



# TASMANIAN TRAIL RUNNING

## ASSOCIATION

### The Trail Runners' Code

Every runner on the trails in lutruwita/Tasmania is a representative of our trail running community.

We encourage runners to always have positive interactions with everyone they meet.

Our trail running code has been adapted from the Leave No Trace Principles, with specific reference to trail running in Tasmania.



#### Prepare and plan responsibly

- Develop the skills and experience you need for the level of risk you may be exposed to.
- Take suitable gear – and learn how and when to use it.
- Research the route, gain permissions if required, understand and assess the risks, and plan appropriately.
- Pick appropriate weather conditions.
- Emergency planning and communications - be able to signal for a rescue anywhere you run and survive until help arrives – which may not be for many hours!
- Trails can be slow – plan for time on feet, as distances can be deceiving.
- Make sure everyone in the group has the fitness and experience to run the planned trail.
- Check in with land managers to understand current track conditions, and use the log books.
- Let someone know where you're going and when, and for them to raise the alarm if you don't return as planned.

#### Care for the trails and bush

- Minimise impact on vegetation – stay on the track and don't create new ones.
- Avoid track widening/braiding – go straight through mud and puddles.
- Report fallen trees, and unsafe or degraded trails to land managers.
- Avoid spreading phytophthora root rot by cleaning shoes and gear before each run.
- Clear easy to move hazards off the track if safe to do so.
- Volunteer for trail maintenance working bees.

#### Own your waste

- Pack it in, pack it out.
- Use toilets when available, or bury waste 15cm down, 100m away from tracks and watercourses.
- Pick up all litter, no matter how it got there.



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## Leave what you find

- Leave rocks, plants, animals and artifacts where they are.
- Admire, but don't disturb.
- Leave gates as you find them.

## Share the trails

- Smile, say hi, stop for a chat, and share trail conditions and experiences.
- If you're about to pass someone slower, let them know well before reaching them, and only pass when they're comfortable for you to do so.
- If you're slower, allow faster people to pass when safe to do so.
- Give way to other trail users – as agile trail users, it's easier for runners to move to the side.

## Disclaimer

*Trail running can be a dangerous sport. The Tasmanian Trail Running Association supports our community and land managers with guidance on safe approaches to trail running in Tasmania, but does not in any way take responsibility for your safety. You need to be prepared, aware, and make sound, risk based decisions to take care of your own safety.*

## Respect wildlife

- Do not feed wildlife, observe from a distance and avoid disturbance.
- Only take dogs where authorised, and on a lead or as otherwise signposted.

## Expect the unordinary

- Never underestimate the Tassie weather – it can turn really bad, really fast!
- Tasmanian trails can be rough, muddy, remote, and exposed, with limited or no phone reception.
- Water on a map may not be flowing when you get there, or it could be flooding.
- Our small island is packed with diverse and wild landscapes – there is always another epic vista just around the corner...

