

Sprint & Olympic Distance Triathlon

*UL Activities Centre
Kilalloe, Co. Clare
06 of August 2011*

EVENT MANAGEMENT & SAFETY PLAN
PREPARED BY: Patrick Quinn
RACE: Brian Boru Tri Challenge

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1. LIST OF ORGANISERS

- Race Organising Club:** Ennis Triathlon Club
- Race Director:** Patrick Quinn/Hugh Dowling
- Race Referee:** Triathlon Ireland appointed officials (referee TBA, as referee and TD TBA, appointed as technical delegate)
- Race Partners:** Kilalloe Partnership, Charity (TBA) Gardai, Collite, Waterways Ireland, UL Activity Centre, Kilalloe search and rescue. Clare Civil Defence. Irish Coast Guard.

Race Officers:

Race Director Olypmic:	Patrick Quinn	087 – 6232197
Race Director Sprint	Hugh Dowling	086 - 3402753
Safety Officer:	Rosie Foley	087 - 2964911
Chief Marshal:	Sarah Culhane	087 - 9334318
Swim Marshal:	Bryan Mathias	086 - 8528535
Run Marshal:	John Culhane	087 - 4159075
Bike Marshals:	Brian Culhane	087 - 9039561
Transition:	Michael Culhane	087 - 9334318
Registration:	Alison Rooney	086 - 8534524
Entertainment:	Sarah Culhane	087 - 9334318
PR/ Sponsorship	Albert Quigley	086 - 3316502
Website:	Hugh Dowling	086 - 3402753
Timing:	Dean Watson	087 - 2774145
Transport & Logistics:	Michael Culhane Snr	087 - 2500845
Public Bodies Liaison:	Albert Quigley	086 - 3316502
Traffic Management:	Sgt Mulqueen	061 - 620540
Cost Management:	Sarah Culhane	087 - 9334318

Triathlon Ireland Sanction

This event is sanctioned by the governing body for triathlons and related events in Ireland, Triathlon Ireland (TI). The race therefore complies with well established rules including safety regulations, race organisation guidelines and provision of third party insurance cover. TI nominated officials attends every sanctioned event to ensure these standards are fully adhered to. Further details can be provided as required or reviewed at www.triathlonireland.com

2. EVENT OVERVIEW

2.1 Introduction

A triathlon is an endurance and versatility sport comprising a combination of swimming, cycling and running normally carried out in that stated order of disciplines, and with the clock running continuously during transitions.

The competitor must complete a certain distance in each discipline one after the other in the above order. The competitor makes the change between each discipline in what is called a transition area.

There can be a wide variety of distances and for the purposes of the Brian Boru Challenge. The distances covered will be the both sprint and standard distance which is broken down as follows:-

Sprint

- Swim = distance erg. 750m
- Cycle = distance e.g. 22km
- Run = distance e.g. 7km

Olympic

- Swim = Distance 1500m
- Cycle = Distance 46k
- Run = Distance 10k

Support from Kilalloe Partnership, Local Charities, Gardai, Collite, Waterways Ireland, UL Activity Centre, Killaloe Search and Rescue, Red Cross have been and will be core elements in running a safe and enjoyable race.

Our intention is to work closely with public bodies and voluntary organisations to ensure the number one priority, **safety**. This has been achieved through early and effective communication and where necessary negotiation and agreement with the relevant public bodies to ensure that the event is both successful and above all safe.

This year to ensure we have effective communications with the relevant public bodies (e.g. An Garda Síochána etc); a member of the race committee will take on the role of Public Bodies Liaison. We believe that taking this action will improve communications in advance of the event and ensure that come the day of the race that we will have all the necessary safety and support services in place.

2.2 Ennis Triathlon Club

The Ennis Triathlon Club was formed in 2009 to support multi-sport athletes in the Clare region, especially those interested in getting involved in duathlons or triathlons for the first time. We run training sessions most weekday evenings and some mornings, as well as weekend sessions. Everyone is welcome to get involved, whether you train once a week or twice a day. If you have any questions or queries, please email info@ennisclub.com.

2.3.1 Proposed Event Details and Timetable

Numbers Expected:

We HAVE 400 number of race slots for the Sprint Distance and 150 number of race slots for the Standard Distance. We also expect a “no show” of between 7-15% of entered athletes on the weekend of the race – therefore giving a total expected number of athletes = 500 all those entered online minus 7%. –. This will include 50 relay teams

Registration Process:

The online registration will be done through the Triathlon Ireland website. The race registration will be held on Friday 5th August from 7pm-9pm and on Saturday the 6th from 9am to 11:30am in Flanagans on the Lake. The race will start at 1pm.

