

Coolaney Development Company Limited

The Sligo Camino Risk Assessment

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This year's *Sligo Camino* comprises ½ of the Sligo Way along a waymarked walking route from Dromahair to Coolaney.

On the 6th July 2024 we will start at Dromahair in County Leitrim and continue for 34km south-eastwards to Coolaney in the heart of Co. Sligo.

This is a scenic and interesting walk which we hope will draw walkers from Sligo and further afield. Our dual objectives are to promote the Sligo Way and our village situated on the route and to raise some money towards the maintenance and extension of community facilities in the village of Coolaney.

Insurance: Coolaney Development Company will take out public liability insurance for the walk on 6th July which indemnifies Coillte.

Hazard	Who might be impacted	Control Measure
Sun / heat exhaustion	Individual or Group	<ul style="list-style-type: none">• We insist on the need to wear suitable clothing and sun protection• It is essential to drink plenty of fluids especially when undertaking strenuous activities.• We insist on participants to bring water or cold drinks with them, particularly during hot periods
Presence of water – drowning	Individual or Group	<ul style="list-style-type: none">• We insist that extra vigilance by individuals or groups is undertaken next to water & not to walk next to water edges <p>Note: Lough Gill / Lough Lumman / Ballygawley Lake / Owenmore & Owenbeg rivers on Map</p> <ul style="list-style-type: none">• Avoid river crossings where possible <p>Route incorporates no through-river crossings</p>
Fall / Tripping	Individual or Group	<ul style="list-style-type: none">• Stewards located at key sites & along the route.• Activity Briefing

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		<ul style="list-style-type: none"> • Suitable route choice, instruct groups to take care of Foot placement in places. • Remind group of importance of sensible pace and keeping together <p>To be covered in morning briefing, Note Boardwalk sections and section Sliswood to Lough Lumman, possible wet rock.</p>
Cold / Hypothermia	Individual or Group	<ul style="list-style-type: none"> • It is essential to wear adequate clothing, especially when they are cold or tired. • We insist that during cold periods a flask of hot drink / soup is to be brought with them. <p>Weather forecast to be consulted and communicated to group prior to start. Hot beverages to be provided if required dependant on forecast</p>
Incident requiring first aid	Individual	<ul style="list-style-type: none"> • We insist that every participant carries a Basic first aid kit • Walk Leaders involved carry a Basic first aid kit. • Volunteers stewarding at key locations throughout the day, no point in the walk is more than 3km's from a road. • Civil Defence on standby with ambulance in case first aid is required. • First-aid tent will be set up at finish line with qualified personnel to treat any minor injuries.
Hospitalisation	All involved	<ul style="list-style-type: none"> • We records names and details of all participants as well as an emergency contact number should an incident arise. These are kept at base. • Sufficient Leaders on site to both attend hospital and return remaining party to base. • We do not transport participants to hospital however will have National

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		Ambulance Service notified of our event.
Emergency incident management	All involved	<ul style="list-style-type: none"> • The hike is self-led but the organisation will allocate reverse route walkers and a sweeper team • Management of information with Home contact. • A home contact is appointed for this event – Nerissa Walsh.
Hike	All Involved	<ul style="list-style-type: none"> • Hikers will be provided with route card containing contact phone / mobile numbers of event organisers/Home Contact and sweep-up vehicle. • Each group will demonstrate an understanding of the route from the route card prior to departure and will be instructed to communicate any issues to marshals along the route or the reverse route walking leader team. • Safety talk provided to all Hikers prior to hike. Safety briefing & map given to all hikers. Hikers/Groups are required to confirm they have received and read this Risk Assessment by signing an “confirmation” sheet prior to the event or on the morning of the event. • Hikers will wear / carry appropriate clothing / equipment depending on the prevailing terrain and weather conditions. • Reverse route walking Leaders /Marshalls will be clearly identified throughout the hike.
Walking on public footpaths which cross farm land	All involved	<ul style="list-style-type: none"> • Do not approach animals in fields. • If animals are in the field each walker is to assess the risk. • Follow country code and leave gates as you found them. Use stiles where provided. • Do not touch or go near any farm machinery in fields.

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		<ul style="list-style-type: none"> • Do not touch or go near chemical or any other containers in fields. • It is essential that participants take all precautions against Lyme disease from ticks. • Farm Animals identified at location B Innishfree
Disturbance of flora, fauna and surrounding area	All Involved	<ul style="list-style-type: none"> • All hikers are informed of their responsibilities to protect the environment i.e. do not pick wild flowers, do not leave any litter, keep noise to a minimum, keep to recognised paths, size of groups to be kept small <p>Special attention to be taken in Sliswood and in protected oak forestry at Union Wood</p>
Sheep ticks – Lymes disease	All involved	<ul style="list-style-type: none"> • We insist that individuals wear long trousers / socks / avoid contact with sheep/deer or long grass sections.
Injury from unsafe structures	All involved	<ul style="list-style-type: none"> • We insist that everyone avoids derelict structures & to ensure they are aware of risks of buildings collapsing. <p>None identified on marked route. Moylough castle is adjacent to route but group will not be stopping at this point</p>
Road Crossing	All involved	<ul style="list-style-type: none"> • Volunteer stewards provided to slow traffic at key crossing of 2 regional roads at Sliswood and Union Wood. • Walk max 2 wide on country and secondary roads.
Forestry activities	All involved	<ul style="list-style-type: none"> • Walk route on previous week and communicate with Collite on forestry activities such as tree felling or planting on the day of the walk.

