

**Health and Safety Plan  
Statement and Strategy**

**Galtee Challenge/Crossing**

**Anglesborough-Cahir**

**Sunday 29 JUNE 2014**

**Organised by the Galtee Walking  
Club Tipperary**

# Contents

Cover Page	1
Table of Contents	2
Outline of Event	3
Walking Terrain/Leave no Trace	4
Responsibilities/Medical	5
Actions on Serious Incidents	6
General Information	7
Event times/Refreshments/Waste Disposal	8
Traffic Control/Stewards/Emergency Numbers.	9
Itinerary	10
Terrain/Signage	11
Safety Advice for Participants	12,13
Risk Assessment	14
Radio Announcement	15
Map	16

## Outline of event

The Galtee Challenge/Crossing is an event run by the Galtee Walking Club (Gwc) scheduled for Sunday 29 June 2014. This is the tenth year of this annual event and the route this year is Anglesborough – Cahir.

Cahir Castle car park Grid Ref. (S050-247) is the base used for the event this year. Participants when registered will be transported from this base to the starting point in Anglesborough (R803-211)

The route of the Challenge/Crossing takes in the major peaks such as Paradise Hill, Temple Hill, Lyracappul, Slievecushnabinnia, Galytmore, Galtybeg, Greenane, Farbreaga, Slieveanard and Bane. Distance is 31km approx with a Height Gain of 1700mts approx.

- Anglesborough Bus Drop (R803-211)
- Entrance to Paradise Hill (R805-217)
- Road distance between above points 650mts approx.
  
- Forest exit off Galtees Mountain Range (S038-260)
- Junction (left turn for Cahir) (S032-253)
- Cahir Castle Car Park (S050-247)
- Road distance between above points 3km approx.

Marshalls and signage will be in place on these road sections during event at the appropriate times required. Duration of event 6.30am-7.30pm approx.

All marshals and stewards will wear high visibility clothing. Appropriate road signs will be in place a few days before the event so that local motorists will be aware of the upcoming event.

The radio club will be in attendance throughout the day and will have contact with stewards and marshals.

## **Walking Terrain**

The terrain for the event is public road, forest track, farmland, high steep ground. Obstacles to be negotiated on the route are stiles, electric fences, peat hags, steep slopes and heather covered rocks. Please be aware as a participant to these obstacles and respectful of other participants taking part in the event. Also please be conscious and show due respect as we will be travelling over Commonage, Landowners, and Coillte property.

**Leave No Trace:** Do not litter route, even biodegradable items such as banana skins, orange peel and teabags take years to disappear. Bins are provided at Cahir Castle car Park to dispose of litter. Alternatively bring your litter home.

## **Outline of Health and Safety responsibilities**

The Galtee Walking Club acknowledges their responsibilities in ensuring the safety of all participants. It will take every action necessary as is reasonably practicable in ensuring the safety, health and welfare of all participants and those involved in the event including members of the public.

## **Health and Safety procedures**

The event organisers have identified a number of potential serious incidents that may occur throughout the course of the event. The following procedures have been devised in responding to such occurrences.

### **First Aid/ Medical**

- The organisers have contracted the services of Civil defence and South Eastern Mountain Rescue services (semra).
- Participants should inform event organisers of any medical condition, injury or medication needed, be sure to bring any medication required

- It is incumbent on the participant to have the required level of fitness/training done in order to safely participate/finish their chosen event.

## **Actions on serious incidents**

### **Broken or dislocated limb:**

- The injured party will summon help to identify the closest steward.
- The steward will contact base who will take control and phone for help as appropriate.
- In the event of serious injury base will be contacted immediately with the necessary information. Emergency No.112 will then be contacted.
- A follow up report will be prepared by the event organisers which may involve a brief as soon as all facts have been gathered.

### **Cardiac Arrest / Heart Attack:**

- Any person nearby will assist and raise the alarm.
- First aid will be dispatched to the area.
- Emergency No.112 will be contacted.

