

THE HEBRIDEAN CHALLENGE 2008

EVENT SAFETY RULES

Introduction:

The Hebridean Challenge is an extreme adventure sporting event which takes place in remote multi-terrain and as such presents arduous challenges and controlled risks for both competitors and event officials. The Event Safety Rules form part of a set of measures designed to ensure that the event is managed in a safe and fair manner for everyone involved. The Event Safety Rules **MUST** be read in conjunction with the Event General Rules and the Event Guidance Notes and the Route Description Documents. In extremis, the organisers reserve the right to change any of the Event Safety Rules contents at any time as is deemed necessary and any changes made will be communicated to competitors and event officials at the earliest opportunity.

Notes:

- a. Appropriate Risk Assessments for the event have been undertaken and subsequent control measures are contained within the Event General Rules, Event Safety Rules, Event Guidance Notes, Route Description Documents and Event Entry Forms and also implemented through Competitors', Event Officials' and external parties' briefings.
- b. As per para 12.1 of the Event General Rules: it is a condition of entry that all competitors read, understand and comply with all instructions contained in the Event Safety Rules and the documents and briefings referenced in Note a. above at all times during the event.
- c. Where appropriate, consultation has taken place with the relevant landowners and in addition close liaison has been established with all local emergency services
- d. Appropriate event insurance, third party public liability cover and indemnities are in place.
- e. Event Safety Rules and other important event information, including updates, are published on the event website and also emailed to entrants.

1. Competitor Administration:

- 1.1 Entry to the event is by pre-entry only, using an event specific entry form which must be accurately completed with all required information for each entrant including updated and contactable Next of Kin details. It is vital for safety reasons that the information Event Organisers hold for each competitor is honest, accurate and must be updated if necessary at any time before the event starts by contacting the Event Organisers.
- 1.2 It is essential that each entrant considers his/her own level of fitness, experience, medical condition and overall ability to take part in the event both before entering and before the actual event starts; if in any doubt about any of these factors at any time then you must not take part in the event.
- 1.3 The Event Organisers will closely vet all entry forms and where there is any doubt or concern regarding any individual or team's experience, qualification, fitness, medical condition or ability to take part in the event then entry may be refused.
- 1.4 All competitors are required to register as their 'team group' where details will be checked and the master event competitor database updated to ensure accuracy. Under no circumstances can any competitor change team or event category during the event unless formally approved by the Race Organiser and Race Director.
- 1.5 Teams will be issued with their individual competitor race number at Registration. Race numbers must be clearly visible on external clothing when taking part in any section of the race. Race numbers must not be altered, modified, changed, amended or personalised in any way except for any known and declared medical condition which must be written clearly on the BACK of a race number. Under no circumstances must any competitor change race numbers with another competitor. In addition, teams will also be issued with a team number for their vehicle which must be clearly displayed at all times in the vehicle window. NB If individual competitor number wrist-bands are used in the event they must be worn on the wrist at all times when taking part and the rules outlined in this paragraph for competitor numbers similarly followed.
- 1.6 Competitors must ensure they give their correct competitor number to the event official at manned checkpoints, and ensure they accurately record their presence at unmanned checkpoints.
- 1.7 **THE GOLDEN RULE:** If at any time any competitor or team withdraws or retires from the event, or from any section within the event, after starting that section, they **MUST** inform the Race Director as quickly as possible. This

should be achieved via the nearest race official or marshal or to the Race Director in person or by any other communication method possible, in the quickest possible time.

2. Event Briefings:

- 2.1 Comprehensive event information including the Event General Rules and Event Safety Rules will be available well in advance of the event via the event website and regular newsletters to entrants. It should be studied closely by everyone taking part, or involved with the event.
- 2.2 All event briefings will always include safety as a key component.
- 2.3 Event Officials, Marshals and Helpers will receive specific event briefings in advance of the event and at regular times throughout the event including the daily review, update and next day planning.
- 2.4 Relevant external agencies such as the police and other emergency services, landowners and where applicable individual communities, will be briefed in advance of the event by the Event Organisers.
- 2.5 Competitors will receive additional event information and briefings at Registration. These will include emergency actions and event telephone contact numbers.
- 2.6 Competitors will be briefed on each event day route and activities, normally on the preceding evening, and updated as necessary on the morning of that day; this briefing will include weather forecasts, safety requirements specific for that day's route and a review of the previous event day.
- 2.7 Specific safety briefings due to unforeseen circumstances or occurrences will be given as required during the event.