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Emergency Contact Information	Individual	<ul style="list-style-type: none">• Telephone number of emergency contact to be collected prior to leaving
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Date of Assessment 17th May 2024

Rucksack essentials for day walking

- Map - Provided
- Compass (optional GPS receiver)
- Extra clothing
- Extra food and water
- First aid kit
- Head torch (extra bulb/batteries)
- Knife (or multi-use tool)
- Sunglasses
- Sunscreen
- Water bottle
- Whistle
- Emergency survival bag / foil blanket
- Communication Device – fully charged & operating
- Medication / treatment / ointments for stings
- Savalon / TCP style antiseptic cream / spray

We insist that above rucksack essentials are not shared, each participant must have each item in red with them. Organisers will check to ensure hikers are prepared.

Method Statement

Sligo Camino 2024

Objective: To provide guidelines for the safe and successful completion of the Sligo Camino 2024.

Applicable Groups:

- Organising committee - Coolaney Development Company and support members
- Health and Safety - Volunteers at registration, stewarding the route, at foodstops, at base receiving walkers back, walk safety officer, Civil Defence on standby for the day.
- Walk Participants
- Land Owners and route Facilitators

Applicable documentation:

- Risk assessment Attached
- Insurance Certificate ... to cover public liability on the walk and indemnify Coillte.
- Participant Registration form
- Agreed Route Map ... as per Sligo Way route from Dromahair to Coolaney.

Roles and Responsibilities

- Organising committees
 - Provide competent and knowledgeable Marshalls and reverse route walk leaders.
 - Implement safety recommendations arising from risk assessment.
 - Provide all reasonable support in case of incident or emergency by trained and competent personnel.
 - Maintain record of all incidents
 - Assess condition of route in advance of walk
 - To be complete in the two weeks prior to the walk.
 - Account for all participants (Sweeper team) and acquire feedback at completion of event.

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- Coordinate with landowners (Coillte in Particular) and Route Facilitators (to get agreement and support for planned event)
- Volunteers, Stewards and Support members
 - Provide 1st aid and incident and emergency assistance through Sligo Civil Defence as required
 - Traffic control at key junctions
 - Support vehicle for walk including
 - Provision of food and water at key points
 - return walkers unable to complete to agreed finish point
 - Facilitate communication and timings between groups and maintain record of same
- Walk Participants
 - Comply with all instructions from walk leaders and with guidelines below
 - Leave no trace and good country code practice
 - Plan Ahead and Prepare
 - Be Considerate of Others
 - Respect Farm Animals and Wildlife
 - Travel and Camp on Durable Surfaces
 - Leave What You Find
 - Dispose of Waste Properly
 - Minimize the Effects of Fire
 - Park safely & keep the number of cars to a min. Buses provided to get from Coolaney to start of walk.
 - Keep group numbers small < 20, smaller groups may form as pace and stamina differ, sweeper group at rear to ensure that no one is left behind
 - Be friendly and courteous when we meet landowners
 - Use approved routes in areas - Sligo way marked route only
 - Where there are known problems , be careful not to damage fences, walls, use stiles and gates where they exist, leaving gates as we find them (Particularly note gates at following locations: Slieve Dargan ascent Union Wood).
 - Avoid taking dogs on the hills - Dogs are prohibited on this planned walk

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- Walk on rock and stones where possible, rather than on vegetation or soft ground
- Be imaginative in our route choice, taking care to avoid using eroded paths Sligo way marked route only, if we must use an eroded route, stay on the path or well away from it - do not widen
- Make no unnecessary noise, especially when passing near houses Dromahair to Innisfree.
- Leave no litter behind, even biodegradable items take years to disappear
- Have respect for all natural things and do not disturb plants, birds and animals
- Inform Walk leaders or any special conditions, dietary or medical prior to starting walk
- Ensure you have trained sufficiently and are capable of completing the required distance. Participants must indicate upon purchasing ticket that they are in good physical health and capable of hillwalking over a number hours.
- Please be aware that we have several cut off points. If you have not made it, we will be insisting on the uptake of our sweeper vehicle.

This method statement is designed to outline the key roles and responsibilities and necessary considerations to be undertaken by all participants in the Sligo Camino 2024, and to implement appropriate and reasonable controls and alternatives.

Signed

Date

Coolaney Development Co CLG

17/05/2024