TI membership cards will be checked at registration and one-day licences, where required, will be collected. All competitors will be required to sign a disclaimer and a swim proficiency declaration at registration.

Competitors with any medical conditions will be required to inform us at the time of registration.

No race entries will be taken on the day and entries can only be swapped before 24th of July 2011 by notifying the registration managers (Bryan Mathias/ Alison Rooney Chair@ennistriclub.com or 0868528535 is to be contacted). These requirements will also be set out in the race briefing document. **ONE DAY LIENCES ARE TO BE BOUGHT FROM THE TI WEBSITE BEFORE THURSDAY THE 4th OF AUGUST 2011.**

Parking for the expect 500-600 athletes is at Two mile gate parking, local field 200m from transition and the Killaloe national school 5k from the race start.

Accommodation for those looking to stay in the area.

<http://www.irishtourist.com/clare/towns/killaloe/>

Event Timetable

1. This is a timing chip event with pre-registration by competitors online
2. Site set-up 5th Aug 6pm-9pm & 6th Aug 7am-10am
3. Race sign on and registration 5th Aug 7pm-9pm & 6th Aug 9am-11:30am
4. Marshals/stewards etc sign-on 11.45am
5. Marshals/stewards etc briefing 12.30pm
6. Marshals/stewards etc in place 12.45pm
7. Race Briefing for competitors 12.40pm
8. Event start 13.00pm
9. Sprint Wave 1 13.00pm
10. Sprint Wave 2 13.10pm
11. Sprint Wave 3 13.20pm (Max number permitted in sprint race 400)
12. Standard distance Start 13.40pm (Max number permitted in std race 150)
13. Std Distance Swim cut-off 14.40pm (All remaining swimmers to be taken out of the water after 1 hour)
14. Event Finish 17.30pm
15. Cut-off time 17.30pm

16. Race Debrief	18.00pm
17. Prize-giving	19.00pm

Results

This is a timing chip event and a back-up manual timing procedure will also be put in place. Results via the timing chip system will be available within 3 seconds of the competitor crossing the line but these will not be made publicly available until such time as the race referee has dealt with any penalty issues. Full results including split times will be made available at the prize giving ceremony at 19.00pm

Prizes (For both races?)

Prizes will be given to the 1st, 2nd and 3rd males and overall 1st, 2nd and 3rd females in the following amounts respectively _____ Spot prizes will also be provided for fastest swim, bike and run splits for male and female in the amount of _____ each.

Prizes will also be given to the winner of each male and female age group.

2.29 Prizes

In National Series events, if prizes are awarded, they will be awarded in every adult age group category. e.g. 20-24, 25-25

In all other events Organisers are not required to award prizes for all individual age groups but it is recommended that they should do so. The minimum number of prizes that should be awarded are: Junior, 20 – 34 years, 35 – 49 years and 50+ categories subject to the criteria below. Any deviation must be clearly stated at the point of race entry.

- There shall be at least one prize, in each category.
- A second place prize shall be awarded where there are at least eight competitors in the specific category.
- A third place prize shall be awarded where there are at least thirteen competitors in the specific category.
- Prizes after third place in any category and the provision of "Spot" prizes are _____ at the discretion of the race organiser.
- The prize value in each category shall be equal for male and female.

Transition Area for both races:

The sprint transition area will be in the green area of the Two Mile Gate View just off the beach area. (See Appendix D).

The standard transition will be number and also have the same set up as the sprint race. There will be a line of racks set out for the Olympic event and this will be separate to the sprint athletes

Stewards will be on hand to provide directions to the competitors.

2.3.2 Proposed Sprint Race Details

750 meters swim, 22k cycle and 7k run. The event will be held in Kilalloe, Co. Clare. The swim

will be held in Lough Derg. The transition will be around the Two Mile Gate area of the lake. The bike section will be then held on the Kilalloe to Tuamgraney road. The run will be held in the woods @ two mile Gate

Distances:

Swim = 750m see Appendix A

Cycle = 22k see Appendix B

Run = 7k see Appendix C –Transition see Appendix D

Sprint Swim course

The swim will take place in Lough Derg, just down from the UL Activity Centre.

