

Cork orienteering Club	Doc No: COC001	Version No: 0.1
Title: Orienteering Events Plan		
Approval Date:	Review Date:	

# Orienteering Events Safety Plan on Kilgarvan Wind Farm and Crohane areas

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## **Cork Orienteering Club and Irish Orienteering Association Safety Policy for Public Events**

Cork Orienteering Club and the Irish Orienteering Association are committed to ensuring the health and safety of all participants during all of our events.

Our volunteers participate in event planning to ensure an incident free and safe event for all participants and stakeholders.

We intend to ensure that the activities of this multi-day event are carried out safely; and that adequate provisions are made for welfare, first aid and emergency planning. Cork Orienteering Club has ensured that the appropriate resources are available to our organisers and officials in order to host three great days of challenging orienteering.

The Event Safety Plan is intended to ensure that events are adequately organised and executed in a proficient manner by all of our members and volunteers.

The ultimate goal is to continue to stage a successful multi-day event, not just in terms of physical and navigational challenge, but also one free of injuries, for everyone.

Club Chairman: Fiona O’Riordan

Club Secretary: Elaine Sheridan

Event Organisers: Bobby O’Connor and Jim O’Donovan.

Event Planner: Bernard Creedon

Event Controller: John Casey

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## Orienteering Event Plan

This is an event plan for 3 Days. Our objective is to deliver a safe, enjoyable and successful event for all participants. This Plan is to be used as the reference point for all organisers and those stewarding at the event.

**Organiser:** Members of Cork Orienteering Club and Irish Orienteering Association

### Participants:

Invited Guests and friends  
Competitors/participants  
Organisers, Planners, Stewards

### Venues:

Kilgarvan wind farm, Co. Kerry.  
Carrigawaddra/Crohane Mountain, Co Kerry  
Crohane Lake Area, Co Kerry

### Distribution List:

Bord Gais Energy – full document  
Contractors  
Stewards/organisers etc. – full document  
Landowners – page specifically referring to their issues

### Key Stakeholders:

Bord Gais Energy  
Other Landowners  
Controllers and Cork O links

## Stakeholder Contact List

<b>Authorised Personnel</b>	
The below personnel are authorised to co-ordinate and manage emergency procedures:	
<b>Stakeholder</b>	<b>Contact details</b>
Bord Gais Energy	Gary Howarth 086-7953352
Cork O – Day 1	John Casey 087-7936095
Cork O – Day 2	Darren Burke 087-641-3461
Cork O – Day 3	Brian Corbett 085-139578
Cork O – Day 1,2,3	Bernard Creedon 087-2342500

## Volunteer Support

Group members are the designated volunteer marshals who will be hosting the event.

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## **Traffic Management**

### **Entrance Point at the Wind Farm Site (Day1)**

Under no circumstances should eastbound traffic turn across double white line into Wind Farm service road.

Instead, orienteering participants should be directed to follow existing signs for BGE Kilgarvan Wind Farm, which involves turning Left well before entrance.

Orienteering signs and organisers in high-visibility clothes should reinforce these signs. Failure to comply with this safety issue will result in immediate disqualification (without appeal) from the event.

It will be obvious that the presence of Gardai may result in more serious consequences for those so dangerously breaking the law.

All westbound traffic will be warned to slow down and to anticipate queues or minor delays as event traffic turns into Wind Farm.

This information will be highlighted in final information bulletins. To minimise main road queues, entrance gates will be left open with instructions by officials conducted perhaps 50-100metres along service road.

Gardai and local authority will be notified and approached for advice and assistance. On leaving the service road – after the event – all drivers must turn left initially heading west towards Killarney – which is the event Centre anyway.

No exiting right turn will be permitted. This departure protocol will be notified in advance, signposted and supervised by officials.

### **Entrance Point to Crohane Mountain and Lake (Days 2 and 3)**

Access to parking area is also from a main road, although traffic is not at the level of Day1.

All southbound traffic will be warned to slow down and to anticipate queues or minor delays as event traffic turns into forest road system. Similar signs will be placed for the attention of northbound traffic.

Orienteering signs and organisers in high-visibility clothes should reinforce these signs. Failure to comply with the instructions of marshals may result in disqualification..

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### **Traffic On site**

BGE already have in place sensible rules relating to on-site traffic. There is a speed limit of 20 K/hr and the requirement to always have hazard lights flashing when vehicle is in motion.