3. Kit & Equipment:

- 3.1 It is essential that everyone taking part in the Hebridean Challenge event, whether as a competitor or event helper, ensures they have (and provides) his/her own adequate and sufficient kit and equipment for the event. The week-long event is arduous, challenging and multi-disciplinary and takes place in remote locations both on land and water. It includes rough and wild mountain terrain. Although the event takes place in summer, Scottish weather is extremely unpredictable and planning for all potential extremes of weather must form part of each individual's event preparations.

Having sufficient and adequate kit and equipment, which is tried, tested and familiar to the owner, is an essential and fundamental part of ensuring safety for anyone taking part in the event. Event planning preparations should include a detailed review of all event clothing including footwear, spare kit and evening/overnight kit, all safety and emergency equipment, all camping, cooking and overnight support equipment, all food and fluids for the event, all first aid and medical supplies, all bikes and associated bike kit, all kayaks and associated water kit. This review should also include looking at adequate spares and tools for carrying out repairs to bikes and kayaks etc.

Event Guidance Notes for kit and equipment are provided on the event website and should be scrutinised closely well in advance of the event. Ensure you have maintained, tested and checked bikes, kayaks, camping kit and all other event kit and equipment before arriving at the event. Do not skimp on kit and equipment; it may save your life or the lives of others and will also make your event far more 'enjoyable' and 'comfortable' if you have the right kit and equipment for every eventuality.

- 3.2 For each event discipline, there is a mandatory requirement for either wearing, or carrying, kit and equipment; this will be rigidly enforced on safety grounds through unannounced spot checks at any time during the event. Any competitor failing to meet the requirements of a mandatory kit and equipment list or spot check will be either penalised, (for minor failings) or disqualified from that specific section (for serious safety shortfalls) as determined by the Race Director.

Any competitor who is assessed as inadequately, inappropriately or insufficiently prepared with kit and equipment for a specific section of the event will not be permitted to start or continue with that section on safety grounds. Any additional kit and equipment (as determined by an individual competitor) can be carried in addition to the mandatory kit and equipment requirement. The mandatory kit and equipment lists are as follows:

3.2.1 Hill Running Sections: Note: Hill Running is defined as any section of running outwith a tarmac or metalled road

- Long sleeved wicking layer thermal top - i.e. Helly Hansen or similar. Not cotton.

- Full leg wicking layer thermal bottoms - can be tights, tracksters or similar
- Full waterproof layer top and bottom.
- Thermal hat and gloves.
- Suitable hill running footwear and socks.
- Adequate food and fluid for that section, plus a specified emergency ration.
- Survival bag - must be an approved full body size bag or lightweight foil bag but **NOT** a blanket type.
- Head Torch with spare battery (and bulb if not LED type).
- First Aid Kit - must include a crepe bandage, 2 wound dressings and selection of plasters.
- Correct map for the section and a compass.
- Whistle, pencil and paper.
- Suitable running sack or backpack.
- Mobile Phone and Event Emergency Contact Information Sheet.

3.2.2 Bike/Cycle Sections:

- Fit for purpose Mountain Bike or Road Cycle.
- Approved cycle helmet - must be worn at all times by any competitor on a bike at any time during the event whether 'actively competing' or not
- Long-sleeved waterproof top.
- First Aid Kit - must include a crepe bandage, 2 wound dressings and selection of plasters.
- Correct map for the section and compass.
- Whistle, pencil and paper.
- Pump, suitable bike multi-tool or tools, correct spare inner tube to fit.
- Mobile Phone and Event Emergency Contact Information Sheet.

