

Granite Peaks Ultra – GP25: Operation Analysis and Control

Event - Hazard Analysis | Safety, Health, and Wellbeing Controls.



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Hazards and Possible outcomes	Safety, Health, and Wellbeing Controls												
<ol style="list-style-type: none"> 1. Mountain terrain (comprising, among others: large boulders, rocky surfaces, loose rocks, cliff edges, steep slopes (inclines and declines), slippery grass, hidden holes, crevasses, boggy ground, and river crossings). 2. Changeable and potentially severe weather conditions (which, during a single event, could among other conditions alternate between high winds, rain, hail, thunder and lightning, sunshine, mist or fog, snow, and ice). 3. Infections (e.g., CoVID-19, tetanus from scratches, Weils disease from rats and Lymes disease from ticks, cryptosporidium from contaminated water). 4. Exhaustion 5. Dehydration 6. Hypothermia 7. Hyperthermia 8. Traffic at road crossings, lanes leading to start line and on short sections of road. 9. Farm and forestry traffic on trails and tracks. 10. Livestock and wild animals (e.g., sheep, hares, deer, birds, foxes, rats etc). 11. Other mountain users and their pets (e.g., walkers, race competitors, non-competing runners, mountain bikers). 12. Fire/ Smoke (note that occasionally there are fire outbreaks on the mountain) 	<p>Covid-Specific Controls</p> <ol style="list-style-type: none"> 1. Runners, organisers, and marshals must not attempt or be involved in a race if they have any of the Covid-19 symptoms or have recently tested positive. 2. The total numbers involved in a race (i.e., runners, organisers, and spectators) are not to exceed NI Government guidelines and ANI directions. 3. All Public Health Agency guidance, such as social distancing, face coverings and hand sanitising; before, during and after the race is to be followed. <p>General Principles</p> <ol style="list-style-type: none"> 1. The following age categories and distance limits apply to junior runners: <table border="1" data-bbox="619 683 1353 779"> <thead> <tr> <th>Category</th> <th>U15</th> <th>U17</th> <th>U19</th> </tr> </thead> <tbody> <tr> <td>Age on 31st December</td> <td>13 or 14</td> <td>15 or 16</td> <td>17 or 18</td> </tr> <tr> <td>Maximum distance</td> <td>5 km</td> <td>7 km</td> <td>10 km</td> </tr> </tbody> </table> <ol style="list-style-type: none"> 2. Runners take primary responsibility for their own safety, health, and wellbeing in the mountains. 3. Runners are to familiarise themselves with the local terrain and have the necessary skills to cope with any navigational problems they encounter. 4. By entering the race, a runner is confirming they are fit and healthy and that they have experience, capacity, and capability to undertake the race. 5. Drivers should drive and park with care around the race HQ and car share were possible. 6. Runners flouting race rules and/ or hazard controls will be disqualified and may be refused entry to future races. 7. Running/ trekking poles ARE NOT permitted at NIMRA races. 8. Additional race-specific controls are to be appended to this Control Sheet (Page 3). <p>Pre-race</p> <ol style="list-style-type: none"> 1. Runners are to familiarise themselves with and ensure that they comply with the 'On the Day' Race Rules, available at Race HQ. 2. Runners must attend pre-race briefings and cooperate with all kit checks. 3. Runners are to have the mandatory minimum race kit, which comprises: <ol style="list-style-type: none"> a. Footwear suited to the race terrain, b. Waterproof whole-body cover (with taped seams and integrated attached hood), hat, and gloves, c. Map of route, whistle, and compass, d. Bivouac (aka bivy) bag, e. Emergency Foil Survival Blanket, and f. Fully charged mobile phone with the race director's number(s) stored (Note: mountain rescue call is 999 – Ask for 'Police' then 'Mountain Rescue') g. Tracking device (supplied by Primal Tracking at Registration), h. Thermal layer, i. Head torch, and j. Emergency food and drink (minimum 500 ml water bottle). 4. Any updates to the mandatory kit will be communicated at race registration. 5. Runners may be required to carry additional race kit, which be communicated to runners in advance of the race. 6. Electronic tracking is being used; therefore, runners are to ensure that they have confirmed the trackers' readiness before approaching the starting line. 7. The race organising team is to determine whether the race is to be cancelled or diverted to an alternative safer route if severe weather is forecast. 8. Runners who, having registered, opt not to start the race are to inform the race organising team. 9. A runner may be withdrawn from the race if the race organising team suspect they are inadequately prepared, are missing any of the required kit or lack the necessary experience capacity, and/ or capability to complete the race. 	Category	U15	U17	U19	Age on 31 st December	13 or 14	15 or 16	17 or 18	Maximum distance	5 km	7 km	10 km
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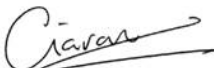
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Appendix – Additional Race Specific Safety, Health, and Wellbeing Controls

Name of Race:	Granite Peaks Ultra – Granite Peaks 25		
Date of Race:	20 April 2024		
Race Director:	Ciarán McAleenan		
SHW Assessor:	Ciarán McAleenan		
Additional Safety, Health, and Wellbeing Controls (if none write none and sign the sheet and attach this to any request for Race Permit)			
<ul style="list-style-type: none"> Stream crossings at Ulster Way/ Mourne Way just along from Sheep Pens at top stile on Trassey and along the section just below Rocky Mountain – marshals are to check water levels on day before race. Any increased water levels to be reported to runners at the race briefing. Mark the section between Brandy pad and foot of Rocky Mountain (trail fades in and out) No additional hazards or controls have been noted. 			
Signed Race Director		Date	31/1/2024
Name of Race Director	Ciarán McAleenan		
Signed by SHW assessor		Date	31/1/2024
Name of Race SHW assessor	Ciarán McAleenan		
Please note that a map of the race routes accompany this assessment (See below)			

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Granite peaks 25

