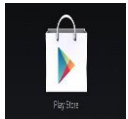


# How to install mySOS:

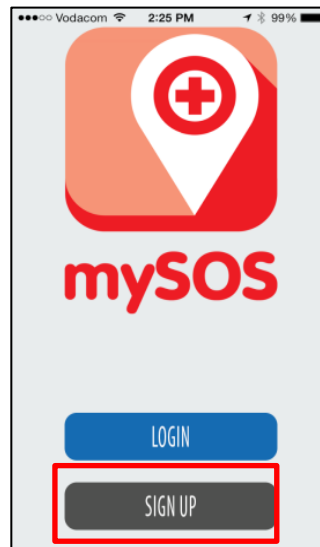
1. Download mySOS SA emergency app onto your smartphone



2. Check that you see the mySOS icon on your phone



3. Register yourself on the mySOS app on your phone



4. After registration you should see



**You have to download mySOS to your phone – if you only register on the mysos.co.za website we cannot help you during the event!**

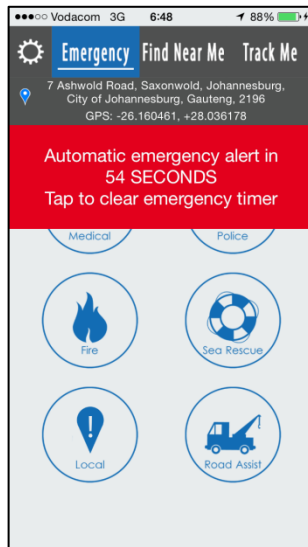
# How to use mySOS during event:

**NB – Ensure that location services are enabled on your phone**

1. If you have an emergency at any stage **during** the race, open mySOS



2. Clear the automatic emergency countdown timer



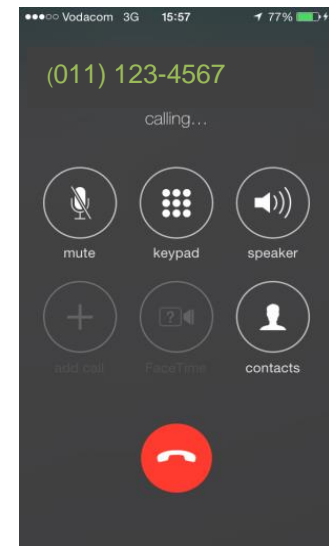
3. Then press the Event logo



4. Choose for whom



5. Call starts



6. Explain your emergency to the emergency coordinator

7. After speaking to the emergency coordinator, stay where you are and keep calm, help is on its way

8. An SMS with your location and type of emergency will be sent to the emergency coordinator and your emergency contacts