3.2.3 Swimming Section:

- A triathlon-style neoprene wet suit specifically approved for swimming
- Brightly coloured latex swimming cap (safety identification).

3.2.4 Kayak Section:

- Fit for purpose Kayak and paddles (See event rules and guidance notes)
- Worn: Suitable Wetsuit or Drysuit or full body cover thermal clothing and a full set of waterproof top and bottoms (unless waived by SSO due to weather conditions).

- Worn: Approved buoyancy aid with a minimum of 50N buoyancy.
- Worn: Brightly coloured hat/cap or latex swimming cap (safety identification - unless waived by SSO due to nature of the section.)
- Spare set of top and bottom warm clothing layer plus a DRY waterproof jacket.
- Drysack for dry spare clothing etc.
- First Aid Kit - must include a crepe bandage, 2 wound dressings and selection of plasters.
- Correct map for the section and compass.
- Whistle, pencil and paper
- General 'Boat Repair Kit' suitable for the boat being used.
- Survival bag - must be an approved full body size bag
- In date set of flares - must include a hand held red flare, a red parachute flare and an orange smoke flare
- A full water bottle
- A spare set of split paddles
- Paddle float - unless rescinded by Sea Safety Officer
- Mobile Phone and Event Emergency Contact Information Sheet

NB At the discretion of the Race Director (land sections) or the SSO (water sections) and based on prevailing and forecast weather conditions, reduced (skinny) levels of kit and equipment may be permitted for certain sections. This will be announced at the relevant briefing

It is important that everyone taking part in the event has sufficient and adequate food and fluids to allow them to take part safely; this is particularly important for competitors but equally important for others spending long hours supporting the event. Ensure you bring sufficient - plus contingency- food and fluid stocks for the duration of the event and have adequate cooking equipment and utensils, where necessary.

It is important that everyone taking part in the event has sufficient and adequate personal first aid kit stocks for the duration of the event. The mandatory first aid kit items listed in section 3.2 are the bare minimum needed for competitors to carry in a race section only and should be individually enhanced as necessary based on peoples' own experiences and knowledge. Used first aid kit items need replenishing and you may well need first aid items such as plasters, 'creams' and blister pads in the evenings and

overnight. Do not rely on others for first aid items; bring enough to ensure you don't run out and know how to use them for your own purposes; ensure that relevant items of first aid are 'in date'.

It is essential that both competitors and marshals are in possession of the correct map for the specific route section being undertaken. Section 10 of the Event Rules details the minimum requirement of bringing one complete and intact set of 1:50 000 OS Landranger relevant maps per competing team; teams should seriously consider bringing additional copies or sets of the relevant maps to allow multi-use, planning and cutting up if required.

Competitors taking part in each section must be in possession of the relevant 1:50 000 OS Landranger map

4. Route Safety:

- 4.1 The instructions given in each day's Route Description Document must be strictly followed; this includes the method of completing the route (i.e. road bike, swim, hill run etc) and the order in which it must be followed, the check points order and also the number of competitors in a team to complete the section or leg. Any information or instruction contained in the Route Description Document must be followed at all times by all members of the team. In addition, specific route section safety briefings will be given detailing the emergency actions specific for that section.
- 4.2 Where there are two or more team members taking part in a section together they must remain in audible and visible contact at all times during the section and must arrive at check points and transition points together.
- 4.3 Competitors must ensure they register their attendance at a check point by marking their individual control cards and /or giving their details to a marshal at manned check points. Under no circumstances must any competitor give their control card to another competitor.
- 4.4 There will be adequate cut-off times set at some key individual check points and transition points. If you cannot reach a control point or transition point before this cut-off time you should make every effort to contact or inform a race official by any means possible i.e. mobile phone, other competitor. Failing this, you should make every effort to remain on your planned route and take every action possible to stay safe. Remember also the *Golden Rule!*
Overdue or missing competitors identified after a reasonable period past the cut-off time will instigate the event emergency search plan.
- 4.5 Competitors must ensure they carry and consume sufficient and adequate

