Nenagh.ie 10k Run
Health and Safety Plan
Statement and Strategy

12th October 2014
Nenagh
Co. Tipperary

Section (A) General Overview

The Event
The Annual Nenagh.ie 10k will take place on the 12th October 2014. This event is a community based road race. It is participatory running event that has the aim of raising money for the Horse Riding for the Disabled Nenagh Branch and also to encourage individuals to enjoy running/walking and exercise in general.

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. It is paramount that the participants need to be conscious of personal safety of themselves & the people around them at all times. All participants must abide by the *Rules of the Road.* If the organisers feel that any individual or group are not compliant with our health and safety requirements, we reserve the right to dismiss them from the event.

Insurance
The event organisers have contracted Scroope Insurances to act as underwriters to event.

Section (B) General Information

Parking
At various legal parking sites around the town of Nenagh. Participants are discouraged from leaving any personal belongings in their vehicles. The event organisers do not accept any liability for loss or damage to property or person.

Registration / Sign On
Registration / Sign on will take place in McDonagh Park Hall from 8.45am on the morning of the event. All participants must be registered for the event and must sign on the day of the event. This area will be clearly marked.
Start Finish
The start will be at the gates of McDonagh Park (Nenagh GAA Grounds), and the finish will be back to McDonagh Park with finish line on the second pitch. All events will start on time. There will be safety barriers in place. Participants are asked to please obey instructions of An Garda Siochana, stewards and signage.

Section (C) The Routes

The Routes

1) Running & Walking Route are the same.
2) Running Route is 10k detailed in appendix to this document.

   Runners and walkers will depart at 10.30am.

Section (D) Safety

First Aid / Medical

The organisers have contracted the services of the Order of Malta to be responsible for the First Aid of the event.

Actions on serious Incidents

The event organisers have identified a number of 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 on a Route.

Broken or dislocated Limb

- The injured party will summon help within the group of runners to identify the closest steward. The steward will contact Order of Malta who will take control and phone for help as appropriate.
- A follow up report will be prepared by the event organisers which may 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 to the area.
- 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 may involve a media brief as soon as all facts have been gathered

Persons lost or disorientated

- The persons disorientated will be required to stop & take shelter
- Stewards will assist their return to the start/finish.

Traffic Control
An Garda Siochana will be present to ensure that all significant roads / junctions are closed or supervised at the appropriate times. This has been agreed at pre-event planning meetings.

Stewards
On all routes, the significant junctions will be manned by Stewards. They will be clearly identifiable by their High Visibility Vests. Prior to the event all stewards will receive a brief outlining their responsibilities in relation to actions to be taken at their station and also what to do 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 Controller through telephone. It is the responsibility of the participant to ensure that all safety advice / signals / instructions given by the stewards are adhered to.

Signage
The direction of the routes will be clearly marked. It is the responsibility of all participants to ensure that they adhere to all signage for the event.

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

1. Lead Car
2. Garda Síochana will have a roving presence

Nenagh.ie 10K Route – Sunday 12th October, 2014 at 10.30am

1. Start at the gates of McDonagh Park (Nenagh GAA grounds).
2. Turn Left onto the Dark Road
3. Turn Right onto the Limerick Road.
4. Continue onto Roundabout at Donal Ryan Car Sales and keep Right.
5. Continue straight through next two roundabouts.
6. At Borrisokane Roundabout keep right continue on road inside the cones.
7. Continue straight until Tesco roundabout and keep right.
8. Turn left onto Dromin Road, cross the road and then take right into Ormond Keep.
9. Continue straight until St. Conlons Road.
10. Turn right on St Conlons Road
11. Turn left into McDonagh Park Hurling pitch.
12. Finish Line Ahead

Emergency Contacts:

Emergency Controller/Safety Officer – Tom Ryan – 086 7801626
Management Team – Louisa Connolly – 086 8759950
Management Team – Marie Ryan – 086 7842713

This safety statement is available on local website, Nenagh.ie, for contestants to read.