These sensible rules will apply to all 3 Days, while the vehicle is moving on mountain or forest access roadways.

These rules will be passed on to all orienteering drivers, in Bulletins and by officials greeting vehicles to service road. To further minimise traffic contact, a one-way system mapped to time of day will apply.

Cars will only be permitted to drive towards assembly area until 30 minutes prior to time of last start, only after which cars will be allowed to leave assembly area to depart terrain. A table of actual entry windows and exit windows will be made available. For Day 1, on Kilgarvan Wind Farm, no entry to the terrain will be permitted after 14.30 and no departure from assembly area permitted until after 15.00

### **Official Parking**

Parking will be located on hard standing in vicinity of T2 on Day 1. Days 2 and 3 Parking will be on a stretch of forest roadway approximately 2 K from the main road. Stewards will be in place to ensure Cars are parked in an orderly fashion.

#### **Ensure access will be kept for the following.**

- ➡ Turbine service vehicles
- ➡ Wind Farm Operator Vehicles
- ➡ Coillte vehicles
- ➡ Landowner

#### **Access for Emergency Crews**

The site should be accessible to all emergency vehicles. The On-site Ambulance may be parked up safely on a hard standing area or on the track roads. There is potential for vehicles to become stuck on soft ground, and emergency vehicles shall be advised of this.

**Stewards shall co-ordinate in the event a request is made for this specific service.**

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## **Restricted Areas**

**On Day 1, No-one is permitted to access restricted areas; this includes:**

- ➡ **operational turbines**
- ➡ **substation**
- ➡ **Any levels within the turbine except the ground level control area**

## **Welfare Facilities**

Two portaloos will be provided located in vicinity of T2 on Day 1 and en-route to starts on Days 2 and 3.

## **Drinking Water**

A reserve of drinking water shall be kept by stewards and designated first aiders. Water will also be available for finishers in finish areas on all 3 days

## **First Aid & Emergency Response**

On site ambulance will be located at T2 on Day 1 and near assembly on Days 2 and 3 for anyone who requires First aid treatment

## **Adverse Weather & Shelter**

There is no shelter from adverse weather conditions on site. Persons may be directed to the Assembly area to return to their vehicles.

In the event of lightning or significantly adverse weather which is a threat to safety of all persons present, the event will be halted and persons requested to retreat to their vehicles.

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## **Waste**

Bins/Pastic bags are provided at Assembly.

## **No Smoking Policy**

Stewards shall advise visitors there is a no smoking policy in place on site. This restriction does, of course, also extend to all areas of forest and open moorland.

## **Security**

Attention to security complements the management of site safety.

BG Energy personnel stewarding the event will assist with ensuring adequate safeguards are implemented to ensure that the operational assets remain intact and that those attending the event feel comfortable in their surroundings.

Designated stewards will control and monitor access to the site.

## **Access to Wind Turbines:**

There is no plan for any access to the turbines.

## **Risk of Security incidents:**

On the basis of previous events and security assessments for the events, the likelihood of security issues arising is low. The potential for incidents include the following;

- Damage to Signage
- Vandalism to vehicles
- Lost or stolen property
- Aggressive behaviour

## **Security Risk Prevention**

BGE policy emphasises rings of protection and monitoring of the site; meaning this includes people and operating plant.

In the event of security issues requiring assistance, we will co-operate with An Garda Síochana to ensure such issues are dealt with safely and effectively.

## **Aggression and Response**

We will attempt to stop aggression several steps before anyone is injured. We will do so by taking action against threats and intimidation which might lead to harm.



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We will respond to the following:

- ➡ Verbal abuse
- ➡ Wilful damage to property
- ➡ Intimidation
- ➡ Possession of alcohol

Any persons or groups involved in the above will be requested to leave the site. Where there is lack of co-operation, the Garda will be called.

### **Lost Property**

Any property found at the site shall be returned to the Information Point at Assembly.

### **Power**

No power is required on site and no portable electrical appliances are required by participants. However, inverted battery power or small portable generator may be used by the organisers to power computer(s) and printer(s). This equipment will be located in a safe position and only used by the designated officials.

### **Pets**

Pets including dogs are not permitted on the terrain. They may be kept in vehicles or on leash near vehicles in Assembly area.

### **Alcohol**

This is an alcohol free event.