- The swim will be a triangular course starting at the beach area of the Two Mile Gate section of the Lake.
- There will be one 750 meter lap the swim will end at the ramp section of the Two Mile Gate Area.
- Waves will start at 1pm and will last a maximum of 30minutes (after the expiration of the time limit, any competitors remaining in the water will be ordered to retire and taken out of the water for their own safety).
- The start times and number of waves may be subject to change;

1.Wave - 1pm

2.Wave – 1.10pm

3.Wave – 1.20pm

*each wave will have 140 - 160 competitors

*Estimated wave numbers = 3

Details of the waves and start times will be included in the race briefing document and on the race notice board at registration.

On exiting the water Competitors will exit at the Slip to the left of the beach area **at** the lake. The Competitor will make there way across the green area to the transition area where the bike racks will be numbered. From there the competitor will make there way through transition over the timing mat and onto the bike course.

Bike course

This considered to be a technical bike course with steep hills and steep fast descents and some fast bends requiring caution.

The bike course will leave transition; make its way through the car park up to the mount line before the Main Kilalloe to Tuamgraney road (R463). The competitors will cross to the left side of the road after leaving transition before turning left onto the closed road section over the hills. Bikes will continue on this road **For 3k** before turning left on to the Ballyloughnana Road. They will continue on **this closed road for 8k** before rejoining the Kilalloe to Tuamgraney road (R463). This will be a 6k climb section as well as a fast 2k decent which will require caution from competitors. Stewards will be on hand to warn competitors. Competitors will then rejoin the R463 into Tuamgraney.

They will continue on to Tuamgraney, then looping around the park/roundabout area at the

national school and directly back to the transition area on the main road for 11k until they come to the dismount line.

They will turn using the looped area in the main village. This section will be marshalled and an alternative traffic plan will be in place. (Athletes will turn before the square at the heritage centre in Tuamgraney.)

The competitors will then travel back the R463 to the transition area on the left side of the road. Appendix B gives a detailed map of the course with the placement of Gardai and Marshall.

Competitors must have a road worthy bike and wear a hard shell helmet. When the competitor is entering the transition area to set up their transition space, they will be required to demonstrate that their bikes are roadworthy e.g. by spinning wheels and pulling brakes.

This is time trial cycling so drafting rules will apply. The drafting rule means that cyclists may not be closer than 7 metres behind the rear wheel of other cyclists unless passing which must be done quickly. Side-by-side cycling and continuous “up and over” cycling with other cycling is also considered to be gaining an unfair advantage – if you pass a cyclist then you must be able to continue on in front at the pace at which you passed or else hold your position 7 meters behind their rear wheel.

Stewards will alert competitors to dangers and descents and these will also be set out in the race briefing document which will be made available on the event website and in the pre-race briefing.

The Run route

On completing the bike section, competitors will dismount the bike at the ‘dismount’ line before entering the transition area. Helmets must remain on and fastened until the bike is racked.

The competitors will leave the transition area and move up to a short ascent across the green area out to cross the main road. This will be taped off to direct competitors in the correct direction. Once across the road the competitors will continue into Ballycuggaran Woods. They will continue up the trail to a turn around point. This is a steep incline and decline once the turn around point is reached (marked by a cone and Marshal). There will be a water station located just after the turn around point (at the Viewing area). See Appendix C for more details. The Competitor will continue down the trail to join the R463, they will make their way across the road to the finish area.

The Finish

The finish area will be in the Two Mile Gate car park adjacent to the R463 and beside the beach area. This will be within 100m of the transition area. Runner will cross the timing mat and receive nutrition and fluids soon after. The finish area will also be shown in the map of the transition area see Appendix D.

There will be limited showering facilities at the UL Activity Centre for athletes. There will also be toilets available in the UL Activity Centre and the Public Toilets will be open at the transition on the day.

2.3.3 Proposed Event for Standard

The Proposed event is an Olympic Distance Triathlon. 1500 meters swim, 46k cycle and 10k run. The event will be held in Kilalloe, Co. Clare. The swim will be held in Lough Derg. The transition will be around the Two Mile Gate area of the lake. The bike section will be then held on the Kilalloe to Tuamgraney road -

Distances:

Swim = 1500m see Appendix Aa

Cycle = 39k see Appendix Bb

Run = 10k see Appendix Cc

Transition see Appendix D (as in sprint transition)

Swim Course –

The swim course for the Olympic distance course will be the same as the sprint distance course with 2 laps of the 750m swim. The RNLI will set out the course and also manage the safety of the swim course with the support of the Race Director. The race start for the Olympic event will be 1.40pm

Transition

The transition will be number and also have the same set up as the sprint race. There will be a line of racks set out for the Olympic event and this will be separate to the sprint athletes

The Bike course will follow the sprint distance course for the first lap and the second lap will have a turn back up the pipers for a second lap out to Tuamgraney, the athletes will make their way back to transition to dismount. The bike course would be considered hard with 3 stiff hills to climb and the bike course will be 39k.

