

KANGAROOBIE BASE CAMP ULTRA RELAY

RISK MANAGEMENT PLAN

Event Type:

Sport Event.

Predominate Activity:

Trail Running.

Secondary Activities:

Basic, line-of-sight, navigation.
Nighttime running.

Location:

Kangaroobie, 1040 Old Ocean Road, Princetown, Victoria, 3269

Description:

The Kangaroobie Base Camp Ultra Relay is a 216 km trail-running event. It will be completed by teams of 4 (or more) people who alternate between three (3) trails that are 6 km, 9 km & 12 km respectively. There is a total of 24 'legs' in the relay.

It is anticipated that it will take up to 36 hours to complete meaning it will have an overnight component.

All the trails are located at Kangaroobie, 1080 Old Ocean Road, Princetown, Victoria and traverse across a range of environments including open paddocks, farm tracks, and bush trails. One section of the 6 km loop requires the participants to travel 2.5 km on a gravel road, namely the Old Ocean Road. This is a local road managed by the Corangamite Shire.

The staging area will be in the main hall of the Kangaroobie Camp.



Participant suitability:

Base level fitness. The 36-hour completion time has been calculated based on a pace of 10 minutes per kilometer. This is a generous calculation for trail running. There is an expectation that the entrants have experience running each of the distances covered and can maintain an average pace that is not in excess of 10min/km.

Entrants will be encouraged to tailor the size of their team, and the relay roster, to complement their level of fitness and experience partaking in endurance events. The race format is flexible and can be modified to suit the individual teams. For example, one team member might choose to only run the 6 km distance. The only restriction on deviations from the set format will be that these teams are not eligible for podium prizes.

Age suitability:

Entrants must be aged 14 years or older at the time of the event. The distances involved require a person to have the cognitive and physical maturity to be self-reliant. Minors will need the consent of a parent / guardian to participate.

Risk Controls

These are the overarching risk mitigation strategies that pertain to the risks that have been identified in the Risk Register (Appendix A).

1. Trail Marking

- Each of the trails will be defined by a separate colour;

6 km = Green

9 km = Red

12 km = Yellow

- The markers will be conspicuously placed approximately 50 meters apart. The exact placement will be dependent on the terrain and line of sight.
 - All the markers will have a reflective element to allow for navigation at nighttime with the aid of a torch / headlamp.
 - Collision risks such as low branches and protruding sticks will be clearly marked with caution tape.
 - Ambiguous sections of the trails (i.e. the junction of multiple animal paths) will have additional markers to ensure that a wrong turn is avoided.
 - The start of the 2.5 km section on the Old Ocean Road will be clearly marked with;
 - A warning sign that they are about to step onto a road.
 - The gate at that location will be positioned to form a type of chicane, forcing the runners to slow down on approach.
 - Shared road signage warning that cars may be on the road.
 - Direction of travel arrow.
 - A sign to indicate that a person is travelling in the wrong direction if a navigational error is made.
 - The end of the 2.5 km road section will be clearly marked with;
 - A direction of travel arrow.
 - Markers that clearly identify the start of the trail back on to Kangarooobie.
 - A sign to indicate that a person is travelling in the wrong direction if a navigational error is made.
 - Additional signage will be set up on the road section in accordance with our Traffic Management Plan.
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2. GPS Tracking / Satellite Messaging

Each team will be issued with a *Spot Gen4 Satellite GPS Messenger*.

This item is a compact, lightweight device that provides the participants with a means of communication that is not dependent on mobile phone coverage. It also allows the organisers to track the progress and location of the runners out on the trail.

This device will act as the baton in the relay and must be carried in a secure and accessible position by each runner. (i.e. attached to the shoulder strap of a running pack or attached to a running belt.)

Participant benefits

This device provides the participants with two (2) options for requesting assistance at the push of a button;

- HELP Button - can be used for non-urgent assistance

This feature will **only notify the organisers** and provides an exact location of the person who needs assistance. Suitable for non-urgent situations such as: sprains, physical exhaustion, feeling lost or any incident where the runner is unable to continue. One of the event marshals will come to their location along with another teammate who can continue that leg of the race for the injured/distressed individual.

- SOS Button – can be used for any urgent medical intervention.

Activation of this button sends a **notification to the organisers and Emergency Services** via the 24/7 GEOS International Emergency Response Coordination Centre. This will ensure a timely response to any incident requiring urgent medical intervention. ESTA (Emergency Services Telecommunications Authority) will be notified of our event and that these devices will be carried. This will allow ESTA to liaise directly with the organisers to make sure an ambulance (or other relevant service) is directed to the correct location.

