



In association with
Jackson Sports

MOURNE MOUNTAIN MARATHON

Health & Safety Plan 2010 v2



Overview

The Mourne Mountain Marathon is a 2 day mountain navigation race. Competitors work in teams of 2 and have to be completely self-sufficient for the 2 days in all aspects of hill walking including food, camping gear, navigation and safety. Only fresh water and toilets and rubbish disposal are provided at the overnight camp. Mountain areas in the British Isles can have very unpredictable and severe weather and the terrain can be very difficult. Competitors are responsible for ensuring they are fit and experienced enough for an event of this nature and to take responsibility for their own safety and actions throughout. This document provides an overview of Risk Assessment and details the potential hazards and the steps to be taken to mitigate them. It is important that all involved take time to read this through. If there are any questions please contact the event organisers.

The main safety features of the event are:

- Courses are carefully planned with distances and heights typical of this type of event and such as not to lead competitors into hazards.
- All teams are required to carry basic safety kit and compulsory equipment throughout the event
- Team members must stay together throughout each course.
- Some manned checkpoints with radio or telephone communication to ensure competitors stay in their teams and to provide a reporting point should someone get into difficulty.
- Cut-off times at some checkpoints to ensure that teams which are struggling are retired before they get into difficulty.
- Reporting procedure combined with *SPORTIdent*™ timing system provides a record of competitor's progress.
- All organisers, marshals and volunteers are experienced in mountain skills and/or this type of event or will be supervised by someone who is where appropriate.
- A comprehensive Health & Safety Plan – this document.

Important Contact Info

MMM Contact number

07596 455991 (Saturday and Sunday only)

Mountain Rescue

999 or 192 and ask for Mountain Rescue

Mountain Rescue will not be called out by the organisers unless an accident or incident is reported.

Nearest A&E Hospitals

Daisy Hill Hospital, Newry

Downe Hospital, Downpatrick



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THE BASICS OF RISK ASSESSMENT

Matrix for deciding the level of risk

RISK FACTOR = HAZARD SEVERITY x LIKELIHOOD OF OCCURRENCE

Hazard severity has been assessed on a scale of one to five:

5	VERY HIGH	Causing multiple deaths & widespread destruction or the whole event to cease operation
4	HIGH	Causing death or serious injury to an individual
3	MODERATE	Causing injury or disease capable of keeping an individual off work for three days or more
2	SLIGHT	Causing minor injury which would allow the individual to continue the event after treatment
1	NIL	No risk of injury or disease.

Likelihood of Occurrence has been assessed in much the same the way:

5	VERY LIKELY	If the activity continues as it is, there is almost a 100% chance that an accident will happen
4	LIKELY	Human carelessness, mechanical or environmental effects could precipitate an accident, but an accident is unlikely to happen without this additional factor.
3	QUITE POSSIBLE	Accident likely to happen if additional factors precipitate it, but unlikely without them. Additional factor has to be more than a casual slip or nudge to trigger it.
2	POSSIBLE	If other factors were present, this accident might occur, but the probability is low.
1	NOT LIKELY	There is really no risk present, except freak conditions, and all reasonable precautions have been taken.

A risk factor of 15 to 25 is regarded as a **high risk**, which requires remedial immediate action to be taken.

A risk factor of 8 to 14 is a **medium risk**, which requires remedial action to be taken.

A risk factor of less than 8 is considered to be a **low risk** with any remedial action to be taken as appropriate.

THESE RISK ASSESSMENTS ARE BASED ON THE FOLLOWING PREREQUISITES:

- 1 Fire extinguishers available and clearly sited at Overnight Campsite and Event Centre.
- 2 Complete first aid kits provided at Overnight Camp and at Event Centre.
- 3 Doctor or First Aider available at Overnight Campsite or Event Centre as appropriate.
- 4 Ensure all competitors are informed of the event mobile phone number, the emergency call-out procedure and the nearest A&E hospital.
- 5 Random kit checks at the start and the finish to ensure compulsory equipment is carried.
- 6 Strict enforcement of team working rules and use of secret manned controls to ensure competitors stay in teams throughout courses.
- 7 Manned controls to have radio and/or phone communications with base organisers.
- 8 Toilets and fresh water (from river or spring) to be provided at Campsite and Event Centre.
- 9 Publish risk assessments on website and highlight to competitors, organisers and volunteers.
- 10 Issue safety guidelines to and brief the organising team and volunteers.
- 11 Competitors are responsible for ensuring that they are fit and experienced enough to participate in an event of this nature.
- 12 The MMM will liaise with owners of the Event Centre and Campsite to ensure safety of all involved.
- 13 Event conforms the FRA Rules and good mountain practice



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Risk Assessment for Competitors