Run Course

The run course on the Olympic course is totally separate to the Sprint course, it is exactly 10k and a undulating course, Athletes will come out of transition via the bike exit shoot onto the R463 toward Tuamgraney, athletes will then take a left Carrownakilly junction and left again up the Carrowbaun rd to the turnaround point and back to the Carrownakilly rd going left up to the pipers restaurant where they will take a right onto the Ballyheely rd to another turnaround point before coming back to the Carrownakilly rd making their way directly back to the R463 and directly back to the finish line adjacent to transition.

Finish

As per Sprint Race - The finish area will be in the Two Mile Gate car park adjacent to the R463 and beside the beach area. This will be within 100m of the transition area. Runner will cross the timing mat and receive nutrition and fluids soon after. The finish area will also be shown in the map o the transition area see Appendix D.

There will be limited showering facilities at the UL Activity Centre for athletes. There will also be toilets available in the UL Activity Centre and the Public Toilets will be open at the transition on the day.

3.1 Traffic/Safety Plan

Main Points

- Road Usage is expected from 12.30pm to 17.30
- Garda presence will be required at a number of specific/key junctions (Refer to maps at *Appendix B & C*):
 - R463 where the bikes leave and enter transition.
 - R463 in Tuamgraney where the bikes turn around. There will be a stop go system in place or traffic on the Scarriff to Mount Shannon road.
 - There will also be a large Marshal presence at the Tuamgraney Junction
 - Marshalls will be needed on each junction of the bike course this is numbered on Appendix B.
 - There will also be marshals on the fast section of the bike course from 6 to 8k points and the junction of the Ballyloughnane road and the R463.
 - Further marshals will be placed at the mount and dismount line.
- Key steward points are being identified. Final numbers of stewards to be defined but between 60 - 70 will be required. See below and *Appendix E* for draft stewards briefing and this will be further refined closer to race day. The race will only be marshalled on the R463 section of the race for safety reasons. The closed road section will be marshalled by the standing stewards. A schedule of stewards is being prepared which will detail each marshalled point together with stewards' name and contact number.
- Warning signs will be placed at specific junctions and will include:
 - Notices 7 days in advance of event at key junctions on the route
 - Signage on the route for directional and warning purposes
- Residents of the areas affected to be made aware of the event via flyers 2 weeks before. In some cases personal visits will be made by club members to outline the proposed event.
- The contacts responsible for any affected businesses on the route will be informed.

Traffic Diversions

There will be a number of traffic changes the day of the race.

- There will be a stop go system in place around the transition area. This will encompass the start finish line for the cycle and the running section that crosses the road.
- This will be a stop go system in Tuamgraney where there will be single lane traffic for cars.
- There will also be a closed road section on the Ballyloughnane road where it joins the R463.
- See Appendix B & C.

Stewards (see *Appendix E*)

Experienced stewards will be accompanied by volunteers on the bike course at every junction.

- Each steward point will be contactable by mobile phone and all mobile phone numbers will be collated in advance of the event and will be made available to the race director and TI appointed officials. Mobile phone coverage will be checked in advance to ensure there is mobile phone coverage.
- Stewards and volunteers will be transported to and from their specified locations on the bike

and run routes.

- Food and drink bags will be provided for all stewards and volunteers and food and drink will also be provided for marshals. This will be made available on site both before and during the event.

First Aid/Medical cover

- Red Cross ambulances will be in attendance as will the race doctor.
- One of these ambulances will be located at the lakeside during the swim part of the event and will remain in the vicinity of the race site during the run section. A further ambulance will be located at the turnaround point of the bike section or other appropriate location.
- First aid professionals in the ratio of 1:50 competitors will be provided.

Participant Parking

- Include details of parking for competitors and spectators. FIXME
- There will be limited parking at the UL Activity Centre.
- There will be roadside parking on the R463 below the run section and on the way to Kilalloe.
- There will also be parking available in the Kincora Hotel.

Race HQ

A central contact point/race HQ will be set up at the race venue. This Venue will be the Race Tent at transition or the Race Registration. All necessary race information will be located here as will contact details of all the people involved with the organisation and regulation of the race.

