

GENERAL - The Three Peaks Race is made possible by many individuals providing their time on a voluntary basis to make the event safe and enjoyable for all involved. The many marshals who make themselves available on race day are integral to the success of the event and the Association would like to thank them all. For the benefit of marshals the following general information should be noted as reminders of the procedures and duties. These fall in to three categories, the duties may be slightly different for each category:

Main Checkpoint Marshals

Off-Road Marshals

Road Section Marshals

ALL MARSHALS should be aware of the following which is intended for information and guidance:

- Initial contact will be made by telephone or email to request or confirm your availability, location and brief duties.
- An information pack will be sent to each marshal prior to race day, typically including detailed instructions, meal and parking vouchers, programme, etc.
- On race day report at the appointed time to the Marshals' Meeting Point and Equipment tent on the playing fields in Horton in Ribblesdale for final briefing, collect a marshal Hi-viz tabard and any other equipment required.
- Bring plenty of warm and waterproof clothing, food, drink, paper, pen and mobile phone and other personal items as required in a large rucksack if possible, so that any other equipment can also be carried e.g. water, safety equipment, flagging, tape, computers, batteries, etc. depending on your duties. Be prepared for bad weather!
- A minibus service will operate from the event field to High Birkwith, Ribblehead and Hill Inn checkpoints, marshals may use this transport or their own vehicle (checkpoint marshals will be encouraged to move as a team). The minibus will also be used to ferry retirements from the low level checkpoints to the event field. There is only very limited parking at High Birkwith and Hill Inn.
- Please use and retain your Free Car Park Voucher to either the car park on or adjacent to the event field in Horton. This voucher will be valid at all Three Peaks Race event car parks in Horton and Ribblehead. There is very limited parking at High Birkwith and Hill Inn.
- Use the relevant half of your Marshal's Meal Voucher for a hot meal and/or drink in the main marquee between 13.30 and 17.30. This voucher cannot be used for any other refreshments and is only valid in the marquee.
- When on duty, generally consider all safety aspects and where necessary make spectators aware of the possible (rapid) changeable weather conditions, rough terrain and the need for warm and waterproof clothing and appropriate footwear. On road sections, encourage spectators to keep well back from the road and be aware of traffic.
- A sweep runner will inform you when the last competitor has passed your marshalling point, please stay in position until you are confident it is safe to leave. Your duties will then be finished, except for those specifically tasked with other duties e.g. de-flagging.
- Be aware of your location on the course and the location of RAYNET communication personnel, main checkpoints and other nearby marshals.
- In the event of competitors wanting to retire, they can only do so at the main low level checkpoints i.e. High Birkwith, Ribblehead or Hill Inn and they **MUST** inform the checkpoint leader of their retirement and use the minibus for transportation back to the finish field. Please obtain the name and race number of any competitor expressing a wish to retire from the event.
- In emergency situations be prepared to remain at your marshalling location for an extended period.
- If anyone is injured or in difficulties, stay with them, shelter them from the weather and make as comfortable as possible. Without delay, inform Race Control or the emergency services using a mobile phone or RAYNET radio system. If necessary ask other competitors or spectators to report the incident to a race official at the nearest checkpoint. Give anyone delivering this message written details of the location, including a grid reference, and casualty details, providing information on the nature of the injury, name of person involved and race number, also your own name and contact details. Please do not discuss any incident, except with the checkpoint leaders, race director, rescue personnel or Police.

Main Checkpoint Marshals will be contacted the week before the event by their Checkpoint Leader to confirm availability, meeting arrangements and will operate as teams reporting to their Checkpoint Leader who will be responsible for the checkpoint activities.

Off-Road Marshals duties will typically include; directing competitors, manning gates, stiles, path/track junctions, monitoring spectators, etc.

Road Section Marshals must wear Hi-viz tabards overprinted with 'Official' and be aware of the Risk Assessment (copies available in the briefing marquee). Road Section Marshals should be in contact with other marshals at their specific road sections (radios provided where necessary), monitor the safety of competitors and spectators, check the road traffic warning signs are correctly and prominently displayed (these are the formal warning red triangle signs on fluorescent background) and where required, the vehicle 'No Parking' cones are in place. Some taping may be required to contain competitors and spectators in to safe locations. Signs and cones will be in place before the race starts but may need final positioning by the Road Section Marshals. On some road sections a professional traffic management team will be in attendance, please work with and under the guidance of these personnel.