### **Clean-Up**

Following the event, participants should collect and remove their own litter but, where necessary, litter in waste bags will be removed by organisers.

### **Event Evaluation**

The main officials of the event and club committee will meet afterwards and discuss the event successes and areas for improvement.

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## **EMERGENCY CONTACTS**

**These numbers are for use in an emergency.  
To be posted in all areas Service. Telephone No.:**

1. Garda, Fire Station and Ambulance    999 or 112
  
2. On Site Ambulance
  - Contacts: Working mobile 087-6965042
  - Located: On way back from Finish to car park – Turbine N3/N4
  
3. Doctors on-site:  
Dr. Bernard Creedon :    087-2342500
  
4. Hospital
  - Tralee General Hospital            066- 712 6222
  - Cork University Hospital            021 - 4546400

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## **FIRE & EMERGENCY PLAN**

### **ACTION TO BE TAKEN BY A PERSON DISCOVERING A FIRE:**

1. Raise the fire alarm by shouting **“FIRE – FIRE – FIRE”** or hitting the horn in your vehicle or by activating the nearest fire alarm button.
2. If there is a telephone and it is safe to do so dial **112** or **“9.9.9”** and ask for the Fire Brigade, Ambulance; give the following information:
  - Your name.
  - Site Address:
  - Location of fire.
  - Casualty details in known.
3. Only attempt to extinguish the fire if:
  - To do so would not endanger yourself or others.
  - You have been trained to operate the fire fighting appliance.
  - **Remember**; fire extinguishers are there to assist in your escape.
4. If operating machinery or plant or carrying out “hot works”, you are to press the “emergency stop” button, close down and switch off gas appliances.
5. Close windows and doors (if it is safe to do so) as you leave the area/premises.
6. Assist others to evacuate on your way to the emergency assembly area.
7. Make your way calmly to the emergency assembly area and remain there. Report your arrival to your Fire Marshall or line manager.
8. Do not return for personal belongings or valuables.

### **ACTION TO BE TAKEN ON HEARING THE FIRE ALARM:**

1. Continue to raise the alarm by shouting **“FIRE – FIRE – FIRE”**.
2. Close windows and doors (if it is safe to do so) as you leave the premises
3. Assist others to evacuate on your way to the emergency assembly area.
4. Make your way calmly to the emergency assembly area and remain there. Report your arrival to your Fire Marshall or line manager.
5. Do not return for personal belongings or valuables.

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## **EMERGENCY PLAN FOR SERIOUS FIRST AID TREATMENT**

1. In the event of a competitor being injured **the Controller is in overall charge** to co-ordinate actions to ascertain the extent of injuries and location of the injured person
2. When the alarm is raised the Controller will call the on-site Ambulance and give details and location of the accident / Incident.  
  
**If you come across unconscious person, never move the person.**
3. Controller will co-ordinate crowd control.
4. The on-site Doctor or a, member of the emergency team will carry out First Aid and stabilisation of the patient, he/she will also co-ordinate if necessary the rescue operations and will establish the details of injury etc.
5. The supervisor/first aider will contact the casualty's next of kin.
6. The emergency Controller will appoint a person to go to the hospital if a casualty or casualties are taken there and will keep the supervisor informed.

If the National or Regional rescue services are to be called the Irish map grid references must be given.

The Irish National grid reference of the assembly area for Day 1 is

**51°56<sup>15</sup><sup>11</sup> North      9°20<sup>100</sup><sup>11</sup> West**

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**This form is to be completed for each event and displayed at the assembly area**

Event: Shamrock O-Ringen Day 1                      Date: June 01, 2013

Venue: The Black Lakes/Inchincoosh Wind Farm

Controller: John Casey                                      Phone: 087-7936095

Planner: Bernard Creedon                                      Phone: 087-2342500

Persons with first aid training: Ambulance leader, deputy and deputised personnel

Doctors: Bernard Creedon

Persons with mobile phones (and numbers):

Ambulance Team Leader 087-6965042

Controller                                      087-7936095

Doctor    087-2342500

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## **Cork Orienteering Club Note regarding 3-day Orienteering Event in Inchincoosh and Crohane area on June 1-3, 2013.**