3.2 Event Timetable

18.	This is a timing chip event with pre-registration by competitors online	
19.	Site set-up	5 th Aug 6pm-9pm, 6 th Aug 7am-10am
20.	Race sign on and registration	5 th Aug 7pm-9pm, 6 th Aug 9am-11:30am
21.	Marshals/stewards etc sign-on	11.45am
22.	Marshals/stewards etc briefing	12.30pm
23.	Marshals/stewards etc in place	12.45pm
24.	Race Briefing for competitors	12.40pm
25.	Event start	13.00pm
26.	Event Finish	17.30pm
27.	Cut-off time	17.30pm
28.	Race Debrief	18.00pm
29.	Prize-giving	18.30pm (Flanagans on the Lake)

3.3 Event Emergency Details

Written notification of the event has been provided to HSE, Gardai, Kilalloe Search & Rescue, local council, Waterways Ireland, Irish Coast Guard, Civil Defence and UL Activity Centre. Hospitals will be notified in writing in advance of the event.

The key emergency organizations and contacts are detailed below

Organization	Location	Key Contact	Telephone
HSE (hospital)	Limerick	P J O'Grady	087 - 2260836
Gardai	Killaloe	SGT Mulqueen	061 - 620540
Kilalloe Search & Rescue	Killalloe	Ted O' Connor	086 - 2587619
Council	Scarriff	Sean Lenihan	087 2352105
Waterways Ireland	Athlone	Charles Lawn	0906494232
Irish Coast Guard (Kilalloe)	Killalloe	Micheal Quigley	086 - 8611034
Red Cross	Ennis	Team Leader	087 - 9158513
UL Activity Centre	Killalloe	Mike Jones	061 - 376622

3.4 Recipients of Race Management Plan

The following people / groups will receive copies of this document:

- ◇All Race Committee Members
- ◇Ennis Triathlon Club Committee
- ◇Triathlon Ireland (Technical Delegate and Referee)
- ◇An Garda Siochana/ Waterways Ireland.
- ◇Civil Defense, Kilalloe Search & Rescue, HSE and Irish Coast Guard
- ◇Clare County council

3.5 Appeals/Protests

A competition jury will be appointed in line with the rules set out in the Triathlon Ireland Manual of Guidance.

4. Safety Risk Assessment

4.1 Swim Safety

- a) A Water Safety Plan has been prepared and includes:
- A Rescue Plan (see below)
 - Competitors Rescue Procedure Instructions (see below)
 - The swim proficiency declaration (see *Appendix F & Waiver*)
- b) Water Safety Officials

The Race Organizer has delegated arrangements to an appointed Water Safety Officer (Michael Quigley 086 - 8611034 Coast Guard) who will oversee all arrangements regarding the swim section, including safety measures.

This person will also act as water team leader and will coordinate the appointment and/or positioning of the Water Safety Team, lifeguards, divers, rescue boats and crews, medical personal and equipment and will formulate a rescue plan to include the identification and rescue of competitors who:

- Can aid their own rescue
- Cannot aid their own rescue
- Are beneath the surface

Rescue Procedure instructions for the information of all competitors will be prepared together with a mechanism of identifying swimmers exiting the water and the water safety officer will liaise with the Race Organizer (see below).

- c) Water Safety Plan Areas of Responsibility
- Rescue Plan
 - Competitors rescue procedure instructions (Rescue vessels and crews/Medical personnel and equipment/Divers/Communications/Local hospital liaison/emergency routes/Evacuation procedures)
 - Water safety plan
 - Swim proficiency declaration – this will be signed by all competitors at registration on race day or the day before

4.2 WATER SAFETY RESCUE PLAN

- The swim course will be clearly marked with fixed buoys of at least 1 meter height.
- A boat/canoe will precede the leading swimmer in each wave.
- A warm-up or acclimatization opportunity **may** be provided prior to the start depending on conditions and safety.
- The start will be from a static position in the water between set markers.
- The start and finish areas will be clearly identified.
- Navigation of the course is the personal responsibility of the competitor.
- Swimmers will wear swimming hats and these will be provided by the race organizer, these hats will also be numbered.

- Swim course map is detailed in this document (*See Appendix A & Aa*)
- Swimmers will be sent off in waves, with the stronger swimmers first to maximize safety, the relay teams will also be set off in the first wave. The number of waves will depend on the number of registered competitors on the day
- If for any reason the Swim needs to be cancelled there will be a 5k run in its place.

