



Clare Crusaders Clare Relay Health and Safety Plan Statement and Strategy

23rd June 2016
Co. Clare

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Section (A) General Overview

The Event

The Clare Crusaders Clare Relay will take place on the 23 July 2016. This event is a charity based road relay. It is a running event that has the aim of raising sponsorship and awareness of the Clare Crusaders Children's Clinic.

Health & Safety Responsibilities

The organisers acknowledge their responsibilities in ensuring the safety of all participants & will take every action necessary as is reasonably practicable in ensuring the Safety Health & Welfare of all participants & those involved in the event including members of the public. It is paramount that the participants need to be conscious of personal safety of themselves & the people around them at all times. All participants must abide by the *Rules of the Road*. If the organisers feel that any individual or group are not compliant with our health and safety requirements, we reserve the right to dismiss them from the event.

Insurance

The event organisers have contracted ***** Insurances to act as underwriters to event.

Section (B) General Information

Parking

As the relay route spans from Loop Head in the west coast of the county to Killaloe in the east is proposed that participants will split the parking between the start and finish of there leg. The people who park at the finish should be collected by those parking at the start and transported to the start. Following the completion of the relay leg the participants parked at the finish should transport there fellow participants the there cars parked at the start.

All cars parked by participants should be parked safely and legally. The organisers cannot accept responsibility for any damage to any cars during the event..

Registration / Sign On

As the event is organised predominately for the runners of the Clare Crusaders Running Group, there is no formal registration. All persons taking part in the Clare Crusaders Clare Relay are required to contact event organiser Barry McMahon to confirm there participation. Each leg of the relay is restricted to a maximum of 10 participants. Prior to a person completing any part of the Clare Crusaders Clare Relay a wavier but be signed and returned to Barry McMahon. Waviers will be accepted right up to the start of each relay leg. All participants should be at there start point 15 minutes prior to there start time. Please refer to <http://clarecrusadersrunning.weebly.com/clare-relay.html> for all start points and relay leg routes.

Start Finish

The Clare Crusaders Clare Relay will start in Look Head at 06:30am on the 23rd of July 2016 and will end in Killaloe at approximately 08:30pm on the 23rd of July 2016.

Section (C) The Routes

The Routes

- 1) The route will commence at Loop Head and pass through Cross, Carrigaholt, Kilkee, Kilrush, Cooraclare, Kilmihil, Lissycasey, Ennis, Barefield, Spencil Hill, Tulla, Bodyke, Tuamgraney, Ogonneloe before ending in Killaloe.

Every effort has been made have the relay legs as close to 10K as possible. However following a drive through of the route a number of locations have been identified that are suitable as change points. The following is a list of the change points:

- Start Loop head
- Farm yard,
- County Council chip yard,,
- Clare motor factors, Kilrush,
- Gala filling station, Cooraclare,
- House outside, Kilmahil,
- Taltys store, Lissycasey
- Sheedys Store, Darragh,
- Al Hayes Motors, Ennis,
- Clooney Church,
- Hurling field Tulla,
- Bodyke village,
- Lay-by Ogonneloe,
- Finish in Killaloe

It is the responsibility of each runner to behave in a safe manor.

All roads will be open to the public and care must be taken to prevent any injury.

The surface of the roads will vary throughout the route and it is the individual responsibility of each participant to ensure that they are comfortable with the conditions. If a participant is not comfortable with the conditions, they should raise there concerns with the support car. The participant will then be transported in the support car to the end of the relay leg.

Section (D) Safety

First Aid / Medical

The organisers have compiles a list of first aiders and at least oner first aider will be in the support car immediately in front of the runners at all times. The support car will have a list of local medical facilities that can be contacted in the event of an emergency.

The runners will also have access to a walkie talkie in order to be in constant communication with the support car at all times.

Actions on serious Incidents

The event organisers have identified a number of potentially serious incidents that could occur throughout the course of the event & to this end they have developed the following procedures for assisting in dealing with them they include:

1. Broken or dislocated Limb

2. Cardiac Arrest/Heart Attack
3. Persons lost on a Route.

Broken or dislocated Limb

- The injured party will summon help within the group of runners and contact the support car. The support car will remain with the injured person or transfer the injured person to the closest hospital.
- A follow up report will be prepared by the event organisers which may involve a media brief as soon as all facts have been gathered

Cardiac Arrest/Heart Attack

- Any persons nearby will render assistance & raise the alarm
- First Aid will be dispatched to the area.
- Ambulance will be contacted & dispatched to the casualty area from where the individual will be transported to the nearest hospital
- A follow up report will be prepared by the event organisers which may involve a media brief as soon as all facts have been gathered

Persons lost or disorientated

- The persons disorientated will be required to stop & take shelter
- Any person deemed to be disorientated will be transported to there transport by the support car. A competent person will then accompany the disorientated person to receive medical attention.
- Refreshments will be available from the support car at all times

Traffic Control

The traffic core of An Garda Síochána has been contacted and informed about the event. While a Garda escort cannot be guaranteed on the day, Garda Darragh Molloy has confirmed that the traffic core will be in contact throughout the day to monitor progress.

