

PLANNING TO HUNT

THIS ROAR?

APPROXIMATELY

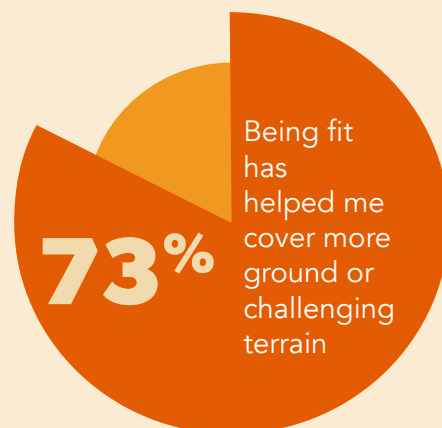
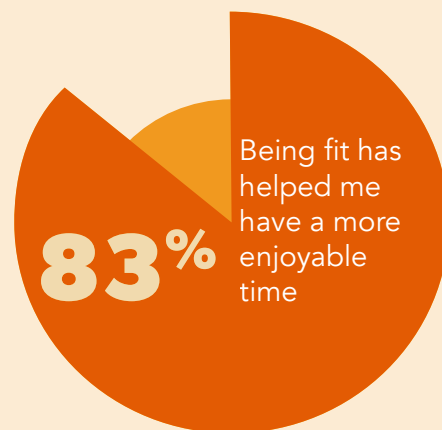
56%

OF **SEVERE HUNTING INJURIES**
ARE TO THE KNEE, SHOULDER
OR ANKLE

A **SEVERE HUNTING INJURY**
RESULTS IN AN AVERAGE OF

76

DAYS OF
RECOVERY



1 in 7

hunters have suffered an injury due to lack of fitness or fatigue

HUNTERS SAY



If you're not hunt fit, this guide is for you! **Severe hunting injuries double during the Roar**, making fitness crucial for both your enjoyment and safety. This 12-week guide will help you build endurance, strength and plan your hunt — ensuring you cover more ground, stay injury-free and make the most of your trip!

GET #ROARFIT



OUTDOOR SAFETY
NZ MOUNTAIN SAFETY COUNCIL

*Data shows an average over the past 10 years. A severe injury includes an ACC claim cost of at least \$2,000, at least 10 days off work, a fracture, head injury or fatality.

12 WEEKS OUT

More than a quarter of surveyed hunters think 12 weeks is an ideal timeframe to get fit for a hunt, like the Roar. Over the first 6 weeks, the aim is to build a good fitness base, begin planning your trip and research the hunting area.



TOP 3 WAYS TO TRAIN

- » Walking or tramping
- » Short hunting trips
- » Strength training

FITNESS TIPS

- » Go regularly
- » Do an exercise you like
- » Start small and build up

HUNTERS SAY

TO-DOS

Start exercising.

A great way to train or maintain your fitness for the Roar is to walk, tramp or go on shorter hunting trips.

Be consistent.

Going regularly is key. Choose an exercise you like, start small and build up slowly, especially if you're out of practice.

Introduce strength work.

As you get fitter, add in some weight training. Again, start small and increase weights gradually.

Research your hunting route.

Find out as much as you can about the route, including hills and other challenging terrain, like ravines.

Begin planning your hunt.

Use Plan My Walk (planmywalk.nz) to create a trip plan. Think about:

- » Where you will go
- » The distance you'll cover
- » Who you'll hunt with
- » How much you'll carry
- » The fitness you'll need



6 WEEKS OUT

By now you'll have a good base fitness. It's time to get out your pack and gear, and start some serious track and hill training.

Check your gear.

Make sure your gear is in working order. Repair or replace any items now.

Hit the hills.

There's no better way to get prepared than in the hills on uneven tracks and steep descents.

Build a Plan B.

Plan your exit routes and decide what your group will do in an emergency, for example if someone gets injured or the weather packs in.

TO-DOS

Review your progress.

Do you need to increase your training? If you're struggling, do you need to reset your goals for the Roar?

Check in with your mates.

Talk to your hunting party and make sure everyone knows the plan and is getting prepared.