Safety cover will be provided as follows: -

- There will be 1 Rib, 1 D Class powered craft with first aid and hypothermia treatment facilities on board. (This will be provided by the Irish Coast Guard)
- Canoe/kayak/boat cover will be provided; and water safety personnel in the ratio of 1:20 competitors will be provided).
- Competitors will not be more than 50m from assistance at any point on the swim course.
- Divers (x2) fully equipped with sub aqua gear will be in the water at the start of the event and will be available for speedy deployment to any part of the swim course. (This will be provided by Kilalloe Search and Rescue.
- Emergency evacuation points are on the main pier and also at the UL Activity Centre and will be communicated to the boat/canoe safety crews.
- The Coastguard will lead the water rescue if needed with – Inflatable Rescue Boat, plus a number of Canoes / Kayaks proficiently manned.
- Communications between Boat Crews and Water Safety Officer will be via VHF radios.
- Water evacuation procedures will be adhered to aligning to the specific method of rescue
 - Coastguard rescue procedures
- The names of all competitors rescued will be recorded and communicated back to the Water Safety Officer, who will in turn inform the Race Director and TI Officials.

Other water safety issues: -

- Wearing of full wetsuits will be compulsory.
- A swim cut off time will be agreed on race day, (30 mins sprint 1hr for the Olympic) this will be decided in liaison with the Garda so we minimize disruption to motorists on the bike course.
- Non-Race personnel will not be allowed in the water, as permission has been given to competitors and safety crew ONLY.
- Anticipated water temperature is 12 - 14 degrees. Again depending on weather conditions on the day this could vary by 1-2 degrees either way.
- A mechanism for ensuring all competitors have safely left the water will be put in place - swimmers will be identified through the timing chip system when entering the water and will be counted out of the water via the timing chip system. A back-up manual system will also be put in place to ensure the same number of swimmers exit the water as entered.
- Competitors will be body marked with permanent markers which will assist with swimmer identification. Their hats will also be marked.
- A water quality check will also be carried out.
 - Any rescued athlete that needs hospital attention will be transported by ambulance to limerick regional hospital via Kilalloe.
 - If there is an instance of Algae Bloom in the Swim Area there will be showers provided on exit of the water.

4.3 Bike Course

	Safety Risk	Measures to be taken
1	Head injuries from bike crashes	All competitors to wear approved cycle helmets. Competitors will not be permitted to enter the transition area without a roadworthy bike and helmet. Competitors will not be permitted to touch their bikes in transition after the swim until helmet is safely fastened.
2	Bike crash due to poor /damaged bike	Competitors must demonstrate that their bikes are roadworthy upon entering transition.
3	Collision between two or more cyclists	Race referee to enforce 7 meter drafting rule. Competitors will be reminded not to cross the white centre line.
4	Dehydration of competitors	Water stations provided within the race site
5	Exhaustion of competitors	First aid sites – located at the transition area.
6	Risk of crashes/incidents at dangerous areas on the course. These areas are as follows:- a) hill at 7k mark b) Junction of Ballyloughnana and R463 c) turn at Tuamgraney d) mount and dismount line	Ensure competitors are advised to reduce speed at each relevant junction, disqualification will be imposed for failure to obey marshals on this rule, the junctions will be sign posted and marshaled and competitors will be clearly informed in race briefing (written and verbal)
7	Road surface – uneven, potholes and debris	Debris will be swept, potholes will be marked with bright paint, assistance of local Council required in road sweeping, filling pot-holes, issues highlighted for competitors in race briefing
8	Tight bends and speed ramps	Post marshals/stewards on either side of the bends to warn competitors and traffic to take care and at speed ramps
9	Drivers refuse to slow or stop at key junctions	Ensure that a Garda is posted at critical junctions
10	Natural hazards	Additional safety measures will be taken at certain points on bike route e.g. use of hay bales
11	Weather conditions	Pre-race briefing will cover weather conditions.
12	Traffic hazards	Information/direction signs will be placed on bike route. Gardai will be required to assist at specific junctions.

	Safety Risk	Measures to be taken
13	Competitors lost	Route map available to competitors, pre-race briefing, marshals/stewards on bike route, sweep up vehicle, distance markers
14	Cheating/drafting	Draft busters will be on the course. Competitors will be counted at the turnaround point.
15	Wrong distances	Route will be measured accurately, pre-race briefing
16	Breakdowns	A sweeper vehicle will be present on the route

4.4 Run Safety

	Safety Risk	Measures to be taken
1	Injury	Pre-race briefing will be given to competitors. First aid and emergency services will be available. Marshals/stewards will be required to report every incident to race director and TI appointed officials. The briefing for marshals/stewards will cover this issue.
2	Traffic hazards	Warning and information signs will be placed on the course. Residents will be notified 2 weeks in advance. Media/publicity will be used to highlight the event.
3	Conflict with other road users	Sufficient marshals/stewards will be placed at all relevant junctions/road entry/exit points. Gardai will be required at key junction points.
4	Dehydration of competitors	Water stations provided on the run course near half way point and within the race site @ 2.5k
5	Exhaustion of competitors	First aid and emergency services available. Sweep up vehicle will be utilized.
6	Getting lost	Run route will be well marshaled and distance markers will be placed on the course
7	Cheating	Competitors numbers will be taken at the turnaround point

