CLARE BURREN MARATHON CHALLENGE

Organised by Ballyvaughan Fanore Walking Club

24th May 2014

Event Plan
&
Associated Safety Risk Assessments

1.0 Outline of the event
The Clare Burren Marathon Challenge is scheduled to take place on the 24th May 2014. This event is a road, green road & trail challenge across the Burren, one of Europe's most unique landscapes. This is a very special place & it is paramount that all participants respect the terrain & area. In addition they need to be conscious of personal safety of themselves & the people around them at all times.

1.1 Outline of 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.

1.2 The Route
On the day there will be three events encompassing 3 different routes
1. A full Marathon
2. A half Marathon
3. A mini Marathon
Route details can be found on the attached Map at the end of this document.

1.3 Start & Finish
The event will start & finish at the Pier in Ballyvaughan Co Clare & all participants will start at the one time, 9 am.

1.4 Refreshments
Water stations with fruit & chocolate will be available on each route although participants are advised to carry a quantity of water with them to sustain them in between refreshment stations.

1.5 Medical Support
On the day medical support will be provided by;
The Irish Cave Rescue Organisation (ICRO), Doolin Coastguard, Shannondoc and 2 doctors are participating in the event and are available if required. The Shannon based Rescue Helicopter is also available if required.

1.6 Manned Checkpoints
Throughout the route course stewards will man all checkpoints.

1.7 Toilet Facilities
Toilet facilities for participants including a disabled facility will be found at the start and finish and also at regular intervals along the route.

1.8 Event Stewards
Prior to the event all stewards will receive a brief, outlining their responsibilities in relation to actions to be taken in the event of any serious accident or injury taken place or the removal or retirement of any participant from any of the events. All stewards will have communication while out on the route at all times with the event coordinator through telephone in addition they will be provided with a mini first aid kit & sufficient food & water to sustain them for the duration of their time on the ground. All checkpoints will have a male present & no female will be left alone on a checkpoint during the event.

1.9 Waste Disposal
Adequate bins & bags will be provided to keep disposal of waste to ***"ZERO waste"***. Waste will be collected in & around the event area & be taken to a central waste holding area where it will be dispatched to a licensed waste management facility. All involved participants & organisers are reminded of the sensitivity of the Burren area in relation to the maintenance of a sterile environment.

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

1. Garda Patrol Vehicles .
2. A number of cars are available for locations accessible by road.
3. Quads (off road use)
4. Tractor & Trailers (off road use).
5. ICRO 4x4 vehicles.

1.11 Actions on serious Incidents
The event organisers have identified 3 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 or disorientated in the event of serious bad weather

Broken or dislocated Limb

- The injured party will use the emergency contact number attached to his event number.
- He/She will give a description of their location (e.g. between the 3 & 4 mile mark) this will allow organisers to identify a particular area where the injured party is located.
- First Aid team will then be dispatched to cover the area ideally they will approach from both ends of the mile marker reducing the time to get to the injured party.
- If access can be achieved by transport (quad or tractor/trailer) this will suffice, if the area in so remote that this can not happen Air Ambulance evacuation will be considered for extraction to the nearest hospital.
- A follow up report will be prepared by the event organisers which will 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 & a Defibrillator unit will be dispatched to the area with trained operators.
- Air 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 will involve a media brief as soon as all facts have been gathered.

Persons lost or disorientated in the event of serious bad weather

- The persons lost or disorientated will be required to stop & take shelter..
- Contact the emergency number on their event number.
- Give a location of where they are located or the last checkpoint they came through
- Assistance will be dispatched to assist with removal from the course.

Safety Advice for Participants

There are risks associated with participating in our event & participants need to be aware of these risks and take sensible precautions.

The risks on the course are caused mainly by three factors: weather, terrain and remoteness.

Weather changes occur - the higher you go in the hills, the lower the temperature (drops 1degree C for each 100 metres of ascent); the wind is stronger up there (2 to 3 times the speed in the valleys); there is more rainfall (3 times that in the valleys) and there is more risk of mist and cloud (mist on the tops 3 days out of 5). Weather conditions can change in minutes in the Burren area and you need to be equipped to cope in different conditions. Get a weather forecast for the Burren area in advance of the event – if you have internet access we recommend www.AccuWeather.com.

You will need: Wear appropriate footwear and clothing taking into account the prevailing weather conditions on the day. i.e. Waterproof clothing if weather is wet.
Water stations Water, fruit & chocolate will be available on each route although participants are advised to carry a quantity of water with them to sustain them in between refreshment stations.

Be careful about foot placement, as there is always the risk of concealed holes, rocks, slippery ground and soft bog. Be particularly careful when descending steep ground and when crossing streams and rivers. Streams in flood are deceptively dangerous. Remember you are responsible for your own safety.

Environmental considerations:
Leave no litter - even biodegradable items like banana skins, orange peel and teabags take years to disappear. Use the bins provided for rubbish at each Water Station.
Avoid taking short cuts on zig-zag paths as this creates new lines for run-off of water and increases erosion.

Health consideration: You should inform the stewards at any time during the walk of any medical condition, injury or medication carried.

Temperature and water

In cold, wet weather the greatest danger is **hypothermia** or exposure: this occurs where the body temperature is chilled to a life-threatening level, and is aggravated by wind chill. To avoid it make sure you have enough warm clothing and extra food and plenty of water.

In warm weather, the principle hazards are **sunburn**, **windburn** and **dehydration**. Sunhats, sun cream, and water can prevent serious sunburn or heatstroke.

