

# SAFARI RALLY KENYA 2021



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*From: The Clerk of the Course*

*To: All competitors / crew members  
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## **Vaccinations**

The only vaccine that is mandatory is Yellow Fever if the passenger has travelled from a Yellow Fever High Risk Country. The latest list dated July 2020 from WHO of these countries has been included can be seen on [https://www.who.int/publications/m/item/countries-with-risk-of-yellow-fever-transmission-and-countries-requiring-yellow-fever-vaccination-\(july-2020\)](https://www.who.int/publications/m/item/countries-with-risk-of-yellow-fever-transmission-and-countries-requiring-yellow-fever-vaccination-(july-2020)).

Otherwise, no other vaccine is mandatory for entry.

Please note that the location of the rally, general quality of the hotels being used, and season does not pose a risk for malaria, cholera and hepatitis as along as conventional precautions (handwashing, bottled water etc.) are taken.

## **Roads**

The roads leading to and from the Safari WRC are all tar and in good condition. Drive on the left-hand side with right-hand drive vehicles (like United Kingdom) with highway speed limits of 80kph and 50kph in urban areas.

Some tips:

- There are many speed bumps, some unmarked so beware
- As a general tip, many bumps are coming into or leaving urban areas
- Drive defensively to best protect yourself
- Avoid driving after dark when potholes are hard to see & oncoming drivers often have their lights on full beam
- There are many motorbike riders who transport people, farm produce, animals and occasionally furniture. While talented at keeping their bikes straight, be careful when around them as they often change direction without warning

## **Weather**

June is typically the end of the wet season start seeing drier and cooler weather with average highs of 22-23°C and lows around 15-16°C. The days during the rally are expected to be pleasantly warm but not suffocating.

## **Keep hydrated**

Coming from Europe or temperate climates will mean you will lose more fluids through sweat than those already acclimated. In the first few days your losses will be more and if you're working hard in the stages or setting up the team structures in Service Park, then make sure you drink fluids, preferably an electrolyte solution. Remember to drink to thirst and try to maintain a pale-yellow urine colour.

Naivasha is at high-altitude. You may feel breathless at times till you become acclimatised.

## **Bugs & bites**

Travelling to Africa always runs the risk of being bitten by bugs but thankfully its more of an inconvenience than anything serious. Regular precautions for June (a good time to visit) include:

- Wearing long sleeves and trousers especially during the evening time

- Sleeping under a mosquito net wherever possible
- Using insect repellent
- Try to avoid squashing any insect that lands on you. Some can cause a reaction so try to brush them off

## **Behaviour around wild animals & snakes**

If you encounter any wildlife the first rule to remember is that they are equally as afraid of you. Please do not approach them. If you give them an escape route, they will generally use it to get away from you. Very rarely will a wild animal act aggressively and in many instances, it is likely it is because they have their young with them.

During the rally, you will most likely see hippos. Considered the most dangerous animal in Africa. In Lake Naivasha, your hotel will make all efforts to ensure you do not encounter them especially at night when they come to graze.

There are lots of baboons in the area who can be aggressive when looking for food. Keep all your snacks well hidden.

Snakes are quite rare so is quite unusual to spot one in the wild. They normally escape well before you see them but there are some rules you must follow:

- Never put your hand in a hole or under a rock as these are the homes of snakes, scorpions and spiders
- Watch where you tread, especially in long grass
- If you do have to move a rock or piece of wood, lift the far side to allow any snake to escape away from you

Most snakes round the rally route are thankfully harmless. Most bites are due to carelessness.

## **Hospitals & pharmacies**

Kenya has a good healthcare system especially in Nairobi where some of our facilities have JCI accreditation.

Hospital pharmacies are usually the best stocked in Kenya. However, there are pharmacy chains, notably Goodlife, Haltons and PharmaPlus, that are normally found in shopping malls and fuel stations. Most villages with also have small outlets called 'Duka La Dawa' which are convenient for simple items such as painkillers.

Goodlife Pharmacy has over 70 locations in most cities and towns and can be found on <https://www.goodlife.co.ke/>. Goodlife Pharmacy has good representation in Nairobi, Naivasha and Nakuru where the Safari WRC will be held. WhatsApp +254 (0)715 703000

Haltons have 19 stores largely in Nairobi. Locations may be found on <https://www.haltons.co.ke/branches/>

## **Theft**

Often opportunistic and rarely violent. Keep your valuables locked and away from sight and be sensible. Most thefts are when the valuables are in plain view in unlocked cars and commonly in urban areas so watch out for the loitering person. Rural villages tend to be safer. During the Safari WRC, official areas will be well policed so no need to worry.



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