



Kokoda Sunshine Coast Briefing- Schools

WHAT TO EXPECT WHEN PARTICIPATING IN THE KOKODA CHALLENGE



What is the Kokoda Youth Foundation (KYF)?

The Kokoda Youth Foundation is a registered Australian charity located on the Gold Coast.

We are a local charity providing experiential programs that engage and inspire Aussie kids to reach their full potential.

The KYF changes the lives of young Australians, year in and year out, by running various programs aimed at all demographics.

Programs are focused on getting young Australians to engage with the Kokoda values of **Courage, Endurance, Mateship and Sacrifice.**



What is the Kokoda Challenge?



- The Kokoda Challenge is the hardest team endurance event held in Australia. The event is run by the KYF in order to raise awareness and funds for our ever-expanding youth programs.
- The events aim to spread the Kokoda Spirit within local communities whilst helping spread awareness for the Kokoda Youth Foundation.
- We aim to teach our competitors how to instill the four Kokoda pillars of courage, endurance, mateship and sacrifice into their everyday life.
- Every dollar raised by our Kokoda challenge participants allows us to continue changing the lives of young Australians.

Why Do the Kokoda Challenge?



Have fun with your friends



Give back to your community



Be a part of something BIG



Have a life changing experience



Enjoy the great outdoors



Boost your health

48km

- 👟 **Date:** April 22
- 👟 **Time limit:** 20 hours
- 👟 **Team size:** 4 students, 1 adult
- 👟 **Minimum age:** Turning 13
- 👟 **Start time:** 7:30am
- 👟 **Start location:** Kenilworth School
- 👟 **Finish line location:** Kenilworth School
- 👟 **Fundraising minimum:** \$500
- 👟 **Fundraising due:** One week before event

30km

- 👟 **Date:** April 22
- 👟 **Time limit:** 9 hours
- 👟 **Team size:** 4 students, 1 adult
- 👟 **Minimum age:** Turning 10
- 👟 **Start time:** 9am
- 👟 **Start location:** Kenilworth School
- 👟 **Finish line location:** Kenilworth School
- 👟 **Fundraising minimum:** \$350
- 👟 **Fundraising due:** One week before event

18km

- 👟 **Date:** April 22
- 👟 **Time limit:** 7 hours
- 👟 **Team size:** 4 students, 1 adult
- 👟 **Minimum age:** Turning 9
- 👟 **Start time:** 11am
- 👟 **Start location:** Kenilworth School
- 👟 **Finish line location:** Kenilworth School
- 👟 **Fundraising minimum:** \$250
- 👟 **Fundraising due:** One week before event

Event overview

What do I need to know about participating in the Kokoda Challenge?

There are four main points to consider when deciding to compete in the Kokoda Challenge. These include:

1. Regulations and Rules:

Can you abide by the Kokoda Challenge rules and regulations?

2. Training:

Are you able to train every week?

3. Commitment:

Can both parents and students commit to taking on the challenge?

4. Fundraising:

Are you able to fundraise and understand the purpose of fundraising?



Rules and Regulations:

Be sure you can follow our school rules and regulations before you sign up!

- 👤 Once signed up, every team member MUST activate their online profile and account.
- 👤 Every guardian must sign the online waiver and agree to terms and conditions.
- 👤 Teams understand that they are only allowed ONE major reshuffle before the cut off date.
- 👤 Teams understand that to start the event, they must have a full team of 4 students and 1 teacher.
- 👤 Teams understand that they must stick together while on the track. If a team is seen leaving a member behind, they will be disqualified and will not be able to participate in future events.
- 👤 Teams understand that the fundraising is a required component of competing in the Kokoda Challenge and that fundraising minimums must be met by the cut off date.
- 👤 48km teams must understand that having a support crew is mandatory for participation.

Training

To participate in the Kokoda Challenge, no matter the distance, participants, teachers and parents must commit to ongoing training schedules.

This includes but is not limited to :

Weekly in school fitness training: This can be done before, after or during school hours.

Weekly or fortnightly hikes with your team: Be sure to hike with your TEAM not in a large school group.

Committing to an on-going training plan that gets harder week by week.

Having a COVID training plan for when you cannot meet up with your group.


48km teams must participate in night walks leading up to the event.


TIP: Try and train on as much of the track as you can!





Commitment


Competing in the challenge is not just a commitment for the kids, but it is also for the parents

 **Equipment:** Competitors must be able to carry all gear on the compulsory gear checklist. For example, shoes with suitable track on them will be needed not just school runners.

 **Support crews:** All 48km teams need a support crew. Support crews usually consist of 5 people, 4 parents (one for each child) and one support crew member for the teacher.

 **Training:** Without training, participants risk major injury and often will not finish the challenge. Kids must commit to training plans and parents must commit to following the plans.

 **Fundraising:** Both the kids and parents must commit to raising at least the minimum amount.

 **Food:** Parents must be committed to fueling their children with the right foods.

Commitment: Support Crews



👉 WHAT IS A SUPPORT CREW?

