

NHH Trail Series Safety Plan

All participants must be responsible for their own safety and as a minimum should adhere to the following guidance -

- Plan your route in advance (pick one of the designated routes)
- For individual safety participants should consider running with a running partner, but also being mindful of current social distancing rules and in line with government restriction on the number of people that you can meet outside from out with your household. Youth members will be accompanied by an adult.
- Let someone know when you expect to be back and furnish them with your current contact mobile number - contact them to check in when you return.
- Carry a mobile phone and check your current mobile signal availability in the area you propose to run.
- Have an agreed set of actions to be followed, should the return check in time be missed:
 - o 10 minutes leeway
 - o 15 minutes - text message
 - o 20 minutes - phone call
 - o 25 minutes - call to third party
 - o 60 minutes -contact someone local who can retrace the route from Finish to Start
- All participants should carry an ICE (In Case of Emergency) card with your name, address, any medical information, an emergency contact number.
- All participants should wear and or carry appropriate body cover and foot wear for the predicted weather and ground conditions.
- If athletes are running with dogs they must always be on a lead, any waste must be recovered and disposed of in an appropriate manner.
- If athletes are running with buggies ensure the route is appropriate for you and your buggies ability.

NHH Trail Run Series Code of Conduct and Expectations

All participants in the NHH Trail Running Challenge Series event are expected to abide by the following code of conduct:

Should government guidelines be changed at any time, they will be immediately implemented to any of the NHH Trail Series, including suspension of activity if required.

Routes

All routes are:

- Planned in advance of the trail series.

Baillie Wind Farm (hilly two loops, wind farm access tracks and gravel paths)

Rumster Forest (hilly two loops, forest access track and gravel paths)

Broubster Forest (long hills out & back, forest access track)

Beach & Bark (flat, out and back with small loop at turn point, single track road, forest track/path, beach, stream crossing, road crossing).

Telford Run (flat, out and back with large loop, road, pavement, farm track/path, steps, road crossings).

Blingery Forest (Long hill, out and back, forest/wind farm access tracks and gravel paths)

- Planned to be within easy reach of Wick & Thurso and there is adequate parking to allow social distancing.
- Risk assessed by NHH for use during daylight hours

In addition to the NHH Trail Risk Assessment participants are expected to conduct a dynamic risk assessment whilst planning their route to include:

- planned according to your ability and current level of fitness - flat, hilly, technical, etc.
- condition of paths and trails - avoid areas in a poor state of repair
- width of paths and trails for respecting physical distancing guidelines.
- time of run, consider avoiding peak times.
- consideration of residents and businesses that require access and use of areas along the route.
- expected weather conditions and the impact this may have on your route or your own safety.

NHH Trail event has a time-period of 4 months, so poor weather conditions should be avoided wherever possible.

Always be considerate to other people and respect physical distancing guidelines at all times.

NHH Trail Series Instructions

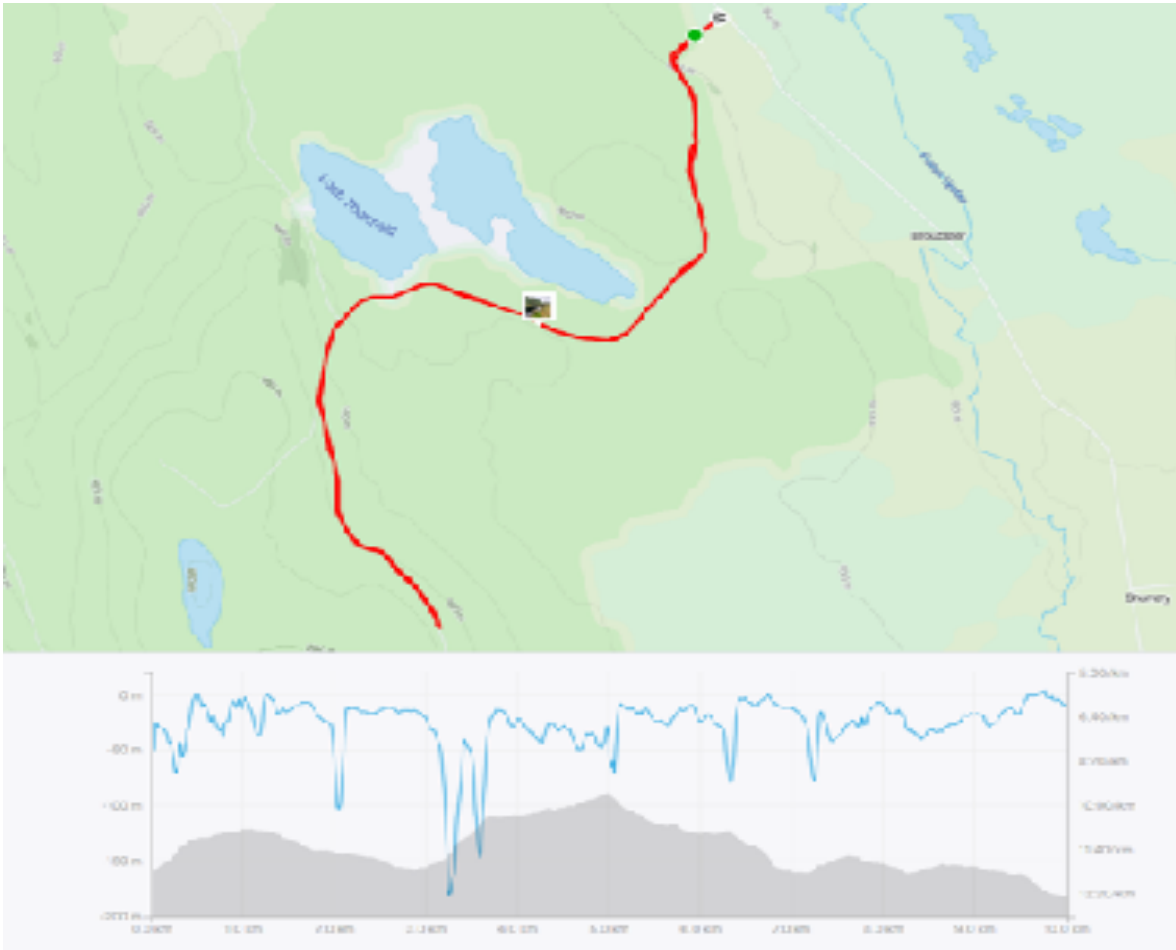
1/ Follow all advice given above.

