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| **Hazards and possible outcomes** | **Safety, Health, and Wellbeing Controls** |
| 1. **Mountain terrain** (comprising, among others: large boulders, rocky surfaces, loose rocks, cliff edges, steep slopes (inclines and declines), slippery grass, hidden holes, crevasses, boggy ground, and river crossings). 2. **Changeable and potentially severe weather conditions** (which, during a single event, could among other conditions alternate between high winds, rain, hail, thunder and lightning, sunshine, mist or fog, snow, and ice). 3. **Infections** (e.g., CoVID-19, tetanus from scratches, Weils disease from rats and Lymes disease from ticks, cryptosporidium from contaminated water). 4. **Exhaustion** 5. **Dehydration** 6. **Hypothermia** 7. **Hyperthermia** 8. **Farm and forestry traffic** on trails and tracks. 9. **Livestock and wild animals** (e.g., sheep, hares, deer, birds, foxes, rats etc). 10. **Other mountain users** and their pets (e.g., walkers, race competitors, non-competing runners, mountain bikers). | **Covid-Specific Controls**   1. Runners, organisers, marshals, and parents must not attempt or be involved in a race if they have any of the Covid-19 symptoms. 2. The total numbers to be involved in a race (i.e., runners, organisers, marshals, parents, and spectators) are not to exceed NI Government guidelines and ANI directions. 3. All Public Health Agency guidance, such as social distancing, face coverings and hand sanitising; before, during and after the race is to be followed.   **General Principles**   1. Runners (with parental acceptance) take primary responsibility for their own safety, health, and wellbeing in the mountains. 2. Runners are to familiarise themselves with the local terrain and have the necessary skills to cope with any navigational problems they may encounter. 3. By entering the race, a runner and parent is confirming the athlete is fit and healthy and that the runner has experience, capacity, and capability to undertake the race. 4. Runners flouting race rules and/ or hazard controls will be disqualified and may be refused entry to future races. 5. Running/ trekking poles ARE NOT permitted on NIMRA races.   **Pre-race**   1. Runners and parents are to familiarise themselves with and ensure that they comply with the ‘On the Day’ Race Rules, available at Race HQ. 2. Runners must attend pre-race briefings and cooperate with all kit checks. 3. Runners are to have the mandatory minimum race kit, which comprises:    1. Footwear suited to the race terrain,    2. Waterproof whole-body cover (with taped seams and integrated attached hood), and    3. Whistle. 4. Runners may be required to carry additional race kit, such as, a thermal layer. (**Note**: any update to the mandatory kit list will be communicated to runners prior to the race). 5. The race organising team is to determine whether the race is to be cancelled or diverted to an alternative safer route if severe weather is forecast. 6. Runners who, having entered, but opt not to start the race are to inform the race organising team. 7. A runner may be withdrawn from the race if the race organising team suspect they are inadequately prepared, are missing any of the required kit or lack the necessary experience capacity, and/ or capability to complete the race. |

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**Appendix – Additional Race Specific Safety, Health, and Wellbeing Controls**

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| Name of Race: |  | | | |
| Date of Race: |  | | | |
| Race Director: |  | | | |
| SHW Assessor: |  | | | |
| The Race Director and the SHW Assessor have reviewed the course against the controls listed above and would add the following additional Safety, Health, and Wellbeing Controls (if none write none and sign the sheet and attach this to any request for Race Permit) … | | | | |
| Signed Race Director | |  | Date |  |
| Name of Race Director | |  |
| Signed by SHW assessor | |  | Date |  |
| Name of Race SHW assessor | |  |
| **Please note that a map of the race route is to accompany this assessment** | | | | |