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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. **Traffic** at road crossings, lanes leading to start line and on short sections of road.
9. **Farm and forestry traffic** on trails and tracks.
10. **Livestock and wild animals** (e.g., sheep, hares, deer, birds, foxes, rats etc).
11. **Other mountain users** and their pets (e.g., walkers, race competitors, non-competing runners, mountain bikers).
12. **Fire/ Smoke** (note that occasionally there are fire outbreaks on the mountain)
 | **Covid-Specific Controls**1. Runners, organisers, and marshals must not attempt or be involved in a race if they have any of the Covid-19 symptoms or have recently tested positive.
2. The total numbers involved in a race (i.e., runners, organisers, 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. The following age categories and distance limits apply to junior runners:

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| **Category** | **U15** | **U17** | **U19** |
| **Age on 31st December** | 13 or 14 | 15 or 16 | 17 or 18 |
| **Maximum distance** | 5 km | 7 km | 10 km |

1. Runners 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 encounter.
3. By entering the race, a runner is confirming they are fit and healthy and that they have experience, capacity, and capability to undertake the race.
4. Drivers should drive and park with care around the race HQ and car share were possible.
5. Runners flouting race rules and/ or hazard controls will be disqualified and may be refused entry to future races.
6. Running/ trekking poles ARE NOT permitted at NIMRA races.
7. Additional race-specific controls are to be appended to this Control Sheet (Page 3).

**Pre-race**1. Runners 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), hat, and gloves,
	3. Map of route, whistle, and compass,
	4. Emergency Foil Survival Blanket, and
	5. Emergency food and drink (minimum 500 ml water bottle).
4. Any updates to the mandatory kit will be communicated at race registration.
5. Runners may be required to carry additional race kit, which includes:
6. Fully charged mobile phone with the race director’s number(s) stored (Note: mountain rescue call is 999 – Ask for ‘Police’ then ‘Mountain Rescue’),
7. Tracking device(s),
8. Thermal layer,
9. Bivouac (aka bivy) bag, and
10. Head torch.
11. Where electronic tracking is being used runners are to ensure that they have confirmed the trackers’ readiness before approaching the starting line.
12. 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.
13. Runners who, having registered, but opt not to start the race are to inform the race organising team.
14. 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 are to comply with instructions issued by race organising team and the marshals on the course.
3. Runners are to have any compass bearings they may need to aid navigation (**Note**: low visibility can disorientate even the most experienced runner).
4. Runners are to give right of way to descending runners.
5. Runners should know the symptoms of hypothermia and hyperthermia and what they can do to avoid or reduce the problems either of the conditions cause.
6. 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 course to help direct the race and to issue any update instructions to runners.
2. Runners 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 are to determine whether they will need further post-race medical attention).
4. The use of an appropriate filter or water purifying tablets is advised if planning to drink water from mountain sources.
5. Runners are to avoid crossing rivers in spate. Rivers are not usually 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, forestry vehicles, or other traffic encountered.
8. Runners are to remain traffic vigilant and apply the ‘Highway Code: Rules for Pedestrians’ (**Note**: Road crossings will usually be marshalled to alert traffic to the presence of runners, however short stretches of road included in mountain races are not normally marshalled).
9. 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.
10. Runners retiring during a race are to report to the nearest marshalling point
11. In the event of fire on the mountainside on or near the race route runners are to steer clear of the fire/ smoke area, abandon the race, alert a marshal (if possible), return to the start/finish area, and inform the race organisers.
12. In the event of a fire breaking out on or near the course the race will be stopped. Runners and marshals must return to the start/finish area, following the safest route so that everyone can be accounted for.

**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** |