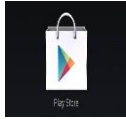


How to install mySOS:

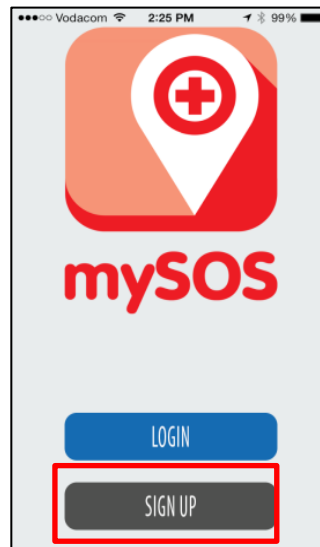
1. Download mySOS SA emergency app onto your smartphone



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!

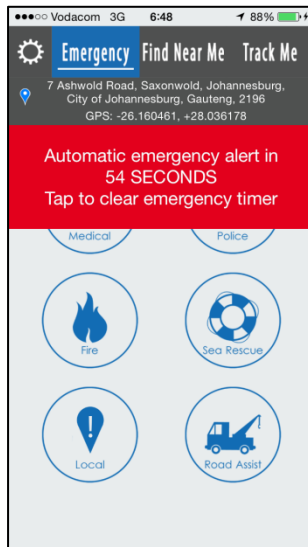
How to use mySOS during event:

NB – Ensure that location services are enabled on your phone

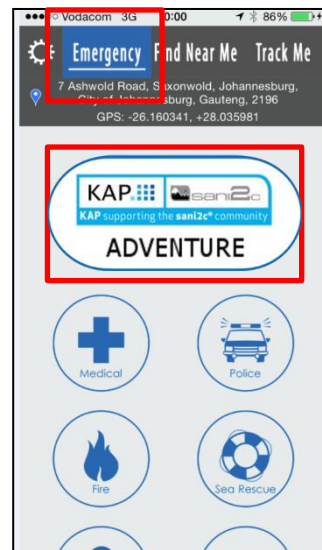
1. If you have an emergency at any stage **during** the race, open mySOS



2. Clear the automatic emergency countdown timer by tapping on the red block



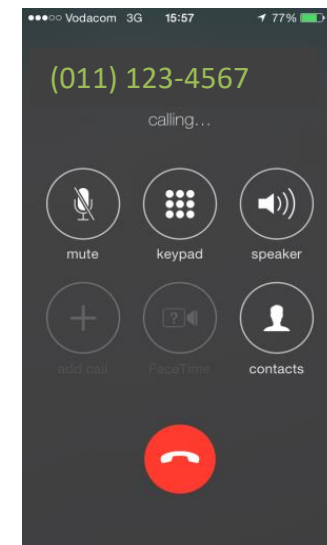
3. Press the sani2c logo, under emergency tab



4. Choose if the emergency is for yourself or someone else



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

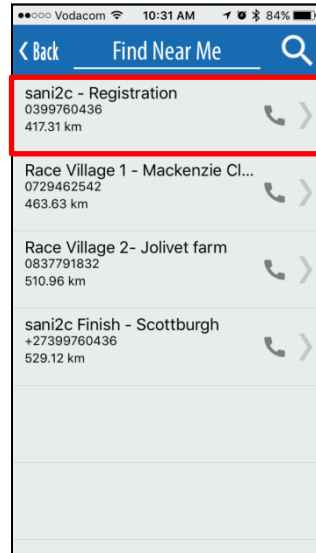
How to use mySOS before an event:

NB – Ensure that location services are enabled on your phone

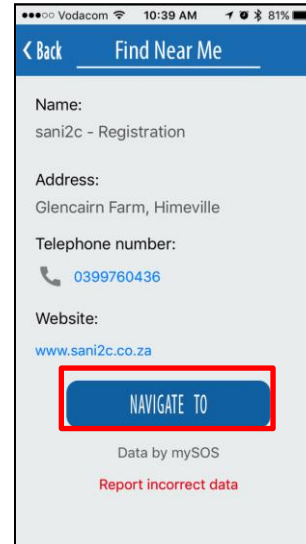
1. If you are unsure of how to get to race registration or to the event, you can use Find Near Me



2. Click on the venue you need to find



3. Click on the Navigate To



4. Start the navigation

