

**Updated 22<sup>nd</sup> March**

**The instructions you are reading are the complete instructions for the Blue Flash Beyond Horizons event in Crickhowell on the 6<sup>th</sup> July 2019. All participants should refer to this for information**

## **Blue Flash Beyond Horizons**

### **Crickhowell**

## **Admin and Safety Instruction**

### **Introduction**

The aim of this document is to provide a brief outline, welcome and overview of the administration, contact details and safety instructions for those taking part in all aspects of the Blue Flash Beyond Horizons Event 05 to 07 July dependant on what your role and needs are.

Before going into detail I would like to welcome all who have travelled, input or involved in any way into these events. The town of Crickhowell has opened its arms to welcome many including the Royal Tank Regiment its rugby team, name and representatives. The Rugby Team of Crickhowell too alongside the council and local business have worked and given to allow us this event. For that we should offer a vote of thanks.

The purpose of these events are:

- To bring community, business, families and organisations closer
- To raise donations for the Rugby Club of Crickhowell, Local Mountain Rescue and SSAFA (Single Soldiers and Families Association) Supporting Armed Forces in trouble.
- To promote and drive well being with all by offering activities
- To promote and display our armed forces, groups and organisations locally
- To promote health and well-being
- To bring veterans closer and provide them good links
- To link all sectors of the community and armed forces

## **Crickhowell, Briefing and Initial checks – 05 July (For Committee and organisers)**

A few (previously informed) will meet at 09:00 05 July to finalise, confirm and make final adjustments to the Crickhowell Rugby Grounds and associated facilities. Parking, accommodation and tentage alongside the bonfire, food and drink, security, access and arrangements. A mini bus will collect and deliver the Pipes and Drums Band to pre-arranged accommodation. Tents, stalls and seating, pitch and bonfire too should be prepared in the days prior with sufficient seating for 100 to 200.

Car Parking will be in two locations – 35 in the Cadet Camp and 30 in the grounds of the Rugby Team. Clear signage should demonstrate where cars may park.

Signs should be provided 300 metres away from the entrance to the turning into the event, from both directions. Making clear to slow and that a turn into and out of the Rugby Grounds is occurring. Signage should clearly indicate Toilets, Water, Reception and Medical.

Camping, caravans and mobile homes – will be accommodated by prior arrangement, contact R Fisher (e-mail or messenger). Toilet facilities and water will be available from the Cadet accommodation and Rugby Grounds.

It is vital that all facilities remain clean and that rubbish is disposed of properly. Facilities should remain in a good state of repair and not misused.

Stall holders must register and pay a £10 fee for a pitch prior to the event and submit relevant licenses for the sale of their product. An agreed percentage of takings will be donated by each stall holder for the causes prior to them leaving the event. A briefing of all stall holders, rugby team, catering, owners will occur at 1500 05 July 2019 on the Rugby Pitch. This will be carried out by Colin Fisher and Cary Hughes.

Police, Fire and Ambulance will be informed in advance.

### **Pipes & Drums**

This band will travel from Scotland to arrive at the Coach and Horses Inn by 18:00 05 July 2019. Accommodation for 12 is provided 05<sup>th</sup> and 06<sup>th</sup> July. Shuggie Martin will liaise and arrange the bands movements to / from the Coach and Horses Inn and Crickhowell Rugby Grounds (Venue). The band are expected to play 12:00, 14:00 and again at 16:00 – 30 minutes each session. In the evening a short session may be required.

Return to Scotland will be by arrangement with Shuggie Martin the driver on the 07<sup>th</sup> July.

### **Wet Weather**

If there is poor weather during the day – attendees are asked to make their way to the marquee where shelter can be obtained. Sufficient shelter is provided but if the weather is persistent The Horseshoe Inn have been asked to remain open throughout the day and night should that be required. Other bars and inns, café's and hotels are within 0.5 miles of the venue. Sufficient Tea and Coffee facilities should be available for this, containers, paper cups and hot water in large quantities.

## **Bonfire**

This will be constructed by the local community with sufficient dry wood to create a bonfire for 100 people to attend with seating and catering. The bonfire will be constructed and controlled by the Rugby Club, Fire Brigade and take place from 20:00 06 July.

## **Food and Refreshments**

Food and refreshments should be prepared for all ticket holders. A burger and beer (soft drink), equal to all tickets sold will be made available at the bonfire. The payment of these will be made after receipt of token/receipts by the vendors. Ticket holders will obtain tokens on arrival from reception, these will be exchanged for food and drink once at the relevant vendor at the bonfire. The token cannot be used for any other purpose or time of the day.

## **