

SECTION 5 - SAFETY HANDBOOK

HAVE FUN! BE SAFE!

Safe Runners – Safe Support – Safe Race

In the event of a serious emergency, call 911. Safety is our number one priority. There are many potential hazards in a race of this type including, but not limited to: automobile traffic, road and trail conditions, and weather. We ask that all teams please take appropriate precautions to ensure a fun and safe event. Please help us keep the race safe by focusing on being safe runners, safe support crews, and by helping us keep the race as a whole safe. We do our absolute best to keep all runners safe on course, but nothing can replace your individual awareness and commitment to safety all weekend. Over the years, we have found the below basic guidelines and rules to help us all have a safe race.

SAFE RUNNER

When you are the “on” runner, abiding by the following rules and guidelines will help keep you safe.

1) Run Against Traffic and on Proper Surfaces

Runners are to run on the left shoulder of all roads (against traffic), using sidewalks or trails when available, unless signs or maps direct otherwise. When running on the road shoulders, keep in mind single file running allows you to remain fully in the shoulder, rather than encroaching on the road.

2) Be Aware of Traffic and Obey Traffic Laws

Runners are to understand that they do not have exclusive use of the roadway and are required to obey all traffic laws. This includes stopping at traffic lights and crossing in crosswalks when available.

3) Running & Participating at Night

The following nighttime rules have been developed to help ensure the safety of ALL participants.

- Official Nighttime Hours for your race can be found in Section 1 – Race Specific Information.
- **ALL runners must wear night gear during the Official Nighttime Hours** – reflective vest, headlamp (or flashlight) and blinking LED taillight.
- **ALL participants must wear reflective vests during the Official Nighttime Hours** if out of the team van anywhere on the course, including exchanges.
- Pacers may be used but **ONLY** during nighttime hours. Pacers **DO NOT** have to be a member of the team. Running pacers can run with the runner but **MUST** run in single file. Bike pacers may **ONLY** be used on trails. Pacers **MUST** wear the same night safety gear as the runner (reflective vest, headlamp, and LED). If the pacer is an unregistered runner, they are not considered part of the Ragnar race.
- If you choose to have a van driver, who is not a runner, the driver must also adhere to these safety guidelines.
- Nighttime Hours may be expanded due to fog or other outstanding circumstances

4) Personal Music Devices and Headphones

The use of personal music devices with headphones while running is strongly discouraged. If you still choose to use them, you do so at your own risk and must meet the following requirements:

1. You must be able to hear traffic
2. Be aware of the sounds around you
3. Be able to hear instructions from course officials when speaking at a reasonable tone (not yelling)

Safe Use Tactics:

- When running you should be able to hear your own footsteps, if you can't, your volume is too high.
- Run with one earphone out and one in. Again, you should be able to hear your own footsteps.

Violations will be given out if you are unable to hear instructions. Three violations on any rule will result in disqualification for your entire team.

5) Running in the Heat

Staying hydrated is critical to having a fun and successful Ragnar race, not to mention staying healthy and avoiding a heat related illness such as dehydration, heat exhaustion, or heat stroke. Hydration becomes especially critical during times of high apparent temperature. The Apparent Temperature (AT) uses the Wet Bulb Globe Temperature (WBGT) index that combines air temperature, relative humidity, wind, solar radiation levels and geographical position to determine the heat stress levels on the human body. Ragnar uses this temperature measurement to determine if the race should be placed on hold until temperatures drop to safer levels.

Teams must ensure their runners' safety by monitoring the condition of their runners before, during, and after each leg. Runners should pre-hydrate before each of their legs, hydrate while running, and re-hydrate after each of their legs. Water should be supplemented with electrolytes such as NUUN. Proper hydration is obtained when the runner has clear (light lemonade colored) and copious urine. Keeping your core body temperature as low as possible is also a vital component of running in the heat. Dumping cold water on your head and neck and slowing your pace are two great ways to help keep your body's temperature under control. Also be sure to consult your doctor if you have a pre-existing condition that may be exacerbated by running in hot conditions.

SAFE SUPPORT

When you are part of the support crew, abiding by the following rules and guidelines will help keep you safe.

1) Safety Officer/Navigator

Each van is required to have a safety officer/navigator that is awake and alert at all times. The safety officer is responsible for helping the team behave safely during the race. He or she must be seated in the front passenger seat and must have the safety guidelines and rules within reach at all times. The safety officer responsibilities may be rotated between team members. The safety officer must be someone other than the driver.

2) Exiting and Being Outside the Vehicle

Remember that these are open roads. Every member of the team (including drivers) must have his or her own reflective vest. Everyone that is out of the vehicle during night time hours must wear a reflective vest. **This includes minor and major exchanges, shoulders, roadways, and parking lots adjacent to the course.** Reflective vests must be worn during the Official Nighttime Hours (see Section 1

– Race Specific Information for you hours). We also encourage you to wear bright colored clothing at all times of day and light/bright clothing at night. Dark clothing is very hard to see at night.