- food & fluids during the event. Keeping well-hydrated and well-fed in advance and then 'snacking and drinking' little and often during the route sections is the key to staying nourished and hydrated during the event. Competitors must also carry dedicated emergency rations as indicated at section 3.2.
- 4.6 Competitors must ensure they wear and/or carry the mandatory kit & equipment detailed in section 3.2 when taking part in the race
- 4.7 Competitors must ensure they have and familiarise themselves with the correct map for the section they are undertaking and ensure that other team members fully understand their planned route and options. For safety reasons, for a few specific areas of the race such as mountain or very remote areas there will be a requirement for all teams to provide a marked up map section of their proposed route and options to Race Officials in advance.
- 4.8 The instructions and directions of all checkpoint marshals and race officials must be followed at all times; this is a key safety requirement for everyone. Event Officials and Marshals will be clearly identifiable with Hi-Vis bibs.
- 4.9 Where necessary, clear and high visibility route signage will be put in place and sign instructions must be followed.
- 4.10 When competing on any public highway or road section, competitors must take extra care and caution to ensure their own and others' safety. The Highway Code must be followed at all times and due respect and consideration given to other road users and the general public. Where necessary, pre-event liaison along with suitable event signage and marshals will be in place to warn other road users and traffic, well in advance, that the race is taking place.
- 4.11 For safety reasons, competitors must not swim during any part of the race route other than on a designated event swim route section and any team member nominated for a swimming section must not have taken part or competed in another preceding section within the previous 30 minutes.
- 4.12 The Event Sea Safety Officer (SSO) will have specific responsibility for the kayak and open water swim sections of the event. The SSO will continually assess all swimmers' and kayakers' prevailing and ongoing ability to take part or continue in a section and will withdraw any competitor deemed unfit or posing an unacceptable risk on safety grounds. Similarly, the SSO will continually monitor the state of kayaks and kayak equipment and withdraw any vessel deemed unsafe or posing an unacceptable risk
- 4.13 All kayak sections will have suitable event safety vessels manned by suitably qualified personnel in attendance and under the control of the SSO. The instructions and directions of the SSO and safety boat crews must be

followed at all times. Open water swim sections may be covered by nominated Team Kayaks and/or suitable marshals.

- 4.14 It is a fundamental event safety principle that everyone taking part in the event will take immediate and necessary action to assist and aid any other person in difficulties, regardless of the race element, whilst ensuring their own safety is not compromised whilst doing so. This is particularly and vitally important during race sections, when other competitors may most probably be the first to be aware of other competitors in difficulties. Regardless of their race position: all competitors must give assistance to other competitors in trouble! Due time recognition may be given by the Race Director as appropriate for any verified actions taken and delays incurred. Details on emergency actions to be taken are at Section 7
- 4.15 Whilst every effort will be made by the Event Organisers to identify hazards pertaining to the event, and every practicable action and control measure will be taken to eliminate, reduce or minimise any risks from these hazards, it remains an essential safety factor that EVERYONE involved with the event also takes a personal responsibility for assessing their own safety at all times. Competitive pressure, changing weather conditions, fatigue, remote terrain, prolonged exertion, kit or equipment failure, illness and injury, mistakes and errors are just some of the potential things that can happen during the event. These require everyone to constantly assess their personal safety and take all possible steps to ensure that their own and others' safety is a priority at all times.

5. Team Vehicle and Camping Safety:

- 5.1 Event safety is equally important for Team Vehicle operations, overnight camping and at all times outwith the race sections. Everyone involved with the event must remain safety-conscious during these times, as well as during the race elements of the event. This is particularly important when individuals are tired after competing, or supporting, or are rushing to get ready or carry out preparations for their next role.
- 5.2 Team vehicles and drivers must comply with all the requirements of Event General Rules Section 2. In particular, all vehicles must be: legal; comply with the road traffic act and 'Highway Code'; be fit for purpose; be adequately insured (including all proposed drivers); have adequate and legal seat belts for all passengers and the driver; comply with legal and safety requirements for carrying bikes, canoes and equipment including flammable fluids and gas

cylinders. Special attention should be paid to ensuring that all kit and equipment attached to or within the vehicle is adequately and safely secured. Teams should ensure they consider and bring along sufficient and adequate vehicle spares and tools in case of any vehicle problems during the event, taking into account the fact that such items may not be quickly or easily available on the Outer Islands!