### **Special Note Regarding Issues Important to Landowners**

1. All Orienteering participants are reminded that Orienteering is an adventure sport and that participation is at one's own risk.
2. In this regard, Orienteers are urged to take all precautions to minimise the risk of injury to themselves or others and to immediately respond to help another competitor who has been injured.
3. Landowners have absolutely no responsibility for accidents or injuries sustained by any runner on this rough forested or open moorland.
4. Landowners are indemnified by insurance cover held by Irish Orienteering Association against any claims made against the landowners in respect of such accidents or injuries.
5. Under no circumstances are dogs permitted on the terrain to ensure safety of landowners' animals – especially sheep.
6. Under no circumstances are competitors, organisers, marshals or helpers permitted to smoke or light fires, for any reason, on the terrain – to ensure the prevention of vegetation fires etc.
7. Fences are important for containment of animals and all participants are advised not to cause damage to these fences. In the event of inadvertent damage, this must be reported, together with location, to the event organiser so that the damage may be repaired.
8. Participants must park only in the designated areas and never block gateways or other means of access to landowners' property.
9. Course planning is such as to never require transiting crops or other cultivated farmland.

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## RISK ASSESSMENT

Location, activity, or issue being looked at: Orienteering 3-Day Event	Date: - 1-3/06/2013
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Hazard (something with the potential to cause harm)	What could go wrong?	Who may be harmed?	What is done now, that helps control the risk?	Is the risk still high, medium or low?	What extra controls need to be put in place?	Is the risk still high, medium or low after additional controls
Vehicle movements	Collisions with other vehicles and pedestrians	Staff, participants, contractors	<ul style="list-style-type: none"> <li>Vehicle and pedestrian access and egress are separated.</li> <li>Day 1 Event starts at 13.00. Event closes at 17.00.</li> <li>During periods of movements vehicles only</li> </ul>	Medium	<ul style="list-style-type: none"> <li>Vehicle marshalling to be introduced at access point and parking area.</li> <li>Marshalls to wear high visibility vests/jackets.</li> <li>Adhesion to current</li> </ul>	Low

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			<p>travel in one direction at set times.</p> <ul style="list-style-type: none"> <li>Rules of Road apply.</li> </ul>		<p>BGE practice of speed limit of &lt; 20 Km/hr while on-site.</p> <ul style="list-style-type: none"> <li>Adhesion to current BGE practice of displaying flashing hazards while vehicle is moving</li> <li>See section traffic management above</li> </ul>		
Lack of access for emergency services.	Delay in casualty receiving 1 <sup>st</sup> aid.	Group members, Participants, contractors.	<ul style="list-style-type: none"> <li>Clear route kept for all - including emergency vehicles</li> </ul>	Medium	<ul style="list-style-type: none"> <li>Provision of on-site ambulance/first aid station at or near parking area.</li> </ul>	Low	
Security	Unauthorised access by members of the public, Stolen property or damage to equipment	Group members, Participants, Contractors, BGE equipment	<ul style="list-style-type: none"> <li>Stewards to Control access and ensure only participant and event followers are allowed on to site.</li> <li>All participants to</li> </ul>	Medium	<ul style="list-style-type: none"> <li>Gardai to be called on Any person to be found stealing or damaging equipment</li> </ul>	Low	



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			ensure all Vehicles are locked during the event and vehicle keys are with stored in a safe location.				
Weather	Hypothermia, Sun Burn, materials Windswept material hitting injuring personnel,  Fog, poor visibility causing trip or fall	Group members,  Participants,  contractors	<ul style="list-style-type: none"> <li>The controller must cancel the event and not allow access to competitors if the wind speed exceeds 25 m/sec (Force 10 or more = &gt; 48 knots = &gt;56 miles/hr = &gt; 90 k/hr) and/or the ambient temperature is less than 5 degrees centigrade.</li> </ul>	Medium	<ul style="list-style-type: none"> <li>Due to the time of year ice throw is not expected.</li> <li>Participants to bring their own Sun Cream.</li> <li>Participants to have Change of clothes and towels in case of heavy rain fall.</li> <li>Weather will be monitored near the event.</li> </ul>	Low	

