

## **Safety Brief – to be read by everyone joining The Long Haul**

### **Principles**

- The cart being used in The Long Haul is very heavy and only Adults will be able to pull it.
- Adults and children can walk alongside the cart as it makes its journey, but all children are the responsibility of their parents.
- Scout leaders will not be present (in the role of scout leaders) and will not take responsibility for children.
- It is best for people to join the cart at designated Spectator Points. See route on website. It is a parent's responsibility to plan how they and their children will be picked up at the other end. The Support Team is responsible for supporting the cart.

### **Organisation Levels**

The Long Haul will be organised according to the terrain. This has been split into three levels:

- **Off Road. SPECTATORS ALLOWED**
  - 1-2 runners or bikes ahead
  - Cart pulled by two people
  - 2 x runners with the cart
  - People resting in vans / bikes
  - Vans go to end of Leg/next RV
- **Pavement. SPECTATORS TO FOLLOW BEHIND CART**
  - 3 x Bikes
  - 2 x ahead
  - 1 x behind
  - Cart pulled by two people
  - 2 x runners close by for support
  - Vans in rear on road where required. Or pull in ahead off road. Leap frog
- **Road. NO SPECTATORS**
  - 1 x mini-bus in layby ahead
  - 2 x Bikes on road ahead of cart
  - Arm signals to slow cars ahead
  - Cart pulled by 4 x people
  - Minibus behind as hard protection
  - Sign to indicate charity run
  - No overtaking
  - 1 x Bike on road behind
  - Talk with slow vehicles if required.

### **SPECTATORS**

Joining The Long Haul

- Join at recognised Spectator Points
- Report to the official at the Spectator Point
- Officials will wear hi visibility tops with "1<sup>st</sup> Winchester Scout" on
- Do not leave children unattended

### **Leaving The Long Haul**

- Leave at recognised Spectator Points
- Check out with an official
- Hand back any equipment that you might have including
  - Collection buckets (if you have one)
  - Donation Cards
  - Hi Visibility tops

### **Keeping in touch with The Long Haul**

- The Long Haul progress can be monitored:
  - On Twitter @1stwinchester
  - On Facebook @ 1st-winchester-scout-hut
  - Website [www.firstwinchester.org.uk](http://www.firstwinchester.org.uk)
- Changes to the route and timings will be shared via these channels
- A home contact is available. Details can be found over the weekend on the website. In the case of emergencies, this will be the main point of contact

### **First aid**

- First aid kits can be found in each official vehicle and also at the overnight campsite.
- Cyclists will each have a personal first aid kit

### **Cyclists**

- Must wear hi viz tops
- Must wear helmets when cycling
- Will need to walk with their bicycle when required to do so in accordance with local by-laws
- Cyclists should be prepared to help dismantle and rebuild the cart when required

### **Vehicle Drivers**

- Must wear hi viz tops when driving and when disembarking from the vehicles
- Must use hazard lights when driving behind the cart
- Must have 2 adults at all times on the route

### **Runners**

- At least two runners will pull the cart at any one time
- When on pavement and Road, two additional runners need to be available to immediately support the cart should it be required
- The cart needs to be dismantled at many different times along the route
  - Many parts of the cart are 2 x person lifts.
  - Care and coordination needs to be taken when manual handling
- Keep changing runners on the cart to reduce fatigue
- Don't pull the cart if too tired
- If in doubt, call "Stop" to stop the cart. Everyone puts the cart down, sorts out the issue and re-plans before continuing.
- When pulling the cart, do not let go of it until everyone is ready.

- Listen to the Cart Team leader when changing runners.
  - “prepare to change” means new runners get into position to change places with existing runners
  - “Change” means the new runners take over on the cart and the old runners let go. Timing is key, so that the cart does not drop.
  - This change should be done when the cart is going slowly or stopped
  - Alterations to this changeover procedure may take place on the ground so listen to the Cart Team Leader for instructions.
- The cart will not be pulled if it is too dark

### **Road Coordination**

- The Communication Plan will outline everyone who has a radio and phone.
- Before each road section, the cart, vehicles and cyclists will need to be planned so that everyone knows who’s doing what and when

### **Accidents on roads**

- Protect the injured party from further injury
- Take people into safety – away from the risk from other vehicles
- Call for qualified first aider – in rear minibus
- Call emergency services if require
- Treat as required
- Hazard triangles will be available to put up on road as soon as possible when required.

### **Water**

- Water containers will be in each support vehicle
- Bring your own drinking cup/bottle for your own use
- Whether walking or running, maintain your hydration levels

### **Food**

- Please see separate email information about food
- Ensure you eat regularly if you are taking part. Small amounts often is better than a large amount in one go.
- Avoid artificial foods such as energy substitutes, etc.

### **Medicines**

- If you are taking any medicines, please inform an event official. You may be required to change the nature of your contribution to the event as a result
- If you suffer from existing conditions or injuries, please inform the Cart Team leader. Again, your contribution may need to change to suit the condition / injury
- If you receive an injury or require medication during the event, please ensure you tell an event official
- All event officials will inform Mark Palmer of any injuries or medication received during the event. A record will be kept.

### **Allergies**

- For anyone being catered for (i.e. overnight), please let the event organisers know if you have any allergies or other dietary requirements.

**Bottom line**

- At the end of the day everyone needs to be sensible on this event. No event officials will be asking any more of anyone other than what they can or wish to do
- Everyone taking part needs to ensure that they communicate any issues they are experiencing with regard to risks, health or safety to another member of the team and/or an event official.
- All concerns around safety and health need to be taken seriously and dealt with immediately. If concerns are not being responded to appropriately, ask someone else
- We have nothing to prove and the event will fail if we don't run it with safety in mind above all else.