- 5.3 Team vehicle drivers must comply with all speed limits and other traffic regulations throughout the event and must pay due respect, care and consideration to other road users; this is particularly important in the islands where narrow, single track roads with passing places are common. Parking of Team vehicles must be given specific safety consideration and must only take place in either allocated, nominated or signed parking areas or at clear safe positions that do not pose any significant risk to either the parked vehicle, occupants or other road users including other event participants. All team vehicles must clearly display their team number in the vehicle window at all times during the event.
- 5.4 At overnight camp or accommodation stop areas, everyone must remain vigilant to their own and others' safety. Particular regard must be paid when cooking or using open flame equipment, to minimise any risk of fire or burns.

6. Event Communications:

- 6.1 Communication before and during the event is a vital safety factor. During the event, the hilly, remote and rural nature of the event location makes radio and mobile phone communication unpredictable. Hence a single, dedicated, reliable communication system is totally impractical and so a number of measures are used to ensure that communication is achieved and that everyone is aware of the options to achieve this. Pre-event information, along with daily and other specific briefings during the event, are the first line of effectively passing information. Everyone must ensure they read all pre-event information and attend all event briefings, as required. If you are at any time unsure or in doubt about any aspect of the event you must contact an event official who will be only too willing to clarify or source the answers.
- 6.2 During any stage of the event, competitors who have problems, or foresee problems, can pass important communication either via the next event marshal they reach, or via other competitors who can then pass this on to the next event marshal they reach. It is vitally important that any information passed is accurate and concise. It must include an individual's competitor number. Event marshals will know the quickest method of transmitting any information

for that particular section of the route and this information will also be included in event daily briefs.

- 6.2 During the event's kayak and open water swim sections event officials will use tested VHF radio links for communication between officials and safety boats.
- 6.3. Mobile phone coverage on the islands is varied, but does work. Sometimes, as when using VHF radios, it is necessary to source higher and/or open ground to get a signal. Teams are encouraged to bring along a selection of network mobile phones to provide maximum options for communication. All competitors and the team vehicle driver must carry a mobile phone and individual telephone numbers will be recorded at event registration. Teams will be provided with all event contact and emergency numbers at event registration. ***During route sections of the race, mobile phones must only be used for passing urgent information or in emergency situations.***

7. Emergencies:

- 7.1 The first principles in any emergency are to immediately make yourself and others as safe as possible, raise the alarm and seek help, prevent the situation getting worse. Every emergency situation is different but these principles should form the basic first instincts regardless of the location or incident.
- 7.2 As detailed at Section 4.14 it is a fundamental event safety principle that everyone taking part in the event will take immediate and necessary action to assist and aid any other person in difficulties - regardless of the race element- whilst ensuring their own safety is not compromised whilst doing so.
- 7.3 Dependant on the situation and location, using your mandatory kit and equipment should help to prevent the situation getting worse. Putting more clothing on, using the survival bag, use of the First Aid Kit, wearing a head torch and emergency rations may all help the situation. Depending on the situation and location seek or make shelter and take any steps for protection from the wind and weather.
- 7.4 In any emergency situation, it is important to raise the alarm as soon as possible and by any available means. Options include: other competitors, marshals or passers by; using mobile phones, shouting, using a whistle, using flares, head torches. Telephoning a '999' call should always remain a key option and should ALWAYS be attempted, in any location, if deemed necessary. The quicker the emergency services and/ or event organisers get accurate information on any emergency - the quicker the emergency procedures will be instigated.

7.5 On receipt of any emergency information, event officials will instigate the necessary pre-planned emergency action dependant on the situation. This includes liaison and support with all emergency services, use of qualified event medical teams and search routines for missing or overdue teams.