- A follow up report will be prepared by the event organisers which may involve a brief as soon as all facts have been gathered.

## General Information

**Event facilitators/stewards:** are there to support and guide participants and ensuring safety at all times. Please adhere to their instruction.

**Parking:** Adequate parking available at Cahir Castle car park grid ref (S050-247)

**Registration:** Registration is in the marquee which will be erected on the morning of event. All participants are obliged to sign in on morning of event and sign out when finished the Challenge/Crossing.

Challenge participants are required en route to record codes at unmanned check points and have their route cards signed at manned check points.

In the event of not completing the course it is still essential that participants will contact Breda on (086)3946048.

## **Event Times:**

### **Challenge**

Registration 07.00am to 07.40am

Bus Departs 7.45am

Arrival at Anglesborough (start point) 8.15 approx

Finish Cahir Castle car park (R050-247)

### **Crossing**

Registration 07.00am to 07.55am

Bus Departs at 8.00am

Arrival at Anglesborough 8.30 approx

Finish 18.30pm approx.

### **Refreshments**



Water ,mars bars ,and flapjacks are supplied at Registration in Cahir Castle Car Park.

## **Waste disposal**

All participants involved are reminded to utilise bins provided by the Gwc at Cahir Castle Car Park. Please do not litter the route, ensuring the clubs commitment to the "Leave No Trace Programme".

## **Traffic Control**

### **Garda Notification**

- Notified of date and times of event
- Presented with safety statement for event.
- Participants approx 100.

### **Road Access and Egress**

- Cahir Castle Car Park. Grid ref. (R050-247)
- Anglesborough Start Point. Grid Ref. (R803-211)
- Entrance to Paradise Hill. Grid Ref.(R805-217)
- Forest Hammerhead. Grid Ref.(S011-269)
- Forest Exit above Cahir. Grid Ref (S038-206)

- Junction (left turn for Cahir) Grid Ref. (S032-253)
- Cahir Castle Car Park. Grid Ref. (S050-247)

## **Stewards**

- Club Stewards (12) in high vis clothing on all access and egress points of roads.
- Safety officer on call all day.
- Radio officer present at base all day.
- Care doc notified of this event.
- Emergency Services No.112.

## **Emergency numbers**

- Safety officer 087-9270160
- Radio officer 086-0888145
- Base officer 086-8361004
- Care doc. 1850334999
- Civil Defence 086-831443
- SEMRA 112 or 999

## **Galtee Challenge/Crossing Itinerary**

The Galtee Challenge/Crossing will commence at 6.30am with the erection of marquee at Cahir Castle Car Park (S050-247) for registration purposes etc. Buses will be provided to transport participants to Anglesborough Start Point (R803-211) where stewards will marshal road section

(650 mts approx) to Paradise Hill entrance (R805-217). Participants will then proceed onto mountain range locating Manned and Unmanned coded points across entire route. Exit point off the mountain range and onto forest track is at the hammerhead (S011-269). Signage (black arrows on white discs) are strategically placed to guide participants to forest exit and onto public road Grid Ref.(S038-260). Signage will also be strategically placed from forest exit to the finish at Cahir Castle Car Park a distance of 3km approx. All participants please observe Rules of the Road. On entering car park all participants must sign out to avoid confusion and unnecessarily calling out Mountain Rescue.

## **Terrain**

Be careful about foot placement as there is always the risk of concealed holes, rocks, undergrowth, slippery ground and soft bog. Be particularly careful when descending steep ground and when crossing streams and rivers. Streams in flood are deceptively dangerous. Most accidents happen on the way down, when people are tired, rushing or no longer paying

attention. It is advisable to walk at a pace that is comfortable to the participant to avoid falls and accidents. **Remember you are responsible for your own safety.**

## Signage

The course will be clearly marked by easily identifiable white discs with black directional arrows. Where public road is used or crossed appropriate road warning signs are strategically placed.