2/ Trail series will run from March 27th 2021 to June 27th 2021 (3 months).

3/ No limit on how many times you run/jog/walked each route.

4/ Record the best time for each route and submit to NHH email at the end of the series by July 4th 2021 with your details. Name, age at the time of the run, trail run name and garmin / strava screen shot of route and time should all be submitted to the NHH e-mail. The age handicap system will be implemented to allocate points for each route.

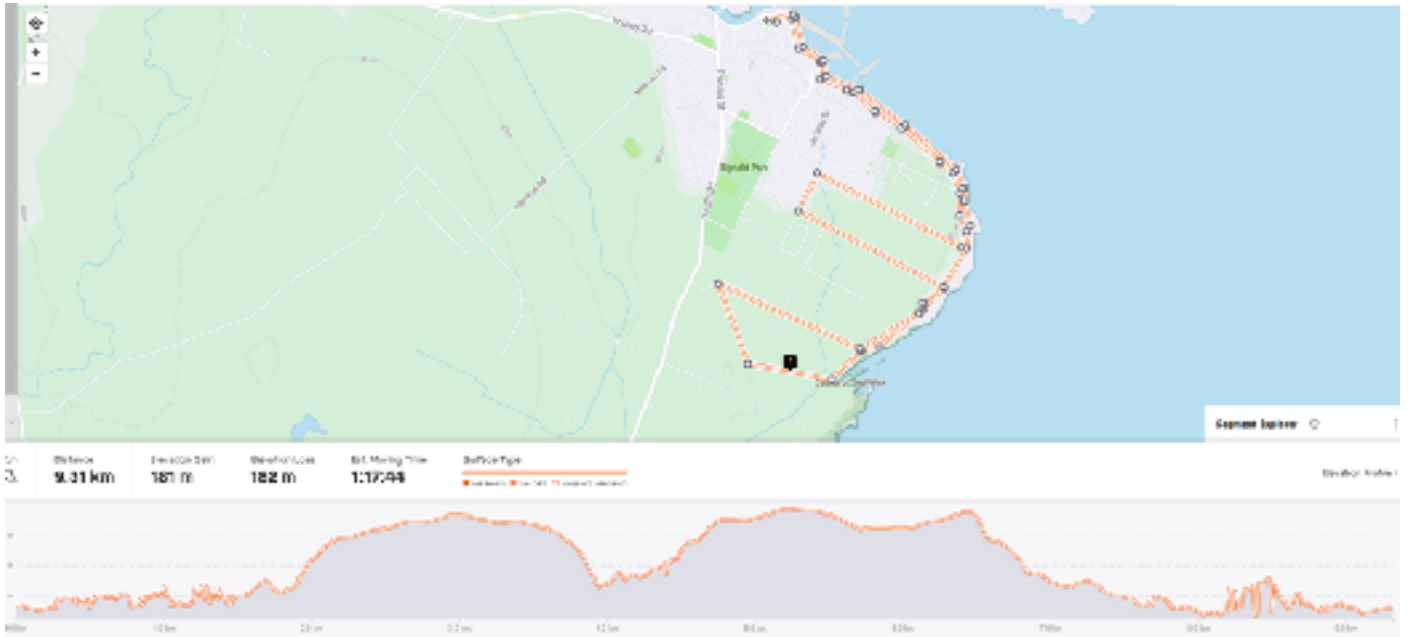
5/ You do-not have to run all routes to participate in the Trail Series.



