

ALRC 2006 Site Health and Safety Information.

General Rules

- Certain areas of the site are out of bounds. The rope and tape barriers and fences are there for your protection. Please **DO NOT** cross them or allow your children to do so. Parents must keep their children under supervision at all times.
- The Health and Safety Notice board will be positioned at the signing-on tent and will show important H & S details.
- **STRICTLY 5mph** on-site, disregarding this rule may result in disqualification/removal from event.
- Be aware of playing children and animals across the site.
- Try to minimise the use of your vehicle on site; no vehicular access will be allowed to trade stands except by prior arrangement.
- The Fire/Emergency Assembly point shall be the Old Airfield Control Tower, visible anywhere on site.
- Report any fire immediately to an Event Official.
- Lost Children/Property Collection point will be the ALRC shop.
- Strictly **NO VEHICULAR ENTRY** to competition ground unless competing; stay with Competition Groups and do not stray off course. Competition ground contains deep water, marshland and steep slopes.
- Spectator access to the competition ground is via **APPROVED ENTRY POINTS ONLY**. Do not cross rope barriers. Wear suitable footwear. Beware of deep water, rough terrain and marshland.
- Obey marshals' instructions and site signage; both are there to help you have a safe and enjoyable weekend.
- Genuine Officials can be identified by hi-visibility waistcoats bearing the official 'ALRC 2006' logo, and by official badges.
- Please ensure your pitch is kept tidy, black refuse sacks should be disposed into the skips provided.
- Help the environment by segregating your waste, bottle and can banks are on site adjacent to the skips.
- No BBQ's to be placed directly onto ground. No open fires.
- Dogs to be controlled at all times.

- No commercial-type generators to run between 9pm and 8am other than for official purposes.
- Report any accidents/injuries immediately to an Event Official who will assist you.
- If camping ensure your Fire Extinguisher is accessible and serviceable.
- Site entrance and traffic routes to be kept clear at all times, the Emergency Services Rendezvous Point is the Chieftain Tank at the Entrance.

Competitors Additional Rules.

- Please ensure that you have read and understood the Risk Assessments associated with your event **BEFORE** signing on.
- Attend the Safety Briefing for your Event, this will contain important information.
- **Flag rule change:** Be aware that Yellow Flags only will be used:
 - Waved Yellow: Slow down, Caution, and Prepare to Stop.
 - Stationary Yellow: Stop.

The marshal will instruct you further.

- Use the Vehicle Repair Area to carry out serious repairs. Ensure vehicles are chocked before jacking and are well supported once lifted i.e.: by use of axle stands.
- No one under the age of 14 Years to enter the Vehicle Repair Area.
- No animals to enter the Vehicle Repair Area.
- Wear appropriate Personal Protective Equipment whilst undertaking vehicle repairs.
- Once signed on the carrying of non-entrants in vehicles is strictly prohibited.
- All children entering Bike Trials will be required to wear a safety helmet.

Your cooperation will help to make the ALRC 2006 a great success, Thank you.