## Safety advice for participants

There are many risks associated with participating in our event and participants need to be aware of these risks and take sensible precautions.

Weather changes occur the higher you go on the hills, the temperature drops 1 degree for each 100 metres of ascent. The wind is stronger up there 2 to 3 times the speed of the valleys. Also there is more risk of mist and cloud on top which can lead to poor visibility. Weather conditions can change in minutes therefore participants need to be prepared and equipped to cope with changing conditions. It is advisable to be aware of pending weather conditions in advance. If you have internet access we recommend [www.AccuWeather.com](http://www.AccuWeather.com)

In cold and wet weather the greatest danger is hypothermia or exposure. This occurs where the body temperature is chilled to a life threatening level and could be aggravated by wind chill factor. To avoid this make sure you have enough warm clothing extra food and plenty water.

In warm weather the principle hazards are sunburn, windburn and dehydration. Sun hats, sun cream and water can prevent serious sunburn and heatstroke.

Don't underestimate the amount of water you need doctors recommend 1.5 to 2 litres of water a day even for an ordinary active lifestyle. If you are walking strenuously or weather is hot you will need substantially more water. Avoid drinking unboiled and unpurified water from streams. Don't wait until you're thirsty to drink. Still mineral water or tap water is adequate, fizzy drinks are not recommended as take longer to drink if you need to hydrate quickly.

### **Personal gear**

Walking boots with good ankle support are essential. Always wear suitable clothes for outdoors and carry spare warm clothes at all times. Jeans and Cotton should not be worn, if they get wet they will not dry causing loss of body heat and energy and possibly contributing to the onset of hypothermia. A waterproof jacket, over trousers, warm hat and gloves are essential irrespective of the weather starting out.

### **Rucksack requirements**

- Water

- Food and hot drink.
- Some high energy snacks such as chocolate, glucose sweets or energy bars.
- Spare clothes (in plastic bag in rucksack)
- First aid kit
- Whistle/phone

## **Blisters**

Blisters are simply a result of friction. They can make a walk a painful/miserable experience. In order to prevent blisters these simple steps should be followed.

- Wear walking socks correct size
- Wear comfortable good fitting worn in walking boots
- Quickly remove foreign bodies, from your socks or footwear.
- Keep your toenails trimmed.
- Act immediately if you feel any friction or discomfort as blisters can form very quickly (blister plasters essential)

## Route Title: Galtee Challenge/Crossing

**Route description:** Public road, forest track, farmland and open mountain.

### Risk assessment

<b>Event date</b> 29 June 2014	<b>Walk type</b> As chosen	<b>Location</b> Cahir Castle Car Park. Grid Ref.	<b>Assessed by:</b> Event organisers
		<b>Risk assessment</b> <b>Type:</b> Site Specific	<b>Communicate to:</b> All participants

<b>Associated Hazards</b>	<b>Controls</b>
1. Traffic and public roads	1. All participants to adhere to instructions given by event organisers
2. Uneven rocky/rough tracks and undergrowth/slippery surface, Open mountain/steep slopes.	2. All participants must have appropriate footwear
3. Stiles, Heather covered rocks.	3. Exercise caution
4. Electrical fencing/barbed wire	4. Wire is marked with red and white tape, be aware and exercise caution
5. Animals/Livestock	5. Be aware and avoid.

## **Radio Announcement**

Galtee Walking Club, Tipperary on Sunday 29<sup>th</sup> June is holding the annual Galtee Challenge/Crossing. Base this year is Cahir Castle Car Park where activities will start at 6.30am with erection of marquee and participants registration. Buses will leave the car park at 7.45am with challenge walkers and at 8am with crossing walkers to start point in Anglesborough. We are asking motorists to be careful at car park entrance at this time. There will also be activity on the mountain road into Cahir town and onto castle car park from 1pm to 7pm approx. Warning signs will in place and marshals wearing high vis jackets will be on duty on these sections of road while walk is in progress.



