



Errigal Cycling Club

Ulster Youth Championships

Sunday 18th August 2013

Event Risk And Safety Plan

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2: Introduction

This plan contains the information required for the safe running of the Ulster Youth Championships 2013. Competitors will race against each other and the races and time trial will be timed, the course has been designed to test riders performance on a mixture of wide roads and rolling hills.

3: Date and Time of Event

The proposed date for the event is Sunday 18th August 2013 with the Scheduled start time of race starting at 10am.

Race headquarters will be Ionad Naomh Padraig ,Upper Dore CoDonegal. Where there are approximately 80 off road car parking places.

This Race will abide by Cycling Ireland technical rules.

The Time Trials for each age group will start at the entrance road to Ionad Cois Locha in Dunlewey The race for each group will start at the entrance to Ionad Naomh Padraig where riders will assemble outside the entrance where the road is wide enough for cars to pass. Participants will be expected to have completed the race by 5:15pm.

The race consists of laps of Dore from Ionad Naomh Padraig to the blue bridge before turning left to Bunbeg where they turn left again to finish the lap back at Ionad Naomh Padraig. Under 12s do 1 lap, under 14s 3 laps and under 16s 5 laps.

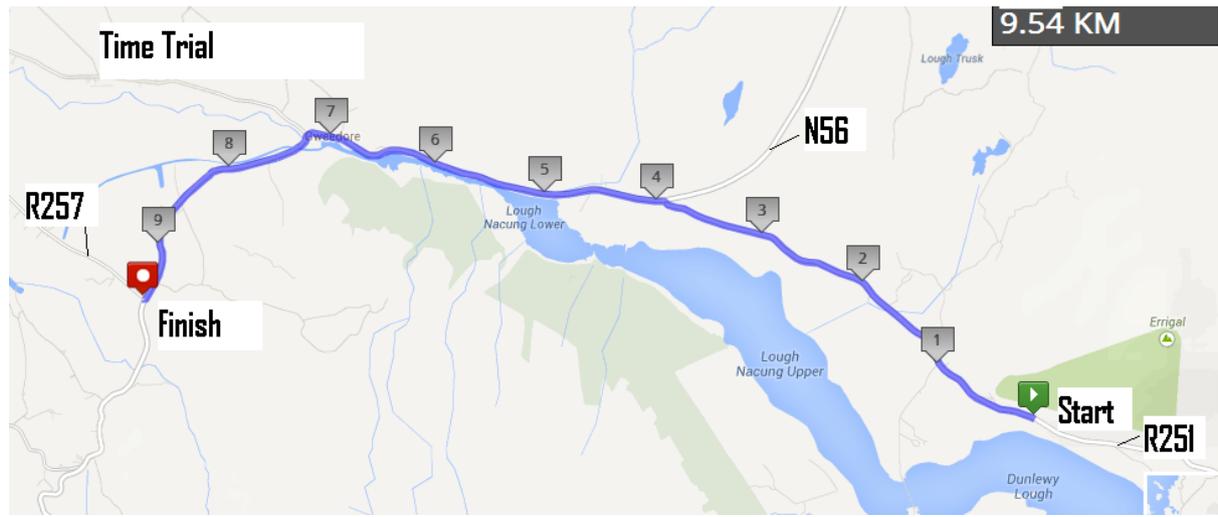
4 Risk Assessment-Time Trial

Location	Instruction	Caution	Risk	KM
Moneymore (Dunlewey)	Start	Caution cyclists signs	L	0.0
Moneybeg	Road on left	Marshals Stop traffic as cyclists approach	L	0.5
Moneybeg	Road on right	Marshals Stop traffic as cyclists approach	L	0.6
Meenagall	Road on right	Marshals Stop traffic as cyclists approach	L	1.23
Meenacuing	T Junction-turning left.	Marshals stop traffic both ways as cyclists approach	M	3.46
Upper Dore	Finish line	Marshals to keep road clear of both cars and cyclists.	L	8