Organiser benefits

This device provides the organisers with the following features;

- Ability to track the progress of the teams in close to real time (2½ minute intervals).

- All the teams can be monitored at the same time on a computer screen via the SPOT Mapping feature.
 - It will be quickly identified if a person is off course or has stopped moving. A suitable response can then be sent to the relevant location regardless of any calls for assistance.
 - Provides accurate GPS coordinates if a distress button is activated.
 - Movement alerts if the unit is stationary for more than 30 minutes.
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3. Information dissemination

Communication with the participants will be via correspondence prior to the event as well as verbally at a pre-race safety briefing on the evening prior to the start date. Waivers and acknowledgements will be signed at the time of entry.

Communication In advance

Medium – Social Media / Web Site Blogs / Email

- People will be provided with sufficient information to allow for a considered decision to enter.
- All participants will be made aware of the strenuous nature of long distance, overnight running and the risks associated with the varied terrain they will encounter.
- The event will be promoted as an “endurance” event that requires adequate training and fitness to be completed in the standard format (Team of 4). Larger teams will be encouraged for people who are new to endurance running. Larger teams reduce the total distance covered by each person while increasing the recovery time between legs.

Event Lead Up

Medium – Social Media / Web Site Blogs / Email

- All participants will be updated regarding the likely weather conditions and suggested clothing that should be worn.
- Tips about how to prepare for the event including the need to bring a change of clothes and spare items to allow for wet conditions.
- Notification of any decisions to modify / cancel / postpone the event due to forecasted weather events.
- Participants will be provided with a copy of the pre-race briefing along with the event details.

Pre-race Briefing

The participants will be provided with a written version of the race briefing prior to the event

The participants will be required to attend a race briefing on the evening prior to the start date.

The briefing will include, but not limited, to the following;

- The participants will be provided with information about the terrain they will cover during the event. This will include warning about the risks they may encounter that can be mitigated by them exercising due care and attention. (i.e. uneven surfaces, exposed roots, wet sections) and they will be instructed to wear footwear suitable for off-road running.
- All participants will be briefed on the importance of maintaining proper hydration and nutrition.
- Instruction on how to respond to a snake bite.
- All participants will be reminded to adhere to road rules while running along the road section (i.e. stay close to the verge)

4. Mandatory Equipment

Mandatory Gear Checks will be conducted prior to each runner going out on course. This check can be conducted at any time leading up to the runners next 'shift'.

It is acknowledged that some items of equipment can be expensive, so it is permissible for the mandatory items to be passed from one runner to the next in transition. *

*This may vary depending on the COVIDSafe government directions that are in place regarding communal equipment.

Item	Purpose
First Aid Kit	Refer section titled First Aid
Running Pack / Running Belt	Must be suitable for; <ul style="list-style-type: none">▪ Secure attachment of the GPS Tracker▪ Carriage of sufficient water and/or nutrition for the distance and weather conditions relevant to the relay leg they are about to commence.▪ Runners must carry 750ml of water as a minimum in forecasted temperatures in excess of 25 degrees.
Whistle	This will need to be attached to an outer garment or pack. It will provide a reliable and distinctive means of signaling to other runners that you require assistance. Fellow participants are in the best position to provide immediate aid.
Mobile phone	To be used in conjunction with the SPOT Gen 4 (if mobile phone coverage permits). The SPOT Gen 4 is the best means of identifying the exact location of an incident, but it has no means of relaying the exact nature of the incident.

	<p>If a runner is immobile and without phone reception, the use of the whistle will alert another runner who, in turn, will be able to move to a suitable location to make a phone call.</p>
Headlamp / Torch	<p>The participants will be required to start each nighttime leg with a fully charged headlamp/torch to aid in navigation.</p> <p>The light must be bright enough to illuminate the track at least 50m ahead.</p> <p>It will be recommended that the headlamp/torch should have a strobe function that can be activated when assistance is required. This visual SOS will ensure others are attending the correct location.</p>
Mandatory Clothing	
Hi-Vis Reflective Item	<p>An element of the runner's outer garment will need to be reflective at night when participants are on the 6 km trail when they will be sharing the road with vehicles.</p> <p>This can include a night time running vest.</p>
Windproof / Waterproof jacket.	<p>To be carried in wet weather. Not necessarily worn but, if for some reason a person needs to stop and wait for assistance, a waterproof layer will help prevent hypothermia.</p>
Long Sleeve Thermal Top*	<p><i>*A recommended item of clothing that may be mandatory dependent on weather conditions and temperatures.</i></p> <p>Not necessarily worn but, if for some reason a person needs to stop and wait for assistance, a waterproof layer will help prevent hypothermia.</p> <p>In low temperature conditions it will be required that runners carry, and preferably wear, a garment that aids in the regulation of body temperature. Constructed with Polypropylene, wool or similar thermal fabric. Not cotton or traditional compression garments.</p>

