

---

# HANDY TIPS

## Stay safe on the trails

- ✓ Buy the Blue Derby Manky Map
- ✓ Download the Blue Derby App
- ✓ Be aware of your medical history i.e allergic reactions to medicines
- ✓ Consider travel insurance in the case of a serious injury

## Dealing with injured riders

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

The GP Assist Helpline can also provide advice particularly where a less serious injury is involved and you are unsure whether to make the trip to the Scottsdale Hospital

If a broken bone is suspected do not eat or drink

Slings and other first aid supplies can be purchased in Derby at various businesses

Proudly supported by



Wood-fired pizza in the heart of  
Derby

Bookings recommended

Ph: 03 6779 1585

## RIDING IN REMOTE AREAS





---

The Blue Derby trail network encompasses 125km of trails spread throughout a large wilderness area which is often inaccessible to vehicles.

Pre ride preparation is paramount to ensure maximum enjoyment and rider safety whilst riding in the more remote areas of the trail network.

## Download the Blue Derby App

Before beginning your adventure you are **strongly advised** to download the Blue Derby app.

The Blue Derby App contains the entire trail network, tracking riders and providing GPS coordinates. This is critical information if an injured rider requires extraction by emergency services.

## Bring your Mobile Phone

There is good mobile phone coverage on most of the network but always carry a Blue Derby Trail Manky Map as a backup.

## Download the free maps

Free maps are available to download from the Blue Derby app or website.

**Proudly supported by**  
**The Hub Pizza & Beer**



## The Blue Tier

The iconic Blue Tier trail traverses the magnificent Blue Tier forest reserve in a spectacular wilderness setting and phone coverage is poor. In the absence of phone coverage emergency trail markers have been erected at strategic points along the trail to assist the location of riders in the event of injury or mishap.

The numbers on the markers represent the kilometres from the start of the trail (not the end).

## Riding Alone

Some of the Blue Derby trails are in remote areas so if riding alone it is wise to consider the use of EPIRBs or a personal locator beacon (PLB). Alternatively use common sense and let people know where you are riding.

## Food, Water and Spares

The trail network is vast and involves plenty of climbing, along with rip roaring descents on some of the best flow trails on the planet.

Water can typically be sourced along the trails but be smart and avoid sugar flats by taking food and always have a stash of emergency gels and the like.

Don't get caught out with mechanicals and minor injuries, always ride with spare tubes, basic tools and first aid supplies.

## Dealing with injured riders

### What to do in case of serious injury

If a rider is seriously injured and assistance is required to extract the rider from the trails call 000. Police and Ambulance services will coordinate extractions.

### What to do in case of less serious injury

The nearest Hospital (NESM) is at Scottsdale a 25 minute drive from Derby.

The Hospital has radiology services Monday to Thursday and the Scottsdale Medical Centre has in-house radiology.

Hospital staff will make an assessment of a rider's injuries and determine if the injury requires the rider to be transferred to the Launceston General Hospital (LGH). In the case of weekends, Hospital staff will also provide advice if treatment of the injury i.e. breakage, can wait until the Monday.

### Contact Numbers

Emergencies – 000

GP Assist Helpline – 1800 022 222

Scottsdale Hospital – 03 6778 8522

Ochre Medical Centre Scottsdale – 03 6352 2522

Scottsdale Medical Centre – 03 6352 2555