Stewards

It is not proposed to provide stewards along the route.

The support car will marshal all road junction and ensure the safety of the runners at all times.

Signage

It is proposed to place signs at regular intervals along the edge of the main roads alerting traffic to be careful of Runners on Road.

It is not proposed to place any route signage. The support car will be located directly in front of the runners and the support car will identify the route for the runners.

Support Vehicles

A number of event vehicles will be present during the course of the event & will consist mainly of the following

1. Support car.
Support car to have flashing roof lights and the hazards lights are to be continuously turned on
2. Garda Síochána will have a roving presence.

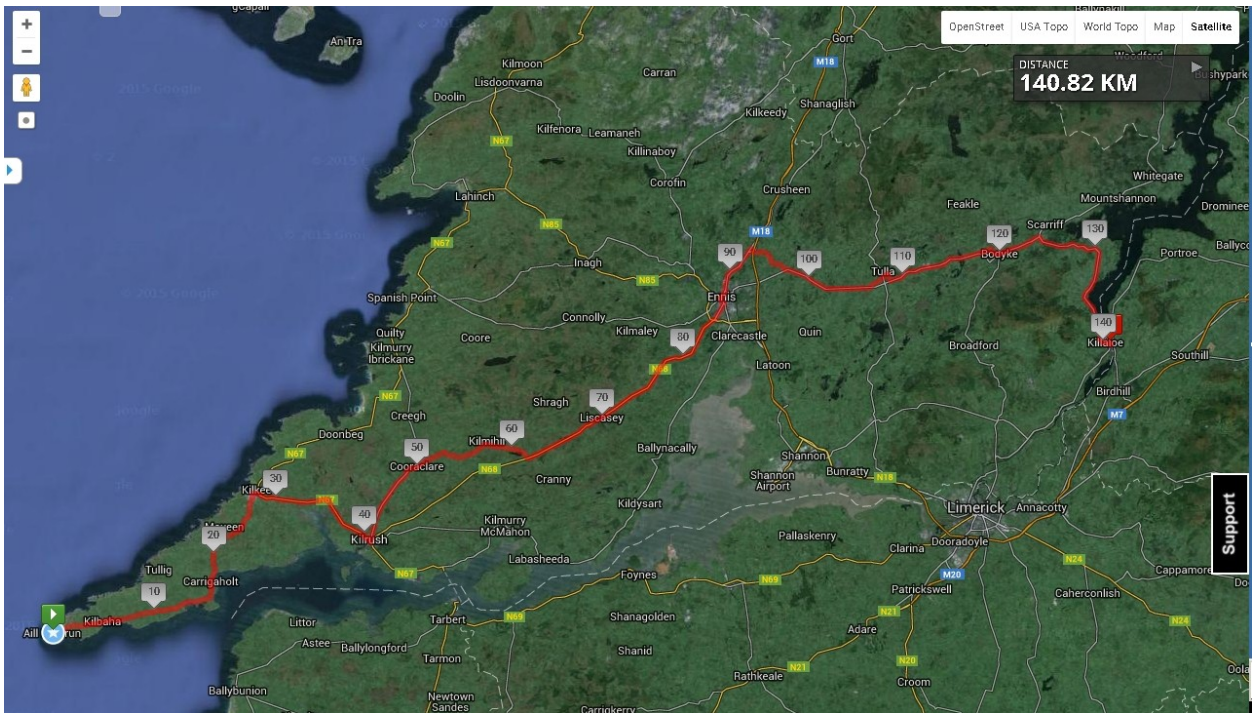
Emergency Contacts

Event Organiser/Safety Officer – Barry McMahon – 0868508456

First Aid supervisor– Pdraig O’ Sullivan – 086 1709922

This safety statement is available on the local webs for contestants to read, and hard copies are available on the morning of the race in the community centre race registration office.

Appendix A – Route Map





Clare Crusaders Clare Relay

Saturday 23rd July 2016

RELEASE AND WAIVER OF LIABILITY AGREEMENT

I, _____ ("Participant"), acknowledge that I voluntarily participate in the Clare Crusaders Clare Relay

I AM AWARE THAT THESE ACTIVITIES ARE HAZARDOUS ACTIVITIES AND THAT I COULD BE INJURED.

I AM VOLUNTARILY PARTICIPATING WITH KNOWLEDGE OF THE DANGER INVOLVED.

BY MY SIGNATURE, I CERTIFY THAT I AM MEDICALLY ABLE TO PERFORM THIS EVENT, AND AM IN GOOD HEALTH, AND I AM PROPERLY TRAINED

I AGREE TO ASSUME ANY AND ALL RISKS OF BODILY INJURY.

I further acknowledge that Clare Crusaders take no responsibility for any injuries or liability.

Signature of Participant: _____

Date: _____