5. First Aid

- All participants will have to carry a First Aid Kit that is contained in a waterproof bag (snap-lock bag or similar)
 - The minimum items of the First Aid Kit are:
 - 1 x Snake Bite Bandage (must have correct tension indicators)
 - 1 x Marker Pen – suitable for marking the location of a snake bite on a bandage.
 - 1 x Crepe bandage.
 - 2 x Non-Stick wound pads
 - 1 x eye pad
 - 6 x wound closure strips
 - 1 x triangular bandage
 - 1 x pair of latex gloves.
 - 1 x Emergency (Space) Blanket
 - The pre-race briefing will include instruction on how to respond to a snake bite.
 - All First Aid responders will be briefed on how to identify the signs of dehydration/hyperhydration.
 - All First Aid responders will be briefed on how to identify the signs of exhaustion and have the authority to remove a runner from the event.
 - There will be an expectation that the participants will keep an eye out for each other while out on the trails and provide basic first aid / assistance as required. To aid this end, any time taken to assist another runner will be subtracted from the overall time. This is another benefit of the tracking feature of the SPOT Gen4.
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6. Weather Considerations

- All participants to be briefed on likely weather conditions and suggested clothing to be worn. This will occur in the week leading up to the event.

- If a thunderstorm is within 10kms, all activities will cease. Runners will need to return to the staging area and stay inside until such time as it is determined the treat has passed.
 - The *Vic Emergency* app will be monitored and the organisers will adhere to any warnings relevant to a 10 km radius.
 - A mobile phone is one of the mandatory items. The organisers will have records that will allow them to know who is on the trails at any given time and how to contact them. If an immediate return to the staging area is required, a phone call will be made to each of the runners. The calls will be made by the marshals, or by teammates who have been briefed by the marshals. If a runner is uncontactable then their location will be attended by a marshal utilizing the tacking feature of the SPOT Gen4.
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7. Road Safety

- Organisers will work with the Corangamite Shire to install temporary speed restriction signage along the relevant section of the Old Ocean Road.
 - All participants will be reminded to adhere to road rules while running along the road section.
 - An element of the runner's outer garment / accessories will need to be reflective at night.
 - A red flashing taillight will need to be worn.
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8. Staging Area Set Up

- Charging stations will be set up in the staging area to ensure each person can recharged their headlamps / mobile phones between legs.

- There will be an alternate power source available in the event of a power outage.
 - A First Aid Station will be available at all times at the Staging Area.
 - Spills will be cleaned as they occur.
 - Team equipment can only be stored in designated areas within the hall to eliminate trip hazards.
 - Third party vendors will be allocated a specific area, close to power points, to eliminate the trip risk associated with power leads. Third party suppliers of goods and services will need to have their own Public Liability Insurance to operate at the event.
 - Alcohol will not be sold or supplied at the venue. The organisers reserve the right to excluded intoxicated people from participating in the event or being present in the staging area.
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9. Emergency Response

- All participants will need to carry a mobile phone and they will be provided with the numbers of the organisers to call for assistance if required. They will be advised to carry the phone, while running, in a manner that they are aware that they are receiving a phone call or have it linked to a smart phone for the same purpose. They are not to ignore any calls originating from the staging area.
 - Emergency numbers will be clearly displayed beside phones at Kangarooobie.
 - Level 2 First Aiders will be on site at all times.
 - ESTA (Emergency Services Telecommunications Authority) will be aware of our event and that emergency beacons are being utilized. ESTA will be able to contact the organisers if a distress beacon is activated to get directions to aid the emergency responders.
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Appendix A

Risk Register

Risk Controls		
1. Trail Marking	2. GPS Tracker/Satellite Messaging	3. Information Dissemination
4. Mandatory Equipment	5. First Aid	6. Weather Considerations
7. Road Safety	8. Staging Area Setup	9. Emergency Response