4.5 Transition Safety

	Safety Risk	Measures to be taken
1	Fatigue swim – transition	Reasonable distance from swim to transition (200m)
2	Nudity in public	Nudity not permitted and notice will be included in race briefing
3	Loss/theft of equipment	Transition will be marshaled and a system of controlled entry and exit will be put in place. (using race numbers)
4	Dehydration of competitors	Water stations provided within the race site (finish line)
5	Exhaustion of competitors	First aid sites (Irish Coast Guard and Civil Defense)
6	Cheating	Transition will be marshaled
7	Foot injury/slippery surface	Surfaces will be swept and uneven areas will be carpeted where appropriate (mainly grass area)
8	Unroadworthy cycles/helmets	Proof of roadworthiness to be demonstrated by competitor upon entry into transition. A check to ensure that each competitor has a helmet will be carried out at this point.
9	Trips/falls	Competitors will be required to keep transition area tidy and marshals/stewards are to remove bags etc causing an obstruction

Access to transition to collect bicycles and equipment will be permitted between 16.30pm and 17.30pm provided this does not cause an obstruction to other competitors.

APPENDIX E - Marshalling Guide - DRAFT

General guidelines for all marshals

- Be visible – wear your HIGH VIS jacket and stand in a manner and point that competitors can see you
- Be loud and clear – keep the instructions clear and audible
- Point – a visual instruction is often better than a verbal one
- Be aware of competitors coming from both directions
- Do not be afraid to take any measure necessary to ensure the safety of individual and other competitors. YOU are in charge, not the competitor.
- If you are aware of a breach of rules, note the number and we will discuss it after. If you are clear on the rules, note the number and the suspected breach and review it with me after.
- All incidents to be reported to race director and TI appointed officials – this is to include all cuts, injuries, vomiting etc
- Beware of pets, kids, prams crossing the course.
- Encourage – if all is well, give them a cheer!!

Specific guidelines

Swim

- Be in place well before start
- Will filter athletes into the water through the Timing Mats
- Make sure people slow down coming out of swim

Transition

- Ensure all bags are well out of the way
- Beware of people coming from both directions
- Ensure people have helmet on before touching bike and rack bike. Do not hesitate to stand in front of them
- Ensure numbers are clear and on correct
- Clear gear out of the way after people have gone

Bike

- Be alert of first cyclists coming through, it's usually a surprise
- Point and shout very loud the directions
- Use slow down hand signals as required
- Keep traffic moving, don't stop traffic that is on the course (only Gardai permitted to stop traffic)
- Stop traffic only coming onto course
- Ensure no drafting – take note of numbers and offence
- Bike marshals at certain junctions will double as marshal points on the run

Run

- Be clear as to direction for runners
- Ensure competitors stick to their side and give way to oncoming competitors
- Beware of cross over points with cyclists – shout warnings as require

APPENDIX F

Swim Proficiency Declaration - DRAFT & Waiver

I confirm that:

- I have completed a continuous open water swim of at least two-thirds of the length of the competition swim within 30 days of the event,
- I understand safety and rescue procedures and my own limitations,
- I am aware of the route, its length, the depth and temperature of the water, the direction of significant currents and any hazards,
- I am aware that a mass start carries intrinsic difficulties, which can be frightening and present risks, which could include pushing and kicking.

Signed: _____

Name (in capitals): _____

Dated: _____

Online Waiver:

Brian Boru Triathlon Waiver, Release and Indemnification Form

In consideration of the acceptance of my entry in the Brian Boru Triathlon (hereinafter "the Event") I agree to observe the regulations of the official basic information booklet, including the race regulations of Triathlon Ireland (TI) as well as the regulations of the management and the organizers stated in the official start place confirmation, any official program and any written information or verbal direction given at the race meeting. Where any conflict arises between this document and the above mentioned regulations, information and direction, the contents of this document shall prevail. I have read all the Event safety information, rules and conditions detailed in this form and on the entry form (and/or as detailed on the event website www.brianborutriathlon.com) and I agree to adhere to these rules and conditions at all times. I hereby declare:

1. I acknowledge that I have sole responsibility for my personal possessions and athletic equipment during the Brian Boru Triathlon event, and its related activities.
2. I attest and verify that I am physically fit and have sufficiently trained for this competition and that (where appropriate) my physical condition has been verified by a licensed medical doctor.
3. I consent to receive at my own cost medical treatment which may be deemed advisable in the event of injury, accident and/or illness during the Brian Boru Triathlon event. In the event of my being unable to communicate my wishes, I consent to such medical treatment and procedures that any medical attendant attending on me might reasonably consider appropriate.
4. I permit the free use of my name and picture in broadcasts, telecast and the press in connection with the Brian Boru Triathlon event.
5. I HEREBY WAIVE, RELEASE AND DISCHARGE from any and all liability for death, disability, personal injury, property damage, property theft and all other foreseeable and unforeseeable risks, claims or actions of any kind (including negligence) whatever and however occurring which may arise, at any time, from or in connection with, directly or indirectly, my participation in the Event, the following persons or entities: The Event Organizers, Event officials and personnel, land managers and/or owners, event sponsors, volunteers, Clare County Council, An Garda Siochana, members of Ennis Triathlon Club, Coillte, National Parks and Wildlife Service of the department of the environment Heritage and Local government and all other officers, directors, employees, independent contractors, representatives, agents and volunteers and all other persons involved directly or indirectly in the organization and management of the Event.
6. I HEREBY AGREE TO INDEMNIFY AND KEEP INDEMNIFIED AND HOLD HARMLESS the persons or entities mentioned in point 5 above from any and all liabilities, claims or actions (including negligence) whatever and however caused which may arise, at any time, as a result of or in connection with, directly or indirectly, my participation in the Event and vis-à-vis any third party, as far as this third party suffered any damage or injury during the Event due to my participation in the Event or in any way for which I might be wholly or partly responsible.
7. I expressly acknowledge and agree that the participation in the triathlon competition could be dangerous and involve the risk of serious injury and/or death and/or property damage and I have satisfied myself in relation to same.
8. The race is based on the race regulations of Triathlon Ireland (TI) i.e. sport regulations, organizers' regulations, drug testing regulations, course marshals' regulations - as well as the legal and disciplinary regulations which may be ordered at TI or looked over at the organizers' office on race day. With my application I acknowledge the race regulations as well as the legal and disciplinary regulations.
9. I understand that competing in the Event involves using public areas and roads used by other people and traffic and I am aware of the hazards involved. The hazards include but are not limited to: vehicle traffic, actions of competitors, spectators, Event personnel, weather conditions and my physical and mental state of health. In my judgment I have sufficient competence and experience to participate safely in the Event.
10. I accept and agree that any failure by me to comply with the provisions of this document or the regulations, directions or confirmations referred to in the first paragraph hereof that I may be disqualified from the Event and upon such disqualification I shall immediately remove myself and all my belongings and possessions from the place in which they Event is being held and shall make no claim for loss,

damage, expense, compensation or otherwise (howsoever arising) due to such disqualification.

11. I acknowledge that the Event Organizers have the absolute discretion in the award of any prizes, prize money or third party prize or award and I will abide fully and without dispute with all such decisions of the Event Organizers.

12. I have read all the Event safety information, rules and conditions detailed in this form and on the entry form (and/or as detailed on the event website www.brianborutriathlon.com) and I agree to adhere to these rules and conditions at all times.

13. During the race a timing chip must be worn for timekeeping. I am aware that I have to return the timing chip I received together with the starting papers, if I do not finish the race, i.e. do not cross the finish line. I am obliged to return the timing chip to the organization on the 10th May. In case I do not return the transponder, lose it or keep it for example, as a souvenir, I am obliged to pay to the Event Organizers the amount of Euro 50, which sum will be due by me to the Event Organizers immediately thereafter as a simple contract debt.--.

14. I agree that the organizer reserves the right to change or modify the basic information booklet or cancel the race because of force majeure or due to official orders. In case of a cancellation, starting fees paid will be refunded less a handling fee of Euro 10. I accept that this is reasonable, both in operation and amount. Further claims are excluded and will not be asserted by me.

I have read this Waiver Release and Indemnification Form and I understand all of its provisions and I voluntarily sign it and expressly agree to its terms...

I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained.

In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which may occur while I am travelling to or from the event, during the event, or while I am on the premises of the event.

I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road.

I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, promoters, Active.com and each of their agents, representatives, successors and assigns, and all other persons associated with the event, for all my liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event.

I understand that any illness or allergy should have been signaled to the race director prior the race start.

I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise.

I understand that the entry fee is non-refundable and non-transferable. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event.