

## Polasaithe Rith 2016:

Tá na doiciméid seo leanas ar fáil ar suíomh idirlíon Rith ag [www.rith.ie](http://www.rith.ie)

**1) Plean Bhainistiú Shábháilteacht Imeachta Rith**  
Sonraíonn an Plean Bhainistiú Shábháilteacht Imeachta an modh trína ndéanfar sábháilteacht, sláinte agus leas gach duine atá páirteach san Rith a áirithiú. Moltar do gach duine atá ag glacadh páirt san Rith an Plean Bainistiú Sábháilteacht Imeachta a léamh.

**2) Polasaí le haghaidh daoine le mí-cumas**  
Fáiltíonn foireann Rith roimh rannpháirtithe le riachtanais speisialta páirt a ghlacadh i Rith 2016. Chun a chinntiú go ndéantar gach iarracht cúrsa sláinte agus sábháilteacht a áirithiú ar an lá moltar do éinne le riachtanais speisialta an polasaí a léamh roimh ré.

**3) Polasaí Cosaint Leanaí**  
Tá sé mar chuspóir ag Rith aire den chaighdeán is airde a thabhairt dos na páistí a ghlacann páirt san Rith. Dá réir sin tá polasaí cosaint leanaí curtha le chéile agus aontaithe ag foireann Rith.

## Policies of Rith 2016:

The following documents are available on the website [www.rith.ie](http://www.rith.ie)

### 1) Safety Management Plan Rith 2016

This plan ensures the manner in which health, safety and wellbeing of participants is at the highest possible standard. It is advised that all participants of Rith 2016 read this document.

### 2) Policy for participants with disabilities

The Rith team welcomes participants with disabilities to take part in Rith 2016. To ensure the highest standard of health and safety we advise any participants with disabilities to read this document.

### 3) Policy for the protection of Children

It is of the highest priority that the care that is given to the children participating in Rith 2016 is of the highest standard. Due to this the policy for the protection of children was created and agreed on by the members of the Rith team.

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## Sábháilteacht Safety



Bileog Eolais do Rannpháirtithe

*Information Leaflet for Participants.*

## Ag ullmhú do Rith 2016:

### Roimh Ré

- Bí ag leibhéal leor aclaíochta chun tabhairt faoin rith.
- Ba chóir Feistias cuí a chaitheamh don rith (bróga reatha san áireamh, le greim maith) agus oiriúnach don aimsir)
- Éadaí ard fheicthe a chaitheamh.

### Ag fanacht don Rith

- NB — Fan ar an taobh cheart den bhóthar ionas nach gá d'aon duine dul trasna an bhóthair chun dul isteach sa Rith nuair a shroicheann sé.
- Fan in áit oiriúnach mar shampla carrchlós, clós, bearna gheata.
- Gluaistéain a pháirceáil in áit shábháilte nach gcuirfidh isteach ar shábháilteacht an bhóthair.

### Sa chonbhua

- Fan leis an gconbhua i gcónaí, tá sé tábhachtach fanacht taobh thiar den feithicle atá chun tosaigh.
- Fanacht ar an taobh chlé den bhóthar sa chonbhua, fada amach ó thrácht ag teacht ina goinne.
- Ní mór na treoracha ó na maoir a leanúint i gconaí
- Aire a thabhairt ar bhóithre uirbeacha.

## Preparing for Rith 2016:

### Beforehand

- An adequate level of fitness is advised before running
- Suitable shoes and clothing are advisable (runners with a good grip and clothes suitable to changeable weather)
- Wear high visibility, reflective clothing

### Waiting for Rith 2016

- NB: It is advised that participants wait for the run on the correct side of the road in order to avoid crossing the road and causing disruption to the run.
- It is advised that participants wait in a suitable area such as a car park, a park or a gateway.
- Cars are to be parked in a location that does not interfere with the run or the safety of the participants

### In the Convoy

- It is crucial to stay with the convoy & it is important that all participants stay behind the vehicle in front.
- Stay on the left-hand side of the road far from oncoming traffic on the other side.
- Team stewards directions must be followed.
- Particular care should be taken on urban roads.

### Ag fágáil an Rith

- Muna bhfuil cosán nuair a chríochnaíonn tú ag rith moltar duit gan siúl abhaile ar an mbóthar ach socrú a dhéanamh le bheith bailithe.
- Socruithe déanta chun dul ar ais go dtí gluaistéain, baile nó eile
- Taisteal sa mhionbhus go dtí an chéad bhaile eile sa chás nach bhfuil socruithe déanta chun dul ar ais go dtí gluaistéain, baile nó eile

### Caidreamh le foireann Rith 2016

Ábhair bhuartha a thuiriscíú d'fhoireann Rith.



### Leaving Rith 2016

- If there is no footpath when you finish running it is recommended that you do not walk on the road but arrange to be collected.
- It is essential that arrangements are made in order for participants to get back to your car and/or your home safely etc.
- Participants can travel on the mini bus to the next town if the necessary arrangements are not made.

### Contact with the Rith 2016 team

- It is vital that any worries or problems are reported to the Rith 2016 team.

## Sabháilteacht le linn Rith 2016:

### Roimh Ré

- Beidh feithiclí oifigiúla ag taisteal leis an rith.
- Beidh foireann maor ag taisteal leis an rith, ag bainistiú sábháilteacht na reathaithe.
- Beidh gach reathaí ag rith taobh thiar de veain marcáilte & le soilse geala orthu.
- Is gá do reathaithe san oíche éadaí frithchaitheacha cuí a chaitheamh.
- Ní bheidh cead ag páistí rith san oíche.
- Tá Rith 2016 ag obair leis an PSNI agus An Garda Síochána faoi gach gné den rith, sábháilteacht agus bainistiú riosca san áireamh.
- Beidh paraimhíochaineoir leis an rith ó thús go deireadh an chúrsa.
- Tabharfar sonraí an reatha do gach comhairle contae agus do AA Roadwatch chun an pobal a choimeád ar an eolas faoi agus chun tiománaithe a spreagadh chun moilliú nuair atá siad ag teacht gar don rith.

## Safety during Rith 2016:

- Official vehicles will be travelling with the run at all times.
- Team stewards will be travelling with the run and they will be in charge of managing the safety of the participants.
- All participants will be running behind a marked Van.
- It is mandatory that all participants wear reflective and high visibility clothing at night.
- Children are not permitted to run during the night.
- Rith 2016 is working alongside the PSNI and the Garda Síochána in every aspect of the run including safety and the management of the risks that are involved.
- There will be a paramedic with the run from the starting line until the finish.
- Details about the run will be given to each of the county councils and AA Roadwatch. This will give the public information on where to drive and where to avoid during the run.