3) Road Crossing

Any team member crossing the road must do so with an orange crossing flag, day or night. This applies to the support crew – not the “on” runner. Teams will be given flags after watching the safety briefing during check in. Two flags will be provided at the start to Van 1 and two flags will be provided at exchange 6 for Van 2. The Credit Card used to register the team will be charged \$15 per flag if they are not returned at the finish line.

- Obey all traffic/pedestrian and j-walking laws
- Cross at crosswalk if there is a crosswalk within sight
- No crossing if there is a median
- No crossing roads with more than two lanes (one lane in each direction)
 - Roads with a total of 3 lanes or more MUST be crossed at crosswalks
 - Please be aware of all speed limits on roads while crossing

****Your orange flags, however fabulous they may be, do not stop traffic. They merely make you more visible****

4) Vans

Teams’ vehicles are to obey all traffic laws, which include but are not limited to:

- Obeying speed limits (both minimum and maximum speed limits)
- No stopping or slowing in the roadway
- No illegal U-turns
- Pulling off the road completely when stopping/parking
- No parking in non-legal parking areas
 - Be sure to maintain driveway and business entrance access!
- No following runners to illuminate the road for them, or to pace them
- When parked, please turn off headlights so as not to blind oncoming traffic
- Leave parking lights on so that the vehicle is visible to regular traffic
- Please do not stop or slow down in places that will impede traffic or runners, and do not turn your hazard lights on

5) No Van Support Leg Rules

If a leg along the course is labeled as a “No Van Support” leg, team participants need to obey the following rules:

- Vans are NOT allowed to pull over and support their runners from ANY location along these legs.
- Vans are strongly encouraged to not stop anywhere along these legs and proceed directly to the next exchange to await their runner.

Special Note: On ‘No Van Support’ legs runners need to make sure they are well hydrated before starting their leg and should carry water with them to ensure proper hydration throughout their run. All ‘No Van Support’ legs over 4 miles long will have at least one water station. ‘No Van Support’ legs over 8 miles long will have at least two water stations.

If you are nervous to run a nighttime leg, you are free to wait for another runner at the exchange and run together. If a teammate wants some extra miles, they can run with you as well.

6) Partial No Van Support Leg Rules

If a leg is designated as “Partial No Van Support” the same “No Van Support” rules will apply only to certain sections of the leg. These sections will be marked on the leg maps found online and within the Ragnar App.”

SAFE RACE

Help us keep the race safe by adhering to the following safety rules and by helping other teams to behave safely.

1) Prohibited Items on the Course

The following items are not allowed on the race course: rollerblades, unauthorized bicycles, dogs or other animals, baby joggers/strollers, scooters, skateboards, and any other device that may endanger others or put a runner at an advantage over the other participants.

2) Alcohol

While participating in the race, the consumption of alcohol is not allowed at any point along the course. Alcohol may be responsibly consumed at the finish line. Your entire team will be disqualified if any member of the team is observed consuming alcohol along the course.

3) Sleep in Designated Sleeping Areas

Sleeping/resting must be done inside the support vehicle or inside designated sleeping areas. Major exchanges 12, 18, 24, and 30 will have designated sleeping areas when available. No one is allowed to sleep on the ground in any parking lot.

4) In the Event of an Emergency

In the event of serious emergency, call 911. We will have limited medical staff on hand. First aid personnel will be stationed at all major exchanges. They will be equipped to handle only minor sports injuries. Please be aware of this and plan ahead for how you will handle any emergencies. It is the responsibility of each team to be aware of the location of hospitals and other medical facilities.

In the event of an emergency, call 911. When able, please also let a race official know and/or text Race Command (*number for your race can be found in the Ragnar App*).

5) Mandatory Safety Briefing at Start Line and Major Exchange 6

There will be a mandatory safety briefing at the race start line for van 1 and at exchange 6 for van 2 (**Ultra teams need only attend safety briefing at the start**). Each team is required to have all team members attend the safety briefing. The Safety briefing will last approximately 10-15 minutes. Each van will pick up flags and all other race materials after the briefing. Along with other items picked up, teams will pick up van bib stickers which need to be displayed on all team vehicles. Please arrive at least 1 hour early to the start line or exchange 6 to give yourself adequate time to attend the safety briefing. (This can be completed at the Pre-Race Packet Pick-Up on Thursday evening as well)

6) Bad Weather

The race will occur rain or shine. However, under certain severe weather conditions where the safety of runners is in jeopardy or where significant damage or alterations to the race course occur, we reserve the right to cancel the event. There will be no refunds given if the race is canceled due to weather. Conditions that may result in a race being canceled or delayed include but are not limited to the following: severe heat, electrical storm, snowfall, tornadoes, earthquakes, hurricanes, flooding, fog, etc.

