



**AQUATHON CHAMPIONSHIPS
HEALTH AND SAFETY PLAN - RAMS**

All athletes and support staff are required to be familiar with the Aquathon Athlete guide as this forms a key part of safety on course.

SWIM

General	Risk / hazard	Eliminate / isolate	Minimize danger
1. A competitor suffers harm or serious injury as defined by the Act	1. Cut feet from glass, cans or other objects on the course.	<ol style="list-style-type: none"> 1. Race director / marshals to check areas to locate any glass / cans or sharp objects and remove same. 2. All water personnel to assist where required. Race Director will monitor any rubbish collection to ensure it is safe prior to starting the swim section. 	<ol style="list-style-type: none"> 1. First aid personnel on site to attend to any medical issues e.g., treat hypothermia and any cuts 2. Volunteers will pick up and remove any competitor requiring assistance.
2 Injury from fellow competitors or course markers	<ol style="list-style-type: none"> 1. Injury in swim from e.g. finger nails or minor cuts to face or body. 2. Injury from bunching at turning buoys over or knocked down. 3. Competitor takes in excess water 	<ol style="list-style-type: none"> 1. Competitors to be instructed on swim course direction. 2. Wave starts to give manageable number of starters. 3. Race Director will brief all swim safety personnel on 	<ol style="list-style-type: none"> 1. Any injuries sustained will be attended to by First Aid Personnel as applicable. 2. Thorough check at least one hour prior to the commencement of the swim looking for any changes in conditions.

General	Risk / hazard	Eliminate / isolate	Minimize danger
		all areas of the swim course.	3. Monitor change of conditions
3. Inability to complete course	<ol style="list-style-type: none"> 1. Sustains cramp. Loses way or incompetent swimmer. 2. Asthma or respiratory problem 3. Inappropriate clothing is worn on swim section that causes unnecessary drag 	<ol style="list-style-type: none"> 1. Lifeguards monitor this and assist when required. 2. Lifeguards monitor this and assist when required 3. All swimmers to wear appropriate swimming apparel as per race rules. 	<ol style="list-style-type: none"> 1. Lifeguards will pick up and remove any competitor requiring assistance. 2. First Aid personnel onsite
4. Route to transition	<ol style="list-style-type: none"> 1. Injuries sustained while running to transition e.g., twisted ankle, cut foot 	<ol style="list-style-type: none"> 1. Marshals to monitor this section 	<ol style="list-style-type: none"> 1. First Aid personnel on hand
5. Adverse weather conditions on course	<ol style="list-style-type: none"> 2. Unsafe conditions 	<ol style="list-style-type: none"> 1. Weather to be monitored in the lead up to the race. 2. Event Team for event will meet on race day and decide if any contingencies need to be put in place. Refer to contingency plan 3. Wetsuits are allowed to be worn when water temp is below 20°C and mandatory when below 14°C 	<ol style="list-style-type: none"> 2. Lifeguards and event personnel on course and monitoring conditions

RUN

General	Risk / hazard	Eliminate / isolate	Minimize danger
1. A competitor suffers harm or serious injury as defined by the Act	<ol style="list-style-type: none"> 1. Dehydration 2. Running injury 3. Overheating 4. Hypothermia 5. Other condition 	<ol style="list-style-type: none"> 1. Medical assistance available 2. Competitor treated on the spot. If able is allowed to finish race. If unfit to complete course, competitors are withdrawn and assisted back to transition 	<ol style="list-style-type: none"> 1. First Aid available 1. Support persons identified and briefed on condition and recommended treatment. 2. Local hospital advised where applicable.
2 Race Rules /Footpath rules	<ol style="list-style-type: none"> 1. Race rules and general shared path rules 	<ol style="list-style-type: none"> 1. Competitors are advised they must comply with race rules and shared path/road rules. Competitors are advised they must comply with any instructions from marshals 	
3 Footpath conditions	<ol style="list-style-type: none"> 1. Broken seal, potholes, glass 2. Grass sections (steep gradient) 3. Shared path 	<ol style="list-style-type: none"> 1. The route is checked immediately prior to the run and hazards are eliminated, marked, or coned 2. Athletes advised to be aware of the steep gradient up the grass section and run within their ability. 3. Athletes and marshals advised the run is on a shared path, public have been advised to be aware of runners, (Signage and marshalls) 	<ol style="list-style-type: none"> 1. First aid is on hand 2. Signage in place to warn public of runners on course.

General	Risk / hazard	Eliminate / isolate	Minimize danger
4 Course layout and marking	1. Route confusion	1. Marshals are on course. All marshals briefed on the route and their duties and responsibilities. 2. The course is out of bounds for spectators	1. Marshalls will have RTs 1. Marshals monitor course. Signage and cones in place.

GENERAL			
General	Risk / hazard	Eliminate / isolate	Minimize danger
1. Prevention of the spread of infection	1. Spread of any transmissible virus	All athletes, volunteers, team, and spectators to do the following: <ol style="list-style-type: none"> Do not attend if they are sick, symptomatic or have been in close contact with any identified case or at a place of interest No sharing of drink bottles Hand sanitiser to be available across the site and use encouraged 	1. All general Health Dept advice to be followed by participants

Event Overview

Location	St Kentigern's College / Rotary Path
Date	Wednesday 22 March 2023
Event Organiser	Frankly Done
Swim Director	Jillian Walker (for Frankly Done)
On Site Medical Support	Event Medic Safety

All other details including schedule and race details included in the Athlete guide.