side the same bars are orientated in the direction of travel (tramline pattern). Not all routes which are shared with cyclists are segregated. Take extra care where this is so (see Rule 62).

14. Parked vehicles. If you have to cross between parked vehicles, use the outside edges of the vehicles as if they were the kerb. Stop there and make sure you can see all around and that the traffic can see you. Make sure there is a gap between any parked vehicles on the other side, so you can reach the pavement. Never cross the road in front of, or behind, any vehicle with its engine running, especially a large vehicle, as the driver may not be able to see you.

15. Reversing vehicles. Never cross behind a vehicle which is reversing, showing white reversing lights or sounding a warning.

16. Moving vehicles. You MUST NOT get onto or hold onto a moving vehicle.

[Law RTA 1988 sect 26]

17. At night. Wear something reflective to make it easier for others to see you (see Rule 3). If there is no pedestrian crossing nearby, cross the road near a street light so that traffic can see you more easily.

Crossings

18. At all crossings. When using any type of crossing you should

- a. always check that the traffic has stopped before you start to cross or push a pram onto a crossing
- b. always cross between the studs or over the zebra markings. Do not cross at the side of the crossing or on the zig-zag lines, as it can be dangerous

You MUST NOT loiter on any type of crossing.

[Laws ZPPPCRGD reg 19 & RTRA sect 25(5)]

19. Zebra crossings. Give traffic plenty of time to see you and to stop before you start to cross. Vehicles will need more time when the road is slippery. Wait until traffic has stopped from both directions or the road is clear before crossing. Remember that traffic does not have to stop until someone has moved onto the crossing. Keep looking both ways, and listening, in case a driver or rider has not seen you and attempts to overtake a vehicle that has stopped.

20. Where there is an island in the middle of a zebra crossing, wait on the island and follow Rule 19 before you cross the second half of the road – it is a separate crossing.

21. At traffic lights. There may be special signals for pedestrians. You should only start to cross the road when the green figure shows. If you have started to cross the road and the green figure goes out, you should still have time to reach the other side, but do not delay. If no pedestrian signals have been provided, watch carefully and do not cross until the traffic lights are red and the traffic has stopped. Keep looking and check for traffic that may be turning the corner. Remember that traffic lights may let traffic move in some lanes while traffic in other lanes has stopped.

22. Pelican crossings. These are signal-controlled crossings operated by pedestrians. Push the control button to activate the traffic signals. When the red figure shows, do not cross. When a steady green figure shows, check the traffic has stopped then cross with care. When the green figure begins to flash you should not start to cross. If you have already started you should have time to finish crossing safely.

23. Puffin crossings differ from pelican crossings as the red and green figures are above the control box on your side of the road and there is no flashing green figure phase. Press the button and wait for the green figure to show.

24. When the road is congested, traffic on your side of the road may be forced to stop even though their lights are green. Traffic may still be moving on the other side of the road, so press the button and wait for the signal to cross.

25. Toucan crossings are light-controlled crossings which allow cyclists and pedestrians to share crossing space and cross at the same time. They are push-button operated. Pedestrians and cyclists will see the green signal together. Cyclists are permitted to ride across.

26. At some crossings there is a bleeping sound or voice signal to indicate to blind or partially sighted people when the steady green figure is showing, and there may be a tactile signal to help deafblind people.

27. Equestrian crossings are for horse riders. They have pavement barriers, wider crossing spaces, horse and rider figures in the light panels and either two sets of controls (one higher), or just one higher control panel.

28. 'Staggered' pelican or puffin crossings. When the crossings on each side of the central refuge are not in line they are two separate crossings. On reaching the central island, press the button again and wait for a steady green figure.

29. Crossings controlled by an authorised person. Do not cross the road unless you are signalled to do so by a police officer, traffic warden or school crossing patrol. Always cross in front of them.

30. Where there are no controlled crossing points available it is advisable to cross where there is an island in the middle of the road. Use the Green Cross Code (see Rule 7) to cross to the island and then stop and use it again to cross the second half of the road.

Situations needing extra care

31. Emergency vehicles. If an ambulance, fire engine, police or other emergency vehicle approaches using flashing blue lights, headlights and/or sirens, keep off the road.

32. Buses. Get on or off a bus only when it has stopped to allow you to do so. Watch out for cyclists when you are getting off. Never cross the road directly behind or in front of a bus. Wait until it has moved off and you can see clearly in both directions.

33. Tramways. These may run through pedestrian areas. Their path will be marked out by shallow kerbs, changes in the paving or other road surface, white lines or yellow dots. Cross at designated crossings where provided. Elsewhere treat trams as you would other road vehicles and look both ways along the track before crossing. Do not walk along the track as trams may come up behind you. Trams move quietly and cannot steer to avoid you.