7) Heat

If there is extreme heat during the race we reserve the right to hold teams until the temperature drops. In this scenario, we would have teams skip ahead 1 leg for every 1 hour of Heat Hold. Race officials at each exchange will document teams' stop and restart times. Teams will not be allowed to restart before their designated restart time. If teams restart after their designated restart time, the difference will be added to their overall result times. During a Heat Hold all teams are encouraged to get off of the course, out of the sun, and not to proceed to their next exchange until 15 minutes prior to their restart time. After the race, Ragnar will apply each team's average pace to the legs that were skipped. Note that if a Heat Hold is in place, your team is still responsible for attending the start line /exchange 6 for race check-in and the safety briefing before skipping to their re-start exchange.

8) Lightning

If there is lightning at the start of the race we reserve the right to delay starts or hold the race until the lightning clears. If a Lightning hold has been determined necessary, you will receive a text from Race Command instructing you to move ahead to the next exchange where you will receive a Lightning Hold Card that will be filled out by Staff at that exchange. For every hour of Lightning, you will move ahead one exchange. This Lightning Hold Card will be used to keep track of where and when you left the course and where and when you returned to the course. Turn these in at the exchange where you restart. After the race we will calculate your average pace and apply this pace to the segment of the course that you missed. In this way we will adjust all overall race times. Runners who had to miss a leg due to the Lightning Hold may double up a leg and run with another teammate on a different leg. If runners run a leg together they must stay together for the entire leg. After the race the lightning hold cards will be used to adjust all overall race times.

9) Flooding

If a runner encounters flooded areas that are impossible to cross, get your runner into the support vehicle, and drive the runner ahead where the road is no longer flooded to continue running his or her leg. Keep track of how far your van drives ahead by .10 of miles and report the mileage and speed traveled at the finish line. We will take your team's overall average pace, the mileage and speed driven and adjust your team's time accordingly. Only teams that have taken accurate notes will be given official times.

10) Wildlife/Open Range Rules

If a runner encounters any wildlife that is aggressive on the course, get your runner off the road and into your support vehicle and alert Race Command. The vehicle should drive ahead and let the runner out at a safe and reasonable distance ahead of the wildlife to continue his or her leg. Keep track of how far your van drives ahead by .10 of miles and report the mileage and speed traveled at the finish line. We will take your team's overall average pace, the mileage and speed driven and adjust your team's time accordingly. Only teams that have taken accurate notes will be given official times.

11) Report Other Teams Breaking Safety Rules

We will have Ragnar Race Officials out on the course monitoring teams for safety and adherence to all rules. However, with the size of the course we cannot be everywhere at once. We are asking teams to help us keep the course safe by reporting teams that are violating any of the above rules. To report violations:

Send a text message to Race Command (*number for your race can be found in the Ragnar App*)

Please include the Who, What, Where, and When in your text message.

Please use this number to keep us informed. Send text messages if you see improper signage, unsafe conditions, if you become lost, etc.

ENFORCEMENT

RULES AND SAFETY ENFORCEMENT

Rules are enforced based on a “three strikes you’re out” policy. There will be race officials monitoring the course to enforce rules. Teams will be notified via text message each time they violate a rule (cell phone numbers will be collected at the Start Line and Exchange 6; if you would like to be added at a later time, simply text Race Command and they will add you). If a team receives three safety violations a race official will meet them to review the validity of each violation. If the race official deems that the violations are valid, the team’s slap bracelet, bibs, and van stickers will be confiscated and the team must leave the course.

In addition to race officials, teams will have the ability to text in rule violations. Race officials will determine the validity of all text messages received from teams.

Race officials may also disqualify teams on the spot without prior warning for what they deem to be serious rule violations.

RAGNAR REFLECTIVE VEST REQUIREMENTS

Safety is our number one priority. *Ragnar Relay requires every runner to have a reflective vest prior to getting on the course. Any participant (not just the active runner) who is outside of their team van during nighttime hours must wear a reflective vest, even van drivers. In street clothes at night, you are only visible to drivers up to 200 feet. Most reflective vests make it so runners become visible to drivers up to 1200+ feet. Adding headlamps and flashing LED tail-lights provides increased visibility and safety.*

We receive many questions on reflective vest and what is acceptable. Reflective vests must have **reflective material on the front, back and shoulders**. The pictures below illustrate what types of reflective vests are acceptable. The color of the vest does not matter, just the amount of reflective material.

APPROVED APPROVED



Standard Reflective Vest

APPROVED



Running Reflective Vests

APPROVED



Reflective Harness



Glow Harness with Reflective Straps

The following items are **not approved for use in Ragnar races**: homemade products, reflective sleeves, reflective belts, adhesive reflective tape, or reflective piping. These are great additions, but do not meet safety requirements by themselves.

NOT APPROVED

NOT APPROVED

NOT APPROVED



Reflective sleeves



Reflective Belt



Clothing with Reflective Piping

Vests with only a Reflective Belt
(Reflective straps are required)

For questions please contact the Race Director (see Section 1 – Race Specific Information)