They provide support at designated checkpoints along the track and are the key to finishing the challenge. Behind every great team is a phenomenal support crew

👉 WHAT DO THEY DO:

At major checkpoints, they provide: a hot meal, strapping and medical attention, refill water packs and re-pack backpack with essentials, provide a change in equipment (different clothes, walking aids etc) and encouragement!

👉 DO I HAVE TO HAVE A SUPPORT CREW?

YES. All 48km teams must have a support crew. 30km and 17km teams so NOT have a support crew.

👉 HOW BIG OR SMALL CAN MY SUPPORT CREW BE?

Your support crew can be as big or small as you like! However please note that at each support crew checkpoint, only ONE car will be allowed into the designated support crew area. We suggest a support crew of 4 or 5!

WHAT CHECKPOINTS DO WE ACCESS THEM?

48km teams can only be accessed at our one major checkpoints

ARE THERE RULES FOR SUPPORT CREWS?

YES. Please be sure to read the support crew handbook and view the briefing video to understand your role further.

Commitment: Compulsory gear



Please ensure you are prepared with ALL of the following compulsory gear:

- A day backpack
- Reflective safety vest that MUST be worn at night and when crossing roads
- Hat and sunscreen
- A water bladder that can carry at least 1 liter of water at all time (equipped with hydrolytes!)
- A headtorch
- Water shoes for creek crossings (we do not suggest crossing creeks bare foot!)
- Pealess whistle in case of emergencies
- Snacks
- Race bib
- Mobile phone (2 per team)
- Roll of toilet paper (one per team)
- Personal first aid kit (yes, everyone needs their own! Be sure this carries all essential needs in case you are to get separated from your team at any time)

The following items are not compulsory, but are HIGHLY recommended:

- Walking poles
- Gloves, beanie and thermals (it can drop as low as ZERO degrees on the track, plus wind chill!)
- Waterproof/windproof jacket
- Portable phone charger
- Back up head torch
- Spare pair of socks
- Small lightweight microfiber towel to dry your feet after creek crossings or before re-strapping
- Blister packs
- Instant heat pads
- Chapstick
- Sunglasses



Fundraising

Fundraising is a requirement of competing in the Kokoda challenge, and often ends up being the most rewarding part!

- 👤 **Your registration cost and fundraising costs are separate.** Your registration costs cover the cost of running the event while the fundraising amount is donations for the Kokoda Youth Foundation
- 👤 **Every team must meet the minimum fundraising amount to compete.** These amounts vary between distances, so be sure you are aiming for the right target. Minimums must be hit by the due date.
- 👤 **Fundraising can be done inside and outside of school hours.** We suggest teams get active in their local community, spreading the Kokoda Spirit!
- 👤 **Sometimes schools decide to pay the fundraising amount upfront instead of doing active fundraising events.** This is allowed however we suggest against it as participants often then do not understand the spirit of the event. If your school is invoicing for fundraising amounts, Kokoda Coordinators **MUST** organise this directly with Tiffani, the event liaison.

Cake stall/bake stall

Funny hat/hair day (gold coin donation)

School disco

Car wash

Donation tin at reception/canteen

Raffle Special morning tea

Cadbury chocolate boxes

Buy principal's car park for a week

Free dress day (gold coin donation)

Sausage sizzle School fair

Handball tournament (gold coin entry)

Teacher 'butler' for a day

Bingo night

Guess how many is in the jar (win jar)

Fundraising: Ideas for in school

Fundraising: Outside of school



FUNDRAISING IDEAS

Get your workplace
or sponsor to match
donations, dollar for
dollar

Cake stall/bake stall

Car wash

Donation tin at
work/at reception

Paint & sip night
with friends

Share fundraising
page to social
media

Guess how many's
in the jar (win jar)

Cadbury chocolate
boxes

Work free
dress/dress up day
(gold coin donation)

Bunning's sausage
sizzle

Raffle

FOR THE ADULTS
Pub crawl or DIY
paint and sip with
friends

Bingo night

Buy bosses car park
for a week

High tea

Fundraising:

The Bruce Steel Kingsbury VC Fundraising Cup!

The Bruce Steel Kingsbury VC Fundraising Cup!

- Named after Kokoda Veteran Bruce Steel Kingsbury of the 2/14th Battalion who was awarded the Victoria Cross which is the Commonwealth's highest decoration for bravery.
- This cup along with medallions, certificates and a merchandise kit, will be awarded to the team that raises the largest fundraising amount across all events. This is the **ULTIMATE** title as it reflects the hard work and effort put in by kids, schools and their local communities.

Other Prizes to be Won:

Teams can also collect prizes as they fundraise! Every time a team hits one of the following fundraising milestones, they will receive a piece of Kokoda Challenge merchandise.
Can your team collect them all?

\$3200 = Kokoda Challenge Buff
\$5000 = Kokoda Challenge Bucket Hat
\$7000 = Kokoda Challenge Hoodie
\$20,000 = Free 2023 entry

- The fundraising component of the Kokoda Challenge is often forgotten during the training process. By reminding kids of the Kokoda Spirit and value of giving back to the community, we hope to raise awareness of the Kokoda Youth Foundations purpose; to change the lives of Aussie youth.

