

14th April 2019, 10.30am

Curragh

Co. Kildare

Section (B) General Overview

The Event

Newbridge Hockey club 5k & 10k fundraising run will take place on Sunday 14th April 2019. This event is a community based road race. It is chipped/timed run, assisted by Pop Up Races, aimed at both members and the local community. The aim of raising funds for Newbridge Hockey Club, and gaining exposure of the club also.

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 Brady Burns Insurances to act as underwriters to event.

Section (B) General Information

Parking

St. Annes National School, and Newbridge Educate Together School's car park will be available for parking. Newbridge Hockey Club will make it known that parking on the grass is not allowed. 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 Newbridge Educate Together School from 8.30am – 10am on the morning of the event. There will also be registration in Newbridge Educate Together School on Saturday 13th April from 3pm – 6pm. All participants must be registered for the event. These areas will be clearly marked.

Start Finish

The start will be at Lumville Cross and the finish at the same. All events will start on time 10.30am. Participants are asked to please obey instructions of An Garda Siochana, Kildare Civil Defence, marshals and signage.

Section (C) The Routes

The Routes

5k & 10k route are detailed in the appendix of this document.

Participants will start the 10k at 10.30am followed by the 5k.

Section (D) Safety

First Aid / Medical

Kildare Civil Defence will 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 marshal. 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
- Marshalls will assist their return to the start/finish.

Traffic Control

An Garda Siochana are aware the event is happening, and will assist with the Traffic Corps if available on the morning of the run at significant roads / junctions e.g. Donnelly's Hollow. Marshalls will also be present at each junction along both routes, and also at the turn around points.

Marshalls

On all routes, the significant junctions will be manned by marshals. 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 marshals will have communication while out on the route at all times with the Race Director through telephone. It is the responsibility of the participant to ensure that all safety advice / signals / instructions given by the marshals 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/motorbike
2. Kildare Civil Defence will have a roving presence

Emergency Contacts

Emergency Controller/Safety Officer – Ian Fleming – 083 1597375
Management Team – Cólleen Devine – 085 7054097

This safety statement is available on the Newbridge Hockey Club website for participants to read.

Appendix 1

Newbridge Hockey Club 10K Route – Sunday 14th April 2019 at 10.30am

1. Start at Lumville Cross.
2. At crossroads (intersection of Curragh Chase Rd and L7042), take a left on to Curragh Chase Rd.
3. Turn right where Curragh Chase Rd meets the R413 on to Curragh Chase Rd.
4. Continue straight on Curragh Chase on the Athgarvan Heights.
5. Where Athgarvan Heights Rd splits, runners will continue straight, sticking to the road alongside Braveheart Hill.
6. Turn right onto L6080.
7. Turn around point will be clearly marked by Marshalls.
8. Turn left onto L6080.
9. Continue straight on to Athgarvan Heights Rd and Curragh Chase Rd.
10. Turn left on Curragh Chase(@ Donnelly's Hollow).
11. At the intersection of Curragh Chase Rd and L7042 continue straight.
12. At the crossroads, take a left turn, the finish line ahead at Lumville Cross.

Appendix 2

Newbridge Hockey Club 5K Route – Sunday 14th April 2019 at 10.35am

1. Start at Lumville Cross.
2. At crossroads (intersection of Curragh Chase Rd and L7042), take a left on to Curragh Chase Rd.
3. Turn right where Curragh Chase Rd meets the R413 on to Curragh Chase Rd.
4. Continue straight on Curragh Chase on the Athgarvan Heights.
5. Where Athgarvan Heights Rd splits, runners will continue turn back on themselves (clearly marked by marshals).
6. Continue straight on to Athgarvan Heights Rd and Curragh Chase Rd.
7. Turn left on Curragh Chase(@ Donnelly's Hollow).
8. At the intersection of Curragh Chase Rd and L7042 continue straight.
9. At the crossroads, take a left turn, the finish line ahead at Lumville Cross.