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Shooting	Accident shooting of participant causing serious injury/Death	Group members, Participants, contractors	<ul style="list-style-type: none"> <li>Contact will be made with local gun club(s) to warn re activities on that day and request appropriate co-operation.</li> </ul>	Medium	<ul style="list-style-type: none"> <li>No other Controls necessary at this point</li> </ul>	medium	
Terrain Hazards	Slips, Trips and Falls	Participants,	<ul style="list-style-type: none"> <li>Following from the principle of "Orienteering is an adventure sport – You take part at your own risk", all due care must be taken by participants to avoid injury to themselves or others. This entails running/walking at a speed appropriate to terrain and weather conditions.</li> <li>Wet weather is usual in this area, so care should</li> </ul>	High	<ul style="list-style-type: none"> <li>Weather will be monitored (as stated before)</li> <li>It is recommended that deterrent spray (DEET), where tolerated, be applied to edges of near-full</li> </ul>	Medium	

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			<p>be taken while progressing over areas of rock.</p> <ul style="list-style-type: none"> <li>• It is forbidden to attempt to climb (up or down) cliffs marked uncrossable, as it is to swim across lakes</li> <li>• Carrying a whistle will be compulsory, as will a cagoule if the controller so decides on the basis of weather outlook.</li> <li>• Care should always be taken when crossing a road, although efforts will be made to ensure minimal if any vehicular traffic.</li> <li>• Some ruined fences are unmapped but can still trip or injure the unwary.</li> <li>• We must now assume</li> </ul>		<p>body cover (especially to ankle area) as protection</p> <ul style="list-style-type: none"> <li>• Self-examination after the event is important to curtail ticks.</li> </ul>		
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			the spread of tick-borne diseases. Of note is the possibility of Lyme's Disease and Babesiosis				
Existing medical Condition	Participant collapsing due to existing medical Condition	Participants,	<ul style="list-style-type: none"> <li>If there is any significant medical condition involved and/or any regular medication is being taken, it is the responsibility of the competitor to ensure, through his own doctor that it is safe to participate in the event</li> </ul>	Medium	<ul style="list-style-type: none"> <li>Doctor plus ambulance with first aid team on site</li> </ul>	Low.	
Insufficient and/or unsuitable first aid cover	Untrained person(s) administering 1 <sup>st</sup> aid.	Staff, public, contractors.	<ul style="list-style-type: none"> <li>First aid equipment on site and close to use.</li> <li>Provision of on-site ambulance will be on hand to deal with any first aid incidents.</li> </ul>	Medium	<ul style="list-style-type: none"> <li>Ambulance route to event area at all times must be kept clear.</li> <li>There will also be a Doctor on site for</li> </ul>	Low	

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					<p>the Duration of the event.</p> <ul style="list-style-type: none"> <li>• <b>Minor injuries</b> are to be treated at the first aid station which is located at the event assembly area.</li> <li>• For <b>major injuries</b> the injured person is to be kept warm but not moved until checked by a first aid qualified person or a doctor. This person will decide the course of immediate management and treatment.</li> </ul>		
Hazards from outside companies' activities.	Various injuries.	Staff, public, contractors.	<ul style="list-style-type: none"> <li>• All BGE operational works will be kept to a minimum</li> <li>• No crane is identified to be on site this weekend and if so heavy lifting will not be</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• No heavy lifting will be planned/allowed until event is over</li> </ul>	Low	

