

Every year, thousands of Kiwi hunters head into the hills after the stags of their dreams. But without quality training and preparation, hunters can sustain severe injuries with consequences that last well beyond the season. If you start training now, you still have plenty of time to get #ROARfit and set yourself up for a safe and successful hunt.

THE STATS

A severe hunting injury* results in

76 days of missed employment[^].

Severe hunting injuries **double** during the Roar, when compared to all other times of the year[†].

Approximately

40% of severe hunting injuries were to the knee or shoulder.[^]



* 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.

† compared to an average month.

[^] average over the past 10 years.

TO-DOS



Set your goals



Warm-up and stretch



Build your strength



Gradually increase difficulty



Hit the hills



Pack on your back



Research your route



Train on uneven tracks



Practise with full gear



Learn your limits



ARE YOU ROAR-FIT?

HOT TIPS

Hunt as a team, share a rifle to reduce pack weight

Don't forget the descent: walking down steep, uneven terrain while carrying a heavy load can be an easy way to injure yourself. Make sure to incorporate training descents with a loaded pack.

Hiking poles are great for reducing the load on your knees and joints.

HAVE A HMMM

'Have a hmmm' is a constructive challenge: take action to avoid injury and keep yourself, your whānau, friends and community safe and well by improving hunters' safety and reducing preventable injuries.

- Research the area and have a backup plan
- Check the weather and be prepared for it to change
- Pack a rain jacket and shelter just in case
- Tell a mate your plans before you go
- Check in with your mates regularly
- Take a map and keep track of your movements
- Watch your footing and take your time

CHECK OUT OUR 8 WEEK BREAKDOWN >

8 WEEKS OUT

The next few weeks are all about building a good fitness base, starting your research and setting your goals.



Start with a couple of weekly walks or runs. If you're low on time, try walking to work or getting out on your breaks. *Short sessions are better than nothing at all.*



Incorporate weekly strength training.

If you're starting from scratch, don't rush it. Start small and increase your weights each week.



Research your hunting area.

Assess the terrain, elevation and any tricky bits. If you're heading to a new area, ask around and try and get as much information as possible.



Set your goals for your Roar.

Visualise your ideal Roar trip – who are you with? What distance are you covering?

How much are you carrying?



Determine your fitness requirements.

Once you've set your goals and know more about your area, you'll have a better idea of what level of fitness is required. You can start by completing our self-evaluation form on the next page.

4 WEEKS OUT

Hopefully you have a good level of base fitness by now and have a strong understanding of your hunting area. If you haven't hit the hills already, it's time to get your pack on your back and start hitting elevation.



Level up your cardio and get into the hills.

There's simply nothing better to get you prepared for a hunt in the hills, than hunting in the hills.



Train with full gear on uneven tracks.

A gear check at home is a good start by giving it a proper test or two will highlight any faults and areas that need addressing. Plus, you can properly assess the weight of your pack and if you need to cut it down.



Check in on your progress.

How close are you to meeting your fitness goals? Do you need to increase your difficulty? Or if you're struggling, do you need to reset your expectations for your Roar?



Address any issues and check on your mates.

If you have questions about your hunting area, or concerns about your trip plan or gear, now is the time to sort it out. Touch base with the crew you'll be hunting with and make sure everyone's getting prepared.



Build your plan B.

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

1 WEEK OUT

The countdown is on! With only a week to go, you should be feeling fit and prepared. Now it's time to focus on recovery and getting in the right mindset for a safe and successful Roar.



Rest and recover before the big day.

Aim for an early night before you head out. Days can be long so stock up on rest now to help your mind keep clear and focused on the hunt.



Check in with the rest of your crew.

Talk to the people you're heading out with and make sure you're all on the same page.



Share your trip plan with your emergency contacts.

Make sure they know exactly where you're headed. Plan My Walk is a great tool for building a trip plan and sharing it with your contacts. You can even build your own custom track!

You made it! Now is time for the payoff. All of your training should help you have a more enjoyable time in the hills. Make the most of it and get home safe with these top tips for on the day:

Have a hmmm before you jump in.

It's easy to get caught up in the excitement of the hunt but make sure to slow it down, pay extra care to your route selection, watch your footing and be aware of terrain traps like bluffs.

Discuss your plan every day.

Touch base with your mates each morning and keep an eye on the weather.

Pack your essentials.

Always bring a rain jacket, warm layers, beanie and gloves, map, compass, emergency shelter, first aid kit and emergency communications device.

Watch out for mental shortcuts, aka heuristic traps

Use active decision-making and consider factors which might be influencing you, like only making a call because you're worried you won't have another chance. At the end of the day, the #1 goal should always be getting home safe.

ROARFIT SELF-EVALUATION

Every hunt is unique, so fitness requirements depend on hunting goals, location, access, transport, group size and more. This form is designed to help you determine what level of fitness is required for your specific trip and assess where you currently are.

1. How much distance each day do you expect to cover during the Roar?

2. How comfortable are you walking that distance now?

Not easy Somewhat easy Pretty easy Easy as

3. What's the highest/hardest hill you'll be climbing/elevation you'll be tackling during the Roar?

4. How frequently do you currently go on hill climbs/walks?

Never 1-2 times a month Weekly 1-2 times a week

5. How comfortable would you be climbing a hill with your full pack weight, plus meat?

Not easy Somewhat easy Pretty easy Easy as

Completing the above questions should give you a good idea on what level of ROARfit you are and what areas you need to improve on before heading off.

RESOURCES



Plan My Walk - New personalised gear list + custom track features support all trip plans. Complete the trip plan by adding in the trip dates and group members, then sharing with your emergency contact.



Have a Hmmm - Check out the useful tips to keep you and your hunting party safe this Roar.



NZ Land Safety Code - Brush up on the basics ahead of any trip.