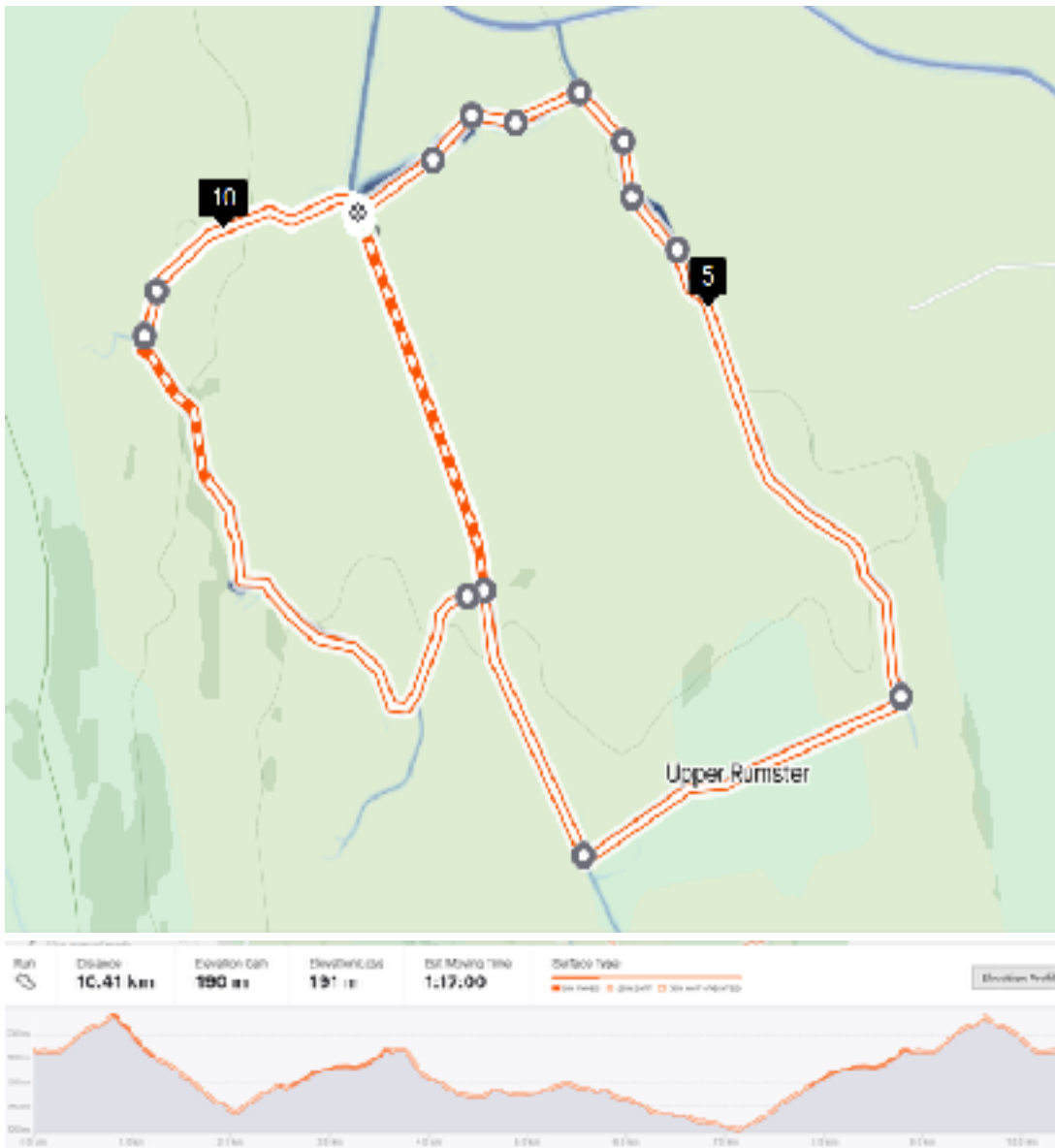
Broubster Forest Trail Run 10K



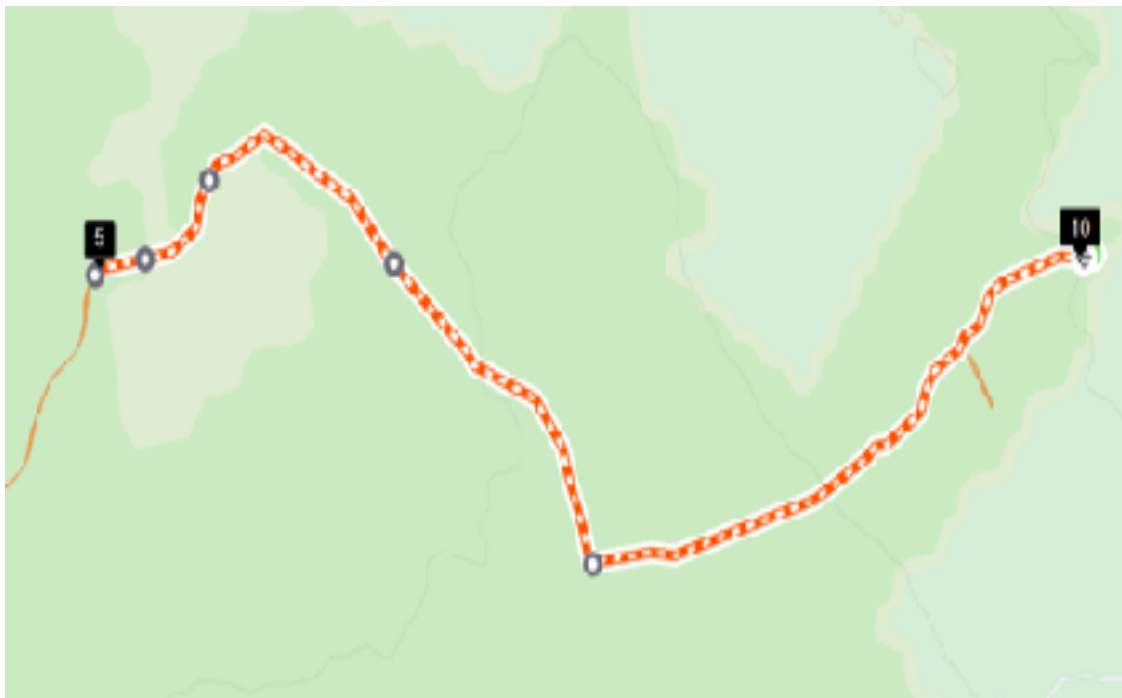
Beach & Bark Trail Run 11.25K