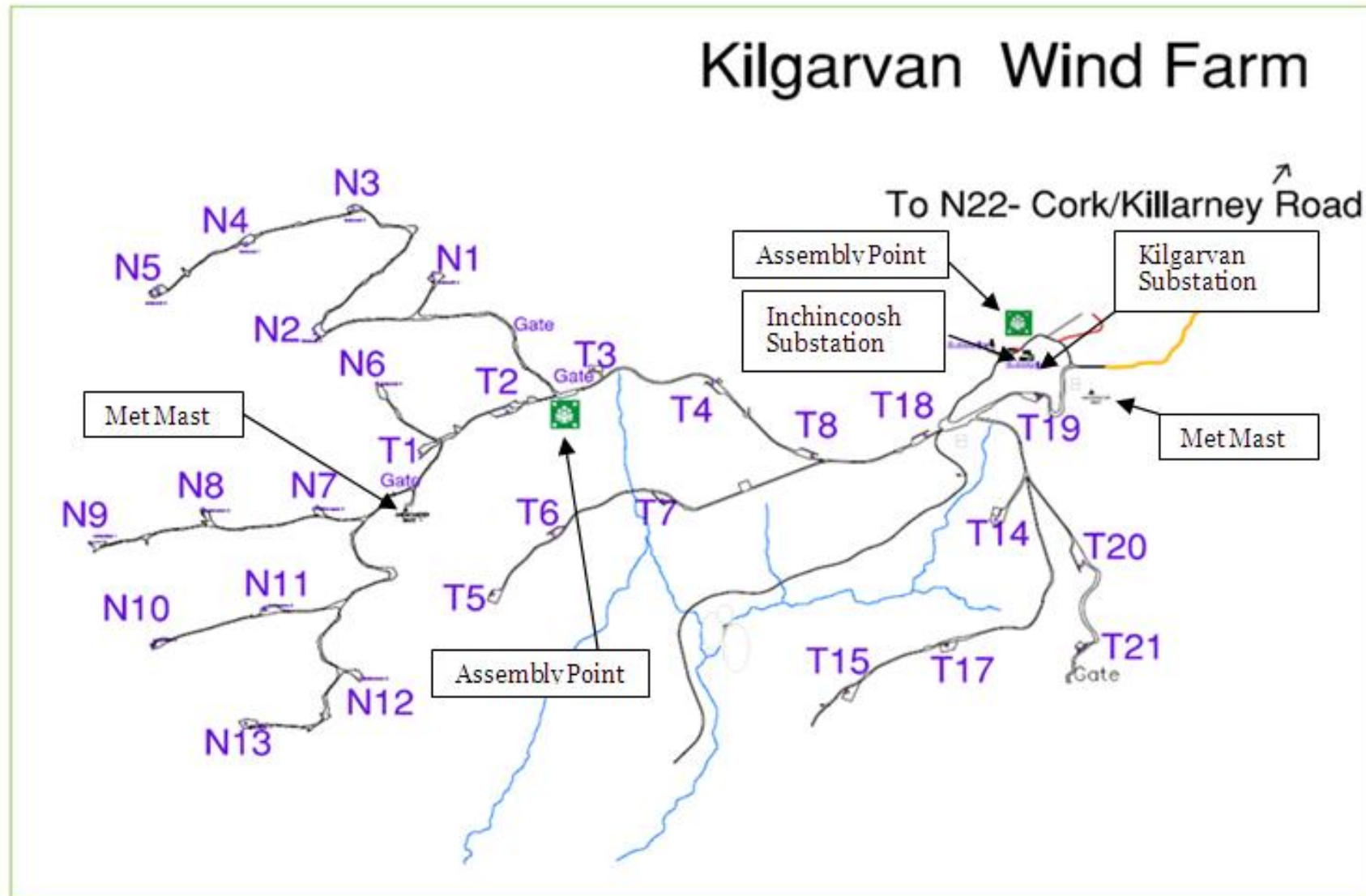
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			done until event is over.				
Unauthorised access areas.	Various injuries, property damage /theft, entrapment.	Staff, public, contractors.	<ul style="list-style-type: none"> <li>• Wind turbines will be secured. So that No access is possible.</li> <li>• Substation transformer area is well secured no access allowed.</li> </ul>	Low	Information of unauthorised areas will be given to participants via verbal communication	Low	
Disposal of waste	Fire risk, Health risk	Group members, Participants, contractors,	<ul style="list-style-type: none"> <li>• Waste removed from site immediately after event.</li> <li>• Any remaining waste is secured in waste disposal units.</li> </ul>	Low	<ul style="list-style-type: none"> <li>• Ensure participants are instructed to leave nothing behind them on terrain and roads.</li> </ul>	Low	

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Failure to Notify Finish	Fear of injured casualty	Participants.	<ul style="list-style-type: none"> <li>It is imperative that every participant reports to the finish, irrespective of whether they have successfully completed the course or not.</li> <li>Failure to comply here may result in the recovery of the substantial costs of Search and Rescue Operations from that participant.</li> </ul>	Medium	<ul style="list-style-type: none"> <li><b>They must also download electronically – again even if they have not completed the course.</b></li> <li>As an added precaution, the electronic start stations will be brought to the download station after the last start to facilitate compilation of a list of all starters.</li> </ul>	Low	

Cork orienteering Club	Doc No: COC001	Version No: 0.1
Title: Orienteering Events Plan		
Approval Date:	Review Date:	



T - Denotes Vestas Turbines on Kilgarvan Wind Farm

N- Denotes Nordex Turbines on Inchincoosh Wind Farm - Please note that there is a separate Emergency Plan for Inchincoosh.