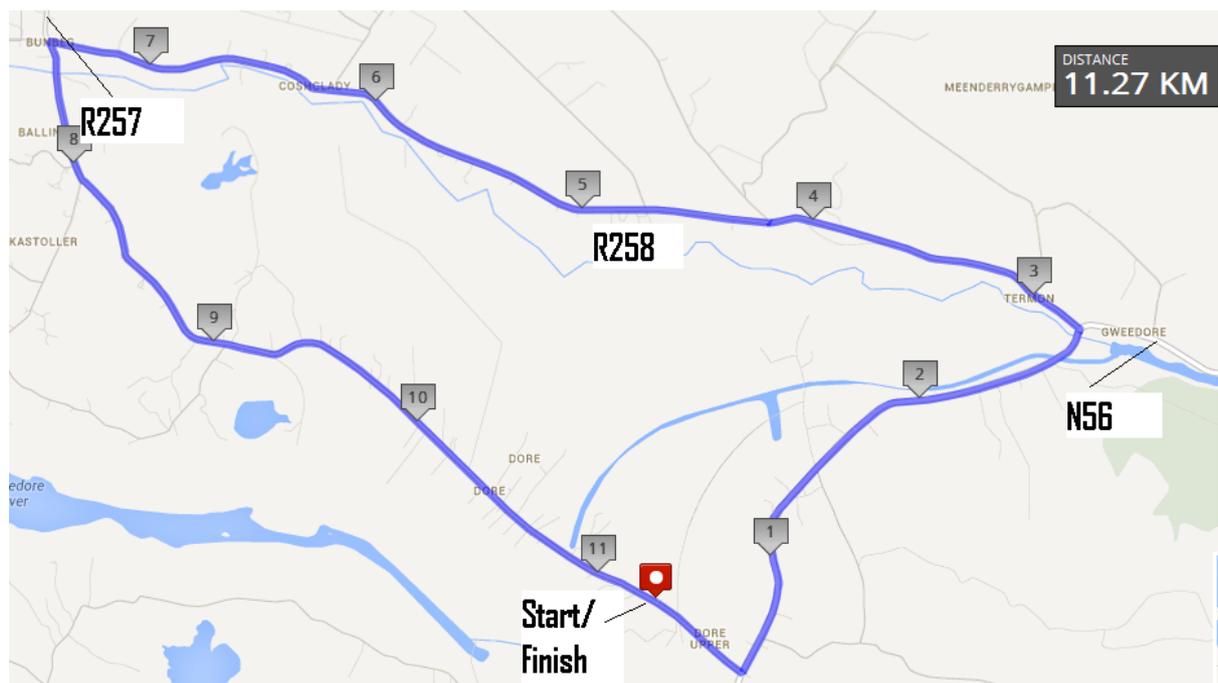
Risk Assessment-Road Race: 12s-1 lap:14s-3 laps:16s-5laps

Location	Instruction	Caution	Risk	KM
Ionad Naomh Padraig	Start-heading east	Stop oncoming traffic.Barriers to be erected either side of start/finish line.	L	0.0
Upper Dore	Turn left	Stop traffic both ways as cyclists approach	M	0.14
Upper Dore	Crossroads	Stop traffic as cyclists approach	L	1.13
Upper Dore	Road on left	Stop traffic as cyclists approach	L	1.34
Gweedore	Road on right	Stop traffic as cyclists approach	L	2.28
Termon	Turn Left	Stop traffic both ways as cyclists approach	M	2.48
Termon	Road on right	Stop traffic as cyclists approach	L	2.76
Meenanillar road	Road on right	Stop traffic as cyclists approach	L	3.92
Carrickatskin road	Road on right	Stop traffic as cyclists approach	L	4.44
Coshclady	Road on right	Stop traffic as cyclists approach	L	5.89
Bunbeg	T Junction	Stop traffic both ways as cyclists approach	M	7.11
Balindrait	Road on right	Stop traffic as cyclists approach	L	7.72
Balindrait	Road on Right	Stop traffic as cyclists approach	L	7.79
Teach Sadies	Road on right	Stop traffic as cyclists approach	L	8.63
Teach Sadies	Crossroads	Stop traffic as cyclists approach	L	8.78
Teach Sadies	Road on right	Stop traffic as cyclists approach	L	8.98
Dore	Road on left	Stop traffic as cyclists approach	L	9.1
Dore	Road on left	Stop traffic as cyclists approach	L	10.2
Dore	Finish line	Stop traffic as cyclists approach	M	14.2

4 Maps



Road Race



6:Organisation of the Event

Local Gardi have been informed of the event and it has been published in the local papers and on Highland Radio and necessary paperwork has been completed. The majority of participants are expected to arrive by car, an adequate area will be coned off in the park to allow cyclists to assemble as well as allow clear access for emergency vehicles, lead cars and commissaire vehicles. As with previous events promoted by Errigal CC there will be a number of motorcycle outriders to help with

marshalling around the route. Changing and toilet facilities will be available in the School Gym, sign on will take place in the Gym also.

