

Ronald McDonald House Cycle

SAFETY MANAGEMENT PLAN

ORGANISED BY
The Ronald McDonald House Charity



RONALD McDONALD
HOUSE CHARITIES
IRELAND

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1. General

1.1 EVENT DETAILS

- The 2017 Cycle is the **13th** Annual Ronald McDonald House Cycle
- The Cycle will take place on **Saturday 1st April 2017**
- Starting at Avon Rí, Blessington, Co Wicklow

1.2 EVENT DURATION

The event will take place between **10.00am and 4.00pm** on 1st April 2017. There are 3 distances, 25k/50k/100k to cater for all fitness levels/abilities. All routes will begin at Avon Rí in Blessington and will travel around the Lakes and finish again at Avon Rí.

Detailed route maps are available on our website

<http://rmhc.ie/event/cycle4families-2016/>

1.3 Contact

Joe Kenny – Head of Operations - 0862393686

2.0

SAFETY POLICY

2.1 Safety Policy Statement

The Ronald McDonald House is committed to organising and running both a safe and enjoyable event for participants and support crews. In order to achieve this we need the full support and co-operation of all these stakeholders.

We, the organisers, will manage the safety of the event and will:

- a. Identify the hazards and risks associated with the route and identifying the control measures required to ensure, as far as is reasonably practical, the safety of all those involved.
- b. Provide all participants by way of notice, full details of the route, including maps and specifying the requirement that all participants wear cycle helmets and advising them to arrange appropriate insurance on their own behalf. All cyclists will be advised to stick to the official route and avoid motorways, to be particularly careful when in the vicinity of road works, and to keep in mind at all times their own safety and that of other participants and other road users. Particular attention will be drawn to the fact that traffic lights must be obeyed and all cyclists must obey any instructions given by the organisers and the Gardai en-route.
- c. Provide bicycle repair crews with sundry spares and spare bikes.
- d. Providing an ambulance with crew for the duration of the event.
- e. Provide mobile paramedic crew.
- f. Provide High Visibility vests for all the support crew

2.2 Ambulance

The ambulance service on the day will be provided by the Dublin Fire Brigade. The names of the crew and their mobile numbers will be in the documentation held by the Event organiser.

3. General Safety Guidelines

1. You are responsible for your own safety
2. You must rely on your own ability in dealing with all hazards and you must ride in a manner which is safe for yourself and all others.
3. When riding on a public road the function of the marshals is only to indicate direction and you must decide whether the movement is safe.
4. The event takes place on open roads
5. The rules of the road apply at all times. Always give way to oncoming traffic at roundabouts and obey all road signs and traffic light signals.
6. Stay a safe distance behind the lead vehicle and allow for breaking and stopping of this vehicle and your bike.
7. Cyclists must give way to other road users where applicable
8. Always pass on the right hand side if overtaking another cyclist
9. All Participants must obey the instructions of the Gardaí and Marshals
10. Helmets are COMPULSORY for all cyclists
11. Event marshals will be present to direct cyclists – marshals cannot stop traffic
12. All bicycles should be well maintained and in a road worthy condition. Participants are advised to carry a pump, spare tube etc.
13. Cyclists should cycle in single file on roads where there is a solid white line and in double file only at other times when it is safe to do so.
14. Transport vehicles will be available for cyclists and bikes if required due to breakdown or injury.
15. Remember this is not a race; the aim is to have a good day and ensure that everyone completes the cycle safely.
16. You must be over 18, or if under 18 you must be in the company of a Guardian.
17. Bring Sun Screen and Rain Gear!
18. Please remember the three golden rules Safety, Safety, Safety.
19. All cyclists should be in good general health