Don't underestimate the amount of **water** you need. Doctors recommend drinking 1.5-2 litres of water a day even for an ordinarily active lifestyle, and you will need more if you walking strenuously and/or the weather is hot. Don't wait until you're thirsty to drink. Still mineral or tap water is adequate: fizzy drinks are not recommended as they take longer to drink, a problem if you need to rehydrate quickly. Avoid drinking unboiled or unpurified water from streams.

Blisters

Blisters are simply the result of friction, but they can make a walk a miserable experience. To help prevent blisters:

1 • Wear comfortable, good-fitting, worn-in footwear,
2 • Wear good socks in the right size;
3 • Keep your toenails trim
4 • Quickly remove any foreign bodies from your socks and footwear
5 • Ensure that the tongue and laces of your footware are arranged correctly and evenly
6 • Check your feet carefully and regularly for any sign of rubbing and tenderness
7 • Act immediately you feel any friction or discomfort: blisters can form very quickly

If you feel a blister developing, stop walking, take your boots/shoes and socks off and examine your feet. Consider applying some material cushioning or padding, or a breathable waterproof plaster, or possibly some strips of surgical tape.

There is some controversy over how to treat blisters when they do occur. Some walkers prefer to burst the blister carefully and immediately apply a sterile dressing. Others argue this runs the risk of infection, and instead recommend keeping the blistered area clean and protected.

Chemists and outdoor shops now supply a wide range of foot care products, including blister kits with ‘second skin' dressings providing cushioning from further friction. Use according to the manufacturer's instructions.

Burren Marathon Challenge Risk Assessment

Date: *An inspection of the course will be carried out closer to the event.*	**Walk Type:** Marathon Challenge. Full Marathon, Half Marathon and Mini Marathon (10k)	**Location:** Burren Co Clare **Risk Assessment Type:** Generic Description and Emergency Plans	**Assessed by:** Event Organisers **Communicate to:** All Participants

Route Description: The route is on classic Burren landscape rock, grassy surfaces, Burren Way tracks, National Looped Walks routes and public road.

Associated Hazards: 1. Slippery grassy route 2. Uneven rocky/rough tracks 3. Traffic on public road	**Controls:** 1. Route has been previously walked to ascertain any hazards or risks 2. All participants to have appropriate footwear 3. All participants to adhere to instructions given by event organisers and stewards 4. All participants to look out for the safety of their fellow runners/walkers 5. Event stewards, first aid personnel and club helpers will wear High visibility vests.

Escape Routes: Applicable where an incident occurs & will be coordinated by the appointed emergency services on the day of the event

Emergency Plans/Procedures: 1. As outlined on attached event plan	Event has been run for last six years without any serious Incident.

Burren Marathon Challenge Risk Assessment

Date: *An inspection of the course will be carried out closer to the event.*	**Walk Type** **Marathon Challenge**	**Location:** Burren Co Clare **Risk Assessment Type:** Event Specific Hazards	**Assessed by:** Event Organisers **Communicate to:** All Participants

Route Description: The route is best described as a mountain walk/run skirting along the shoreline that involves crossing fields & walking along classic Burren landscape where the potential for exposure to grikes will be present. Marsh ground will also be encountered & a part of the route will access public road

Ref	Potential Hazard/Risk	T	AJ	RR
1	Adverse Weather Conditions	✓		
2	Breakage/dislocation	✓		
3	Eye Injury	✓		
4	Falling.	✓		
5	Tripping or Slipping	✓		
6	Access/Egress to main roads	✓		
7	Cardiac Arrest	✓		
8	Lost or disoriented participants	✓		

Risk Rating	L-Likelihood (0-5), S-Severity (0-5) R-Rating LxS.
If Rating is	1 to 3 = T (Tolerable), 4 to 6 = AJ (Apply Judgement) 8 to 25 = R (Reduce Risk and re assess)

				Risk Rating		
Ref	**Specific Risk**	**Control Measures**	**Action by**	**L**	**S**	**R**
1	Adverse Weather Conditions	Participants should follow instructions from stewards/Event Organisers. Adhere to Warning signs, follow red & white tape around flooded areas. Organisers will place Warning signs on approach to hazard and will tape off flooded areas. Outlets and runoffs created in advance of the event.	Event Participants Event Organsers	1	2	2
3	Eye Injury	Overhanging branches chopped away in advance of Event	Event Organisers	1	3	3

Ref	Specific Risk	Control Measures	Action by	L	S	R
4,5	Falling.Tripping or Slipping	Warning signs erected approaching rough ground and flooded areas, broken branches removed from the route, briars and low growing hazel on the route cut back to prevent tripping.	Event Organisers	1	2	2
6	Access/Egress to main roads	Advance warning signs erected to advise traffic of Event. Traffic will be advised by stewards of Event and to use alternative routes if possible. The use of a flag person at O Donoghues will occur in order to stop traffic coming from both the Ballyvaughan direction and Doolin direction. This will allow participants to safely execute access on to the main Ballyvaughan road prior to entering the beach section of the course. A flag person will be at the access onto the main road from Fanore Beach Carpark Area. A flag person will stop traffic while participants cross the main road to join the green road at Black Head. A flag person will stop traffic while participants cross the road to join with main Ballyvaughan road on the approach to the finish (Marathon and Half Marathon) routes. Participants will follow the instructions of stewards and Organisers.	Event Organisers Event Participants	1	3	3
2,7,8	Breakage/dislocation, Cardiac Arrest, Lost or disoriented participants	As per 1.11 Actions on Serious Incidents in the Event Plan. This Event has been run for 6 years without any serious incident, hence likelihood of 1.	Event Organisers	1	3	3

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If Rating is 1 to 3 = T (Tolerable), 4 to 6 = AJ (Apply Judgement) 8 to 25 = R (Reduce Risk and re assess)