<u>Environmental – External - Weather</u>			
Category	Specific Risk	Consequence	Relevant Risk Controls
Extreme Heat / prolonged activity in high temperatures.	Hyperthermia / Heat Exhaustion / Dehydration	Reduced cognitive function / becoming lost. Fainting.	2, 3, 4, 5, 6
Extreme Cold / prolonged activity in low temperatures.	Hypothermia	Reduced cognitive function / becoming lost.	2, 3, 4, 5, 6
Persistent / Heavy Rain	Reduced Visibility Hypothermia	Reduced cognitive function / becoming lost.	1, 2, 3, 4, 5, 6
Fog	Reduced Visibility	Becoming lost.	1, 2, 3, 4, 6

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<u>Environmental – External – Weather</u> (Continued)			
Category	Specific Risk	Consequence	Relevant Risk Controls
Thunderstorm	Lightning strike to people and trees.	Injury from lightning strike. Falling branches from trees struck by lightning. Fires caused by lightning strike.	2, 3, 5, 6, 9
Damaging Winds	Falling branches. Airborne debris.	Injuries caused by fallen branches. Injury caused by fast moving debris.	2, 3, 5, 6, 9
Damaging Winds	Interference with markers	Fallen branches blocking a set trail / knocking over markers.	2, 3, 6

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<u>Environmental – External - Other</u>			
Category	Specific Risk	Consequence	Controls
Terrain	Sprains	Injury that prevent the runner from continuing the course.	2, 3, 4, 5
Wildfire	Unseasonal fire in a localized area.	Burn injuries. Becoming isolated. Becoming lost while avoiding the fire.	2, 3, 4, 5, 6, 9
Fauna	Snakes.	Venomous snake bite	2, 3, 4, 5, 9
Fauna	Large animals interfering with trail markers.	Going off course / becoming lost	1, 2, 3, 4
Flora	Low hanging branches, branches protruding onto path.	Impact injures with low hanging trees. Eye injuries from smaller branches.	1, 2, 3, 4, 5

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<u>Environmental – External – Other</u> (Continued)			
Category	Specific Risk	Consequence	Controls
Flora	Fallen branches. Exposed roots.	Sprains / injury resulting from tripping / slipping on exposed roots or plant debris on the trail.	1, 2, 3, 4, 5
Night	Reduced Visibility	Becoming disorientated / lost. Panic.	1, 2, 3, 4
Traffic	Collision with a motor vehicle.	Collision injury.	1, 2, 3, 4, 5, 8, 9

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<u>Environmental – Internal – staging area</u>			
Category	Specific Risk	Consequence	Controls
Trip Hazards	Bags & Equipment	Sprains. Fall injuries.	3, 5, 8
Slip Hazards	Spilt liquids on wooden floor of the staging area.	Fall injuries.	3, 5, 8
Power Outage	No mains power.	Unable to charge mandatory equipment namely mobile phones and headlamps.	8

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<u>Human Factors</u>			
Category	Specific Risk	Consequence	Controls
Lack of fitness / training	More prone to exhaustion	Reduced cognitive function. Disorientation, becoming confused / lost. Passing out.	2, 3, 4, 5
Lack of fitness / training	More prone to musculoskeletal injury	Sprains & strains.	2, 3, 4, 5
Lack of experience in 'endurance' events.	Self-induced dehydration / hyperhydration / malnutrition	Reduced cognitive function. Disorientation, becoming confused / lost. Passing out.	2, 3, 4, 5
Lack of experience	Not making the most of the 'down' time to refuel, rehydrate and rest.	Exhaustion. Reduced cognitive function. Becoming lost.	2, 3, 4, 5

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<u>Human Factors (Continued)</u>			
Category	Specific Risk	Consequence	Controls
Lack of experience	Not pacing themselves & pushing their bodies beyond their limits.	Exhaustion. Reduced cognitive function. Becoming lost.	2, 3, 4, 5
Lack of preparation	Not carrying correct or adequate equipment.	Not being able to respond to injuries if they occur. Not having an adequate light source at nighttime and becoming lost.	1, 2, 3, 4, 5, 6
Lack of preparation	Not dressed suitability for the conditions.	Dehydration. Hyperthermia. Hypothermia.	1, 2, 3, 4, 5, 6
Disruption of Circadian Rhythm	Fatigue.	Exhaustion. Reduced cognitive function. Becoming lost.	2, 3, 4, 5

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