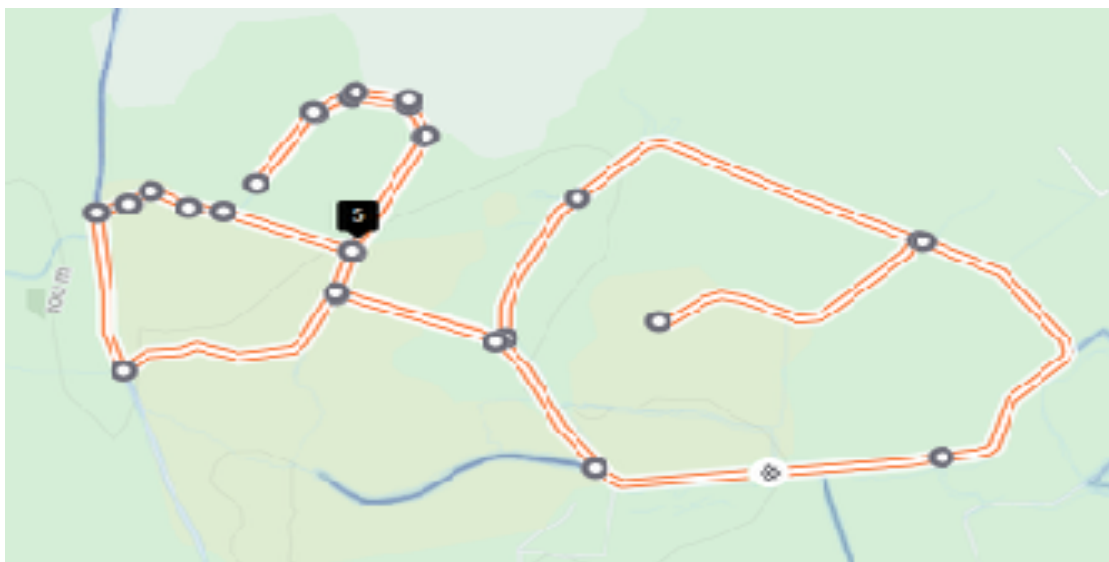
Telford Trail Run 9.31k



Rumster Forest Trail 10.41k



Blingery Forest Trail 10k



Baillie Wind Farm 9.12K