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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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 | **During Race**1. The wearing/ use of headphones and/ or ear buds are prohibited during the race.
2. Runners and parents are to comply with instructions issued by race organising team and the marshals on the course.
3. Runners are to give right of way to descending runners.
4. Runners and parents should know the symptoms of hypothermia and hyperthermia and what they can do to avoid or reduce the problems either condition causes.
5. Runners in distress or in need of medical assistance should try to reach their nearest marshal point or issue a distress warning.

(**Note**: *The International distress signal is 6 whistle blasts repeated with an interval of one minute between each series of 6 blasts. If your whistles are heard, you should hear three whistles in reply*).1. Marshals (who are in contact with race Headquarters) are available at various locations on the race route to help direct the race and to issue any update instructions to runners.
2. Parents using their mobile phone to issue a distress warning or to request assistance should contact the race director first and comply with any instructions/ advice given.
3. Any cuts and/ or abrasions are to be cleaned and covered as soon as possible to eliminate or reduce the chances of infection setting in. (**Note**: Runners and parents are to determine whether they will need further post-race medical attention).
4. Avoid drinking water from mountain sources.
5. Runners are to avoid crossing rivers in spate. Rivers usually are not marshalled and are to be crossed at low points or where stepping stones are available. Runners are to assist fellow competitors at river crossings, if necessary.
6. Runners are to remain vigilant for and to steer clear of any livestock and/ or wild animals encountered.
7. Runners are to remain vigilant for and to steer clear of any farm or forestry vehicles encountered.
8. Runners are to respect the environment by minimising negative impact on terrain, flora, and fauna; retrieving all waste, leaving no trace; avoiding damage (e.g., by using gates and styles) and leaving what you find.
9. Runners retiring during a race are to report to the nearest marshalling point.

**Post-race**1. Runners must always report to the finish line, whether they complete the course or not.
2. Runners are to accept medical assistance (where available), or first-aid should the race organising team at the finish line consider it necessary.
3. Runners are advised to check their body for signs of ticks, or other insect bites/ stings as soon as is practical, post-race and treat according to medical advice.
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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** |