Take your pack.

A loaded pack on your back will get you #ROARfit. It will also help you decide if you need to cut down on weight.



TO-DOS

Share the trip plan.

Have an emergency contact and share the trip plan with them. Plan My Walk makes this easy.

Rest and recover for the big day.

Aim for an early night before you head out. The days can be long so you want to be well rested and focused.

Check in with your mates, again.

Make sure everyone knows the details for the day.

The countdown is on! With only a couple of weeks to go, you should be feeling fit and have your trip planned. Now it's time to focus on the right mindset for a safe and successful Roar.

2 WEEKS OUT

ON THE DAY

All your training should help you have a more enjoyable and safer hunt this Roar, but there are still a few things to keep in mind each day.

Pack the essentials.

Always take a rain jacket, warm layers, a beanie and gloves, an emergency shelter, a first aid kit, and a distress beacon.

Watch the weather.

Check the weather forecast and any warnings, and keep an eye on the conditions on the hunt. To get the latest weather updates, sign up to Plan My Walk.

TO-DOS

Discuss your plan.

Before you head out, make sure everyone in the hunting party knows the day's plan.

Take care of yourself and others.

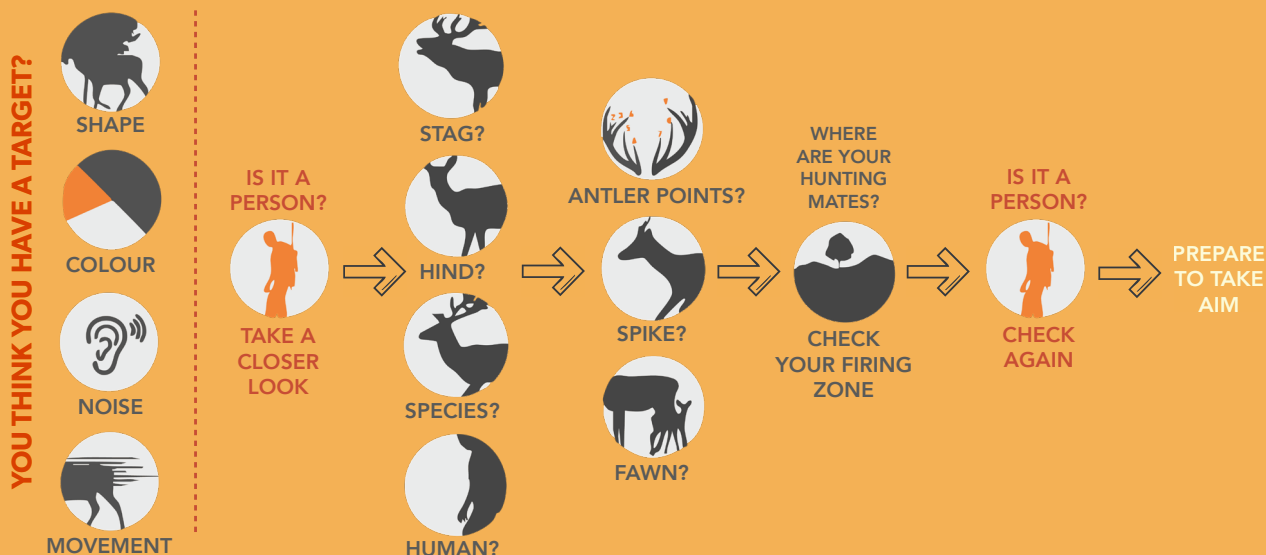
Eat, drink and rest regularly, stick with your group, and make key decisions together.

Know your limits.

If you're feeling fatigued, either physically or mentally, take a break, reassess the situation and check in with your group. Your top priority is always getting everyone home safe.

MIS-ID

Use your eyes or binoculars. Keep your finger away from the trigger and stay calm.



HAVE A HMMM in collaboration with ACC

It's easy to get caught up in the excitement of the hunt but make sure to:

- » Slow down, think through your choices
- » Pay extra care to your route with care
- » Watch your footing
- » Be aware of terrain traps like bluffs, cliffs and gullies