NOTE: 2022 winners, CALOUNDRA CITY PRIVATE SCHOOL 9 raised \$10,523



1

Ensure our email domain
is whitelisted and that
our communications do
not go to your junk
inboxes

2

Follow us on Facebook at
The Kokoda Challenge.

3

Join our Kokoda
Challenge Community
Facebook page.

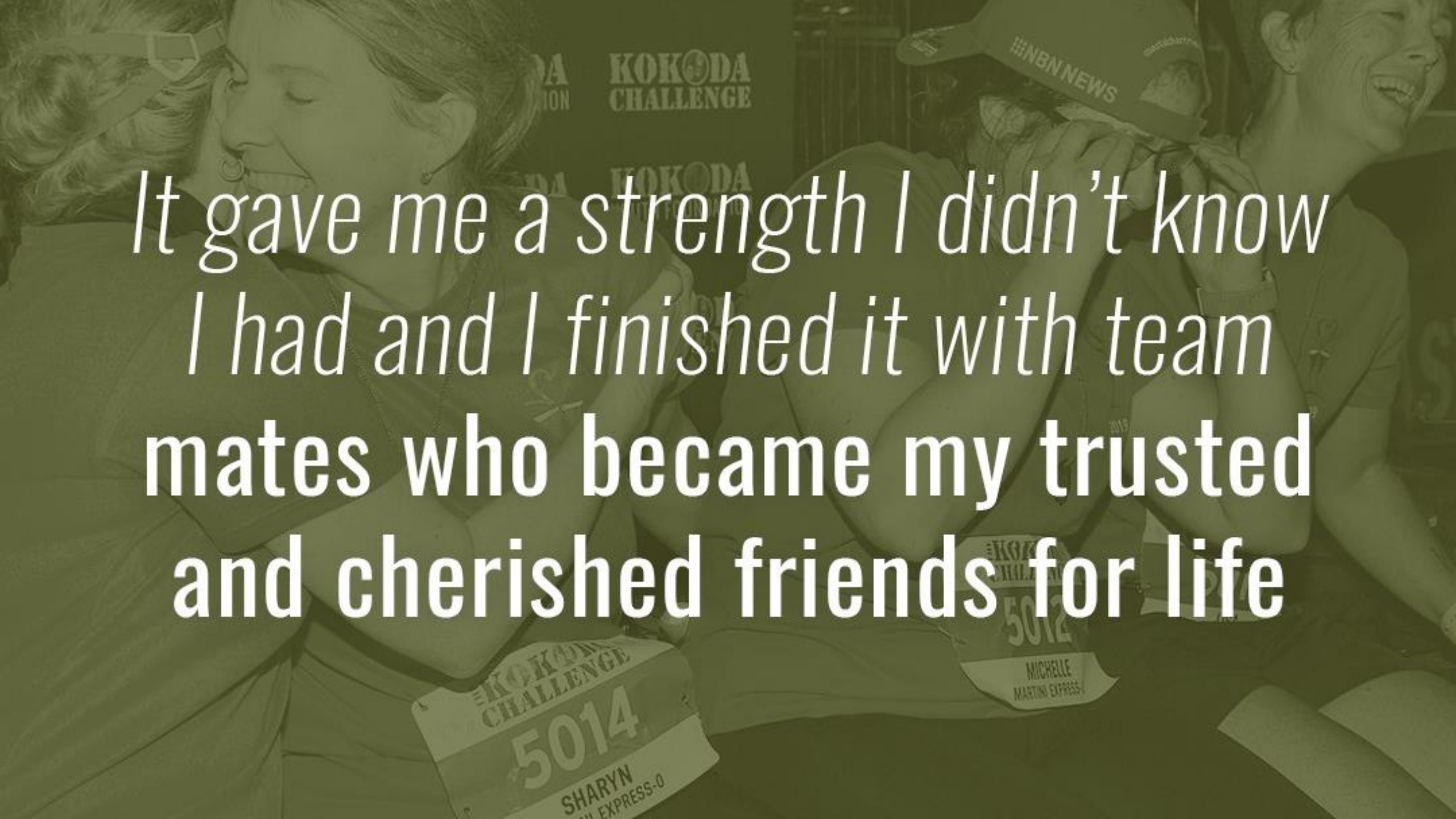
4

Join our Kokoda
Challenge Support Crew
Facebook page.

5

Follow us on Instagram
@TheKokodaChallenge

Staying up to date on information

A group of women are shown participating in the Kokoda Challenge. They are wearing race bibs and hats. One woman in the foreground has a bib that says "KOKODA CHALLENGE 5014 SHARYN EXPRESS-0". Another woman to her right has a bib that says "KOKODA CHALLENGE 5012 MICHELLE MARTINI EXPRESS-1". In the background, a woman is wearing a hat that says "NBN NEWS". The text "KOKODA CHALLENGE" is visible on a banner in the background. The quote is overlaid on the image in white text.

*It gave me a strength I didn't know
I had and I finished it with team
mates who became my trusted
and cherished friends for life*



*Are you up for the
challenge?*