34. Railway level crossings. You **MUST NOT** cross or pass a stop line when the red lights show, (including a red pedestrian figure). Also do not cross if an alarm is sounding or the barriers are being lowered. The tone of the alarm may change if another train is approaching. If there are no lights, alarms or barriers, stop, look both ways and listen before crossing. A tactile surface comprising rounded bars running across the direction of pedestrian travel may be installed on the footpath approaching a level crossing to warn visually impaired people of its presence. The tactile surface should extend across the full width of the footway and should be located at an appropriate distance from the barrier or projected line of the barrier.

[Law TSRGD, reg 52]

35. Street and pavement repairs. A pavement may be closed temporarily because it is not safe to use. Take extra care if you are directed to walk in or to cross the road.

Motorways

270. You **MUST NOT** stop on the carriageway, hard shoulder, slip road, central reservation or verge except in an emergency, or when told to do so by the police, HA traffic officers in uniform, an emergency sign or by flashing red light signals. Do not stop on the hard shoulder to either make or receive mobile phone calls.

[Laws MT(E&W)R regs 5A, 7, 9, 10 & 16, MT(S)R regs 6(1), 8, 9 & 14, PRA 2002 sect 41 & sched 5(8), & RTA 1988 sects 35 & 163 as amended by TMA 2004, sect 6]

271. You MUST NOT pick up or set down anyone, or walk on a motorway, except in an emergency.

[Laws RTRA sect 17 & MT(E&W)R reg 15]

Rules for Cyclists

62. Cycle Tracks. These are normally located away from the road, but may occasionally be found alongside footpaths or pavements. Cyclists and pedestrians may be segregated or they may share the same space (unsegregated). When using segregated tracks you MUST keep to the side intended for cyclists as the pedestrian side remains a pavement or footpath. Take care when passing pedestrians, especially children, older or disabled people, and allow them plenty of room. Always be prepared to slow down and stop if necessary. Take care near road junctions as you may have difficulty seeing other road users, who might not notice you.

[Law HA 1835 sect 72]

Extract from Railway Byelaws

Travel and Fares

17. Compulsory Ticket Areas

- (1) No person shall enter a compulsory ticket area on the railway unless he has with him a valid ticket.
- (2) A person shall hand over his ticket for inspection and verification of validity when asked to do so by an authorised person.
- (3) No person shall be in breach of Byelaw 17(1) or 17(2) if:
 - (i) there were no facilities in working order for the issue or validation of any ticket at the time when, and the station where, he began his journey; or
 - (ii) there was a notice at the station where he began his journey permitting journeys to be started without valid ticket; or
 - (iii) an authorised person gave him permission to travel without a valid ticket.

18. Ticketless travel in non-compulsory ticket areas

- (1) In any area not designated as a compulsory ticket area, no person shall enter any train for the purpose of travelling on the railway unless he has with him a valid ticket entitling him to travel.
- (2) A person shall hand over his ticket for inspection and verification of validity when asked to do so by an authorised person.
- (3) No person shall be in breach of Byelaw 18(1) or 18(2) if:
 - (i) there were no facilities in working order for the issue or validation of any ticket at the time when, and the station where, he began his journey; or
 - (ii) there was a notice at the station where he began his journey permitting journeys to be started without valid ticket; or

(iii) an authorised person gave him permission to travel without a valid ticket.

19. Classes of accommodation, reserved seats and sleeping berths

Except with the permission from an authorised person, no person shall remain in any seat, berth or any part of a train where a notice individuates that it is reserved for a specified ticket holder or holders of tickets of a specific class, except the holder of a valid ticket entitling him to be in that particular place.

20. Altering tickets and use of altered tickets

(1) No person shall alter any ticket in any way with the intent that an Operator shall be defrauded or prejudiced.

(2) No person shall knowingly use any ticket which has been altered in any way in breach of Byelaw 20(1).

21. Unauthorised buying or selling of tickets

(1) Subject to Byelaw 21(4), no person shall sell or buy any ticket.

(2) Subject to Byelaw 21(4), no person shall transfer or receive any unused or partly used ticket, intending that any person shall use it for travelling unless the conditions of use for the ticket specifically permit such transfer.

(3) Subject to Byelaw 21(4), no person shall knowingly use any ticket which has been obtained in breach of Byelaw 21.

(4) The sale or transfer by, or the purchase or receipt from, an authorised person in the course of his duties or from an authorised ticket machine excepted from the provisions of Byelaw 21.

22. Fares offences committed on behalf of another person

(1) No person shall buy a ticket on behalf of another intending to enable another person to travel without having paid the correct fare.

(2) No person shall transfer or produce a ticket on behalf of another person intending to enable that other person to travel having paid the correct fare.