Generally always wear the issued Hi-viz tabard, observe the Highway and country codes, check flagging, taping, signs are in place and **always make safety a priority for yourself, competitors and spectators**. Remember parts of the course are on private land for which we are indebted to the local community. You may have a long day in poor weather but we really appreciate your contribution to making the event as safe and enjoyable as possible, not just for the competitors but for yourself and all involved. Don't forget to take plenty of warm and weatherproof clothing.

IN AN EMERGENCY ONLY - CONTACT THE POLICE (999) ASK FOR MOUNTAIN RESCUE OR CONTACT RACE CONTROL VIA A RAYNET RADIO OPERATOR OR RACE CONTROL DIRECT ON 07944 729071

For further information or clarification please contact Martin Bullock (07912 323852) or David Weatherhead (07527 696996) or email: dtwace@aol.com. The event website is www.threepkrsrace.org.uk

HYPOTHERMIA

What can I do to avoid or reduce the problems caused by hypothermia?

- Read the weather forecast – is this run/ race wise in these conditions? It is your decision to enter a race, not that of the Race Organiser.
- Do not attempt a route beyond your physical and technical ability.
- Carry appropriate spare clothing. Rule 9 kit is minimal, and won't necessarily protect you from hypothermia.
- Carry sweet food, and eat some of it before it's too late.
- Carry a drink to avoid dehydration. ■ Know the route and know the area.
- Plan routes you can use to get you off the hill safely and quickly - if necessary.
- Keep an eye on your fellow runners, and be prepared to stop and help if necessary.
- Know how to summon help - via a marshal, or by phone. ■ Know any emergency numbers for contacting the Race Organiser.

Getting help

- Summon help by using your whistle to give the emergency signal – six blasts repeated every minute. Ignore any three blast replies – keep blowing the whistle until help arrives.
- Know your position as accurately as possible, and relay this along with your race number either directly to a marshal, or via another runner (in which case, write it down, if you can – include your phone number, if you have one).
- Remember a text may get through when a call won't, and it will keep trying after someone loses consciousness.

But, if you do have to summon a Mountain Rescue Team yourself ...

- Dial 112 (preferably) or 999 if that doesn't work. ■ Ask for Police, then ask the Police for Mountain Rescue. ■ Tell them where you are, preferably with a full grid reference including the letters – the operator may be miles away! ■ Tell them how many casualties and the problems (injuries, hypothermia etc). ■ Let them know the numbers of any other phones in your party. ■ Keep your phone switched on and stay by it.

What are the symptoms?

The symptoms represent a progressive deterioration as the body's core temperature decreases. This list is only a representation of what may happen, and in what order. Some symptoms may not occur, and the order can be different.

Mild hypothermia

- Shivering ■ Cold, pale skin, blue lips and pale, white hands and feet ■ Lethargic

Moderate hypothermia

- Violent shivering. ■ Slurs words and lacks co-ordination. Beware the 'Umbles:- mumbles, fumbles, stumbles, grumbles. ■ Confused ■ Change of personality ■ Difficulty with easy tasks ■ Odd behaviour (e.g. removes clothing)

Severe hypothermia

- Shivering stops ■ Cold, pale skin, blue lips ■ Unconscious, unresponsive ■ Rigid muscles ■ Signs of life (breathing, pulse) may seem absent

What needs to be done for/by a runner suffering from hypothermia?

General principles:-

- Get help – use your whistle!
- Eat sweet food, drink warm drinks – but not coffee or alcohol.
- Don't feed food to unconscious casualties!
- Get dressed/insulated.
- Change wet clothes for dry if at all possible.
- Get off the hill and seek shelter.
- Notify the Race Organiser or a marshal.
- Try to stay awake.
- Most importantly, do not put your self at risk to save another (one casualty is better than two).

What is actually possible depends upon the state of the casualty. Notification/getting help is essential, as is insulation from the cold. Do not try to evacuate any unconscious or partly conscious casualty yourself. Try to keep the casualty sheltered and as warm as possible, and wait for a rescue team.