7: Useful Contacts

Chairman	Derek Alcorn	0868826066
Secretary	James Harkin	0876771566
Treasurer	Andy McFadden	0863847838
Race Secretary	Peter McBride	0872893607

Race Headquarters

Ionad Naomh Padraig
Upper Dore
Co Donegal

Letterkenny General Hospital

Letterkenny
CoDonegal
0749125888

Milford Garda Station

Milford
CoDonegal
0749153060

8: Participants Responsibilities

All cyclists participating in the event must be affiliated to a recognised cycling body, eg Cycling Ireland.

Any bicycle used in competition must be capable of safely and efficiently completing the task and must, as a minimum, be mechanically sound, have efficient brakes on all wheels and all reasonable steps must be taken to ensure the

safety of the rider and others. All cyclists must wear a helmet that complies with the relevant safety standard.

Cyclists are required to exercise caution during the event. Cycling in a large peloton is hazardous if an incident occurs. Riders must participate in a manner that is safe to themselves and to others. A safe distance must be maintained between other riders.

Riders participate at their own risk and must rely on their own ability and judgement in dealing with all hazards.

9: Identification of Hazards

Road cycling has a number of inherent hazards. This plan aims to address these hazards in order to eliminate or reduce them to an acceptable level so that all participants can enjoy the event in a safe manner. In the interest of sportsmanship riders should be advised to warn other competitors of any hazards on the road.

10: Road Traffic

The timing of the event is crucial to safety, eg. The increase in traffic around Churches on a Sunday morning, this is both in the interests of participants and other road users.

The route will be clearly sign posted and marked on the road with arrows. The lead vehicles will travel ahead of the cyclists with suitable warning lights/beacons to warn oncoming traffic that cyclists are in the road, any vehicles in the cavalcade will be limited in height to 1.8 metres.

11: Injury

First aid and medical provision will follow the final group of cyclists throughout the entire route, if deemed appropriate the first aid team may park in a central location of the race route. The nearest Accident and Emergency Unit is Letterkenny General Hospital.

It is not possible to require all dog owners to keep their pets in for the duration of the event. All cyclists are required to be aware of the risk of animals entering the

road. As the route is entirely made up of main roads it is considered that the number of roaming animals will be insignificant.

12: Road Condition

A number of hazards occur on roads throughout the route. Uneven road surfaces, camber, road debris and potholes may occur throughout. The route will be inspected the evening before the event to ensure that no serious dangers are present.

The route will be inspected six weeks in advance of the race date; this will give the organisers sufficient time to contact Donegal County Council to carry out any necessary repairs. It will continue to be inspected on a weekly basis and on the evening before the event to ensure that no serious dangers are present.

The possibility of inclement weather conditions cannot be ruled out and this may impact on the road conditions. Should unacceptable risk be experienced in the lead up to the event the organisers will meet to decide if it is safe to proceed with the event, if there is bad weather on the day of the event, the appointed commissaire(s) will decide with the race organisers if it is safe to proceed with the race.

13: Catering

Post race refreshments will be provided by the promoting club - as with previous events promoted by Errigal CC.

14: Before the Event

The route will be inspected on the run up to the event against the risk assessment, and ensure that all control measures and necessary signage is in place. Where required, marshals will be positioned at high risk areas throughout the course and if necessary junctions will be brushed to be free from loose gravel. Directional signs and arrows will be placed around the route, marshals will thoroughly understand the route.

15: On The Day

Access to Ionad Naomh Pádraig has been approved and there will be sufficient sign on and changing facilities available before the race.

A briefing session will be held for commissaries, officials, marshals, drivers and other officials at 10:30am in the Centre. In the briefing, reference will be made to

drivers and riders that they should, at all times, respect the rules of the Highway Code, comply with the law and Cycling Ireland technical regulations that may apply unless directed by Gardai or race officials. All cyclists will be informed of all health and safety requirements before commencing the cycle, marshals will be in place to inform riders of the direction of the race.

