



## **Operation Transformation**

### **A Road Safety guide for Running Groups**

This week sees the start of Operation Transformation. Thousands of participants across Kildare will be getting involved in many activities over the course of the programme. The Kildare Sports Partnership is coordinating events and Kildare Road Safety is as always delighted to support such events.

If you are not involved in this campaign and intend on running your own separate group activities on public roads or footpaths, below is some advice which may help.

#### **Planning the event:**

- A Risk Assessment of the proposed route should be carried out prior to the event and approved by a competent Health & Safety advisor.
- Event organisers should consider a safe area which will be suitable for participants to assemble at for the start and finish. Ideally, toilet and refreshment facilities should also be considered.
- Develop a Traffic Management Plan. Consider safety and pay particular attention to high risk areas. Each steward/marshal should be made aware of, and briefed on the Traffic Management Plan **BEFORE** the event and be aware of traffic arrangements in their posted areas of responsibility.
- Ensure that any stopping areas along the route are big enough to hold the numbers expected at your event and check to see whether such locations will be open and available for your event.
- Ensure First Aid cover is provided.
- Ensure that any/all vehicles being used as Escort/Warning vehicles are fit for purpose and roadworthy. Such vehicle should operate a working flashing amber light on the front and rear roof area.
- Running group organisers must ensure their group marshals and/or stewards are visible and identifiable by wearing a high visibility tabard or vest. This is essential so that group leaders are visible by participants and other road users.
- It is important to note that not all participants in large groups need to wear a high visibility vest while running in daylight hours. Wearing bright or light coloured clothing or material should suffice.
- Ensure the safety and accountability of late finishing participant's is taken into consideration.
- And remember, Share the Road and Footpath!

#### **Participants**

- Firstly, always and only run in safe, well lit areas, and preferably during daylight hours.
- It is important to note that not all participants in large groups need to wear a high visibility vest while running in daylight hours. Wearing bright or light coloured clothing or material should suffice.
- It is not advisable to participate in runs or walks during low light or night time hours unless you are using a safe, well lit route and are visible to other road users.
- Please only use safe routes which will not cause severe disruption or delay to vehicular traffic.
- It is advisable to carry a torch and have your mobile phone charged in the event of an incident occurring.
- And remember, Share the Road and Footpath!