

CLARE BURREN MARATHON CHALLENGE

Organised by Ballyvaughan Fanore Walking Club

26th May 2012

**Event Plan
&
Associated risk assessments**

1.0 Outline of the event

The Clare Burren Marathon Challenge is scheduled to take place on the 26th May 2012. 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 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 Red Cross, the Irish Cave Rescue Organisation (ICRO) Shannondoc, the Shannon based Rescue Helicopter & Local Doctors.

1.6 Manned Checkpoints

Through out 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 & finish & along the route at the 4 mile & 10 mile marks of the marathon course.

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. 2 x Garda Patrol Vehicles
2. 1 x Garda Motorcycle
3. Quads (off road use)
4. Tractor & Trailers (off road use).

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 there 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 is 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 Defibrillators 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 1 degree 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 walk – if you have internet access we recommend www.AccuWeather.com.

You will need walking boots with good ankle support (not trail boots) which are essential when walking off-road. Always wear clothing suitable for the outdoors and carry spare warm clothes at all times. Jeans and cotton should be avoided (if they get wet they will not dry, causing loss of body heat and energy and possibly contributing to the onset of hypothermia). A waterproof jacket and over-trousers, warm hat and gloves are essential, irrespective of the weather on starting out.

You should carry a rucksack for spare clothing, food and a hot drink for the walk plus some spare high-energy snacks such as chocolate, glucose sweets or energy bars. A whistle, small first aid kit should be included as part of your kit.

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. Most accidents happen on the way down, when people are tired, rushing or no longer paying attention. If you find the pace of the walk too slow, you should not attempt to force the pace.

Environmental considerations: Use stiles where available rather than crossing walls or fences. Leave no litter - even biodegradable items like banana skins, orange peel and teabags take years to disappear.

Avoid taking short cuts on zig-zag paths as this creates new lines for run-off of water and increases erosion. If you must use an eroded route, walk along the centre of the path if possible to avoid widening the damage. If this is not possible keep at least 10m away from the eroded route.

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

Body matters Temperature and water

In cold 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:

- Wear comfortable, good-fitting, worn-in boots or shoes, especially on long walks
- Wear good walking socks in the right size; consider wearing two pairs
- Keep your toenails trim
- Change your socks daily
- Quickly remove any foreign bodies from your socks and boots
- Ensure that the tongue and laces of your boots are arranged correctly and evenly
- Check your feet carefully and regularly for any sign of rubbing and tenderness
- Walk as much as possible in your boots so that hard skin develops at friction points
- Act immediately you feel any friction or discomfort: blisters can form very quickly

If you feel a blister developing, stop walking, take your boots 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: 22/05/2010 Will be reviewed and updated if necessary, closer to date.	Walk Type: Marathon Challenge	Location: Burren Co Clare	Assessed by: Event Organisers
		Risk Assessment Type: Generic Description and Emergency Plans	Communicate to: All Participants
Route Description: The route is best described as classic burren landscape rock, public road & grassy surface			
Associated Hazards: <ol style="list-style-type: none"> 1. Slippery grassy route 2. Cliff ledges 3. Rocky Shoreline 4. Traffic on public road 		Controls: <ol style="list-style-type: none"> 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 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: <ol style="list-style-type: none"> 1. As outlined on attached event plan 		Personal Equipment: <ol style="list-style-type: none"> 1. Strong boots 2. Emergency high energy foods (where appropriate) 3. Wetgear 4. Dry clothing 	

Burren Marathon Challenge Risk Assessment

Date: 22/05/2010 Will be reviewed and updated if necessary, closer to date.	Walk Type: Marathon Challenge	Location: Burren Co Clare Risk Assessment Type: Event Specific Hazards	Assessed by: Event Organisers Communicate to: All Participants
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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

Risk Ratings HIGH MEDIUM LOW

Site Specific Hazards:

1. Overhanging Branches
2. Broken ground, marsh ground and grikes
3. Flooded patches of track
4. Downhill running
5. Access on to main road at Fanore.
6. Access through beach carpark area.
7. Access onto main road from Beach Carpark Area
8. Crossing of main road to green road access to black head
9. Access on to main Ballyvaughan road on leaving mountain track Half marathon & Full Marathon routes
10. Exposed cliff ledges along the route under Black Head
11. Wet ground along the final stretch of green road

Controls:

1. Overhanging branches will all be chopped away in advance of event
2. Broken ground will be scraped back and flattened to improve surface underfoot
3. Outlets and run offs will be created in advance of event.
4. Participants are advised that due to the challenging nature of the event downhill running over rough ground will take place therefore all participants should take care and consider route choice in navigating through these areas.
5. 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.
6. In an effort to prevent collision between participants & vehicular traffic participants will be advised to cross to the grassy area as indicated by barrier tape & follow this route to the access with the main road.
7. The use of a flag person will be required again at this location in order to stop traffic while participants alight on to the main road from the beach area.
8. The use of a flag person will be required again at this location in order to stop traffic while participants cross the main road to join with green road.
9. The use of a flag person will be required again at this location in order to stop traffic while participants cross the main road to join with main Ballyvaughan road on the approach to the finish. A second person will be required a distance up the track but within a visible range of the flag person to give notice of approaching participants.
10. Competitors are advised to remain on the right side of the track here as indicated by red & White barrier tape
11. Competitors are advised to remain on the right side of the track here as indicated by red & White barrier tape