ENVIRONMENTAL HAZARD	RISK	LIKELIHOOD	SEVERITY	ACTION	RISK FACTOR
Adverse weather	Cold injury eg. Hypothermia heat exhaustion, Dehydration	Quite Possible 3	Moderate 3	Check local and national weather forecast . Carry appropriate equipment – see compulsory kit list. Drink plenty of water. Retire if necessary.	Medium Risk 9
Adverse conditions underfoot (slips, trips, falls.)	Fractures, Sprains, Strains, Blisters.	Quite Possible 3	High 4	Wear appropriate footwear. Avoid hazard where appropriate. Proceed with care. Rest when tired. Carry First Aid kit. Retire if necessary.	Medium Risk 12
Illness affecting team member.	Illness (other than listed under Adverse Weather)	Not Likely 1	Slight 2	Use compulsory equipment (first-aid kit, tent etc.) Use marshals and follow retirement procedure.	Low Risk 2
Rivers	Risk of drowning	Possible 2	High 4	Courses planned to provide reasonable route choices and do not steer people towards difficult crossings. In the even that this is unavoidable such crossings will be marshaled or otherwise protected. Wet weather alternatives for courses.	Medium Risk 8
Moving vehicles	Cars and competitors moving around Event Centre and on approach road	Possible 2	High 4	Caution signs on road. Pedestrians to follow taped paths and sign. Drivers and pedestrians to follow marshals' instructions in car park area. Access road cleared for easier traffic movement. Traffic restricted on narrow stretches.	Medium Risk 8
Fire	Burns	Possible 2	High 4	Know how to work your stove. Store fuel correctly. Note position of fire extinguishers on arrival at event or camp site.	Medium Risk 8
Insects	Bite, sting, Lyme Disease	Possible 2	Moderate 3	Use insect repellents, cover bare skin. Check skin for ticks at end of day & remove carefully. Report inflamed tick bites to doctor and follow advice.	Low Risk 6
Infection	Contact with areas contaminated with rat urine and animal faeces. Dead animals. Weil's disease	Possible 2	Moderate 3	Establish good personal hygiene. Check water supply and/or use purifying tablets or filters. Use waterproof plasters on cuts immediately.	Low Risk 6

JUNIORS: Junior competitors (16 and 17yrs old) are additionally protected through 1) restriction to C and D courses, 2) requirement to be partnered by their parent/guardian, 3) vetting of both for suitable experience, 4) requirement for a mobile phone to be carried, 5) the completion of a Parental Consent Form.



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Risk Assessment for Marshals and Volunteers



HAZARD	RISK	LIKELYHOOD	SEVERITY	ACTION	RISK FACTOR
Adverse weather	Cold injury eg. Hypothermia. Heat injury eg heat exhaustion, sun stroke Dehydration.	Possible 2	Moderate 3	Check local and national weather forecast. Plan equipment clothing and supplies around forecast. Plan safest route to required position. Ensure someone knows your route & expected return time. Inform same of any change of plan. Carry first aid kit, map and compass. Drink plenty of water. Carry mobile phone if appropriate.	Low Risk 6
Adverse conditions underfoot (slips, trips, falls)	Fractures, Sprains, Strains, Blisters, Cuts. Trips, slips, falls, entrapment, injuries, loss of consciousness, concussion, exhaustion, hypothermia.	Possible 2	High 4	As above - in addition: Plan route to avoid hazards. Adjust speed to suit conditions. Rest when tired.	Medium Risk 8
Working in darkness on difficult terrain:	As above but darkness can lead to disorientation and more chance of injury.	Possible 2	High 4	As above - in addition: Carry torches and spare batteries. Report in if you expect to be out after dark.	Low Risk 6
Rivers	Risk of drowning	Possible 2	High 4	Marshals experienced in mountain activities and in crossing rivers.	Medium Risk 8
Moving vehicles	Cars and organisers moving around Event Centre and on approach road	Possible 2	High 4	Caution signs on road. Pedestrians to follow taped paths and sign. Drivers and pedestrians to follow marshals' instructions in car park area. Parking Marshals to wear high visibility vests	Medium Risk 8



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HAZARD	RISK	LIKELIHOOD	SEVERITY	ACTION	RISK FACTOR
Infection	Contact with areas contaminated with rat urine and animal faeces. Dead animals. Weil's disease	Possible 2	Moderate 3	Establish good personal hygiene. Check water supply and/or use purifying tablets. Use waterproof plasters on cuts immediately.	Low Risk 6
Cables and power supply, generators and Tilley lamps	Electric shock if cables unsafe. Trip hazard. Electrical fires - vegetation catching fire. Burns from hot bulbs, lamps and generator exhaust.	Possible 2	Moderate 3	Ensure cabling is safe and wiring is correct before use. Test and use protective devices as appropriate. Route cables carefully. Ensure equipment has been serviced and is safe. Check conditions are suitable. Prevent rain from contact with electricity supply. Place lamps in safe and appropriate situation.	Low Risk 6
Lone working	Rain, lightning, mist, low cloud, wind. Disorientation stranding, hypothermia.	Possible 2	Moderate 3	As for "Adverse Weather" – in addition: Lone working only allowed by experienced mountaineers and must use "Buddy System" & carry a phone or radio.	Low Risk 6
Manual handling of heavy equipment such as generators computers, tents etc.	Trips, slips, falls, injuries to body.	Possible 2	Moderate 3	Ensure proper/safe lifting practices. Plan before any heavy/awkward item is moved. Use protective clothing as appropriate.	Low Risk 6
Lead acid batteries for computers and printers	Can burn when contact with skin. Risk of explosion from gas.	Possible 2	Moderate 3	Avoid contact. Use protective equipment as necessary. Install in well ventilated area away from naked flames or sparks.	Low Risk 6
Use of tools and specialised equipment	Flying material. Impacts on body. Physical strain from bending, lifting.	Possible 2	Moderate 3	Refer to safety handbook for guidance on use of tools; Ensure adequate training for use of some tools. Use protective clothing as appropriate.	Low Risk 6

If you are lone working, plan your route and travel arrangements carefully. Use the "Buddy system" i.e. advise someone else of your movements, and ensure that person knows what to do in the event of an emergency. Give your Buddy an approximate time when you will be back from the hills and contact them when you return. Carry a mobile phone and ensure your Buddy knows the number. The "Buddy" may be the Event Organisers.