All personnel involved in organising are required to wear high visibility clothing and carry a mobile phone as a minimum. All race vehicles will be fitted with a 2-way radio.

Depending on the number of team/ support cars wishing to travel in the cavalcade, the appointed commissaire may use a car draw to determine the vehicles' position, all drivers in the cavalcade must have an appropriate Cycling Ireland (or equivalent) licence and have the ability to drive safely in the cavalcade.

16: After the Event/Next Club Meeting

After the race, hot showers will be available for riders in the Gym, after which the refreshments will be available.

All identified key personnel involved in the organisation of the event will report at the next club meeting, the commissaire(s) reports will be considered and a report will then be drawn up identifying areas for improvement of future events if required.

17: Risk Scoring Matrix

Activity	Hazard	Likelihood	Severity	Risk	Controls
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Cycling	Road Traffic eg vehicles – (moving and stationary), pedestrians, animals in the road	2	2	4	<p>All cyclists will be informed by the commissaire/race organiser of necessary safety measures prior to commencement of cycle.</p> <p>All cyclists to remain within the white line.</p> <p>Marshals will be positioned at major junctions.</p> <p>Car travelling ahead of cyclists to warn oncoming traffic.</p> <p>First Aid vehicle to follow last group (or park in a central location) to assist if necessary.</p> <p>All cyclists to wear suitable helmets.</p>
Cycling	Road Infrastructure eg roundabouts, junctions, islands in middle of road, manholes, gullies	2	2	4	<p>Warning signage provided in advance of roundabouts and major junctions informing cyclists of their approach.</p> <p>Marshals will be positioned at roundabouts and major junctions, straw bales can be placed at islands if required.</p>
Cycling	Road works along route	1	1	1	<p>This will be assessed prior to the event and cyclists informed during the initial safety briefing session. Major road works may require the route to be amended.</p>
Cycling	Road condition eg potholes, uneven camber, road debris, uneven road surface, diesel spills	2	1	2	<p>The road will be inspected prior to the event to ensure no major hazards are present. Cyclists will be informed prior to start of the need to inform other cyclists of oncoming hazards eg potholes.</p>
Cycling	Adverse Weather Conditions eg heavy rain, high winds	2	1	2	<p>The weather will be considered prior to the event commencing and in the case of severe conditions the organisers and commissaires will decide if the event should proceed.</p> <p>Cyclists should understand the need to wear the correct clothing for the weather conditions.</p>

Cycling	Terrain eg hilly ascents or descents	3	1	3	Cyclists will be expected to exercise caution when negotiating steep descents or ascents and to consider other cyclists.
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Activity	Hazard	Likelihood	Severity	Risk	Controls
Cycling	Competency of cyclists, eg cycling in pelotons/fitness	1	1	1	Cyclists all required to be competent and capable of cycling the required distance at race pace. Cyclists informed before start of event of safety measures, eg the importance of sensible cycling behaviour, the need to clearly inform other cyclists of oncoming hazards and the need to signal to others behind of their intention to slow down or stop. Cyclists must comply with traffic law and regulations, the Highway Code, the risk assessment and obey directions from Gardi, Stewards and Marshals.
Cycling	Equipment eg punctures, physical defects (brakes)	2	1	2	Any bicycle used in the event must be capable of safely and efficiently completing the task and must, as a minimum, be mechanically sound, have efficient brakes on all wheels and all reasonable steps must be taken to ensure the safety of the rider and others. All cyclists must wear a helmet that complies with the relevant safety standard.
Arrival at Start Area	Approach to start area from car parks	1	1	1	Cyclists must comply with traffic law and regulations, the Highway Code, the risk assessment and obey directions from Gardi, Stewards and Marshals.

Finish	Catering	1	2	2	High risk foods will be limited. A limited number of people will be involved in the preparation of food. Where higher risk food is provided, this will be prepared on site.
Start and Finish of Cycle	Groups of cyclists assembling and finishing	2	2	4	Marshalls and possibly Gardi assisting start and finish of cycle to ensure road safety.

Likelihood 1	Unlikely	Severity	1	Minor	Low Risk	1
2	Likely		2	Serious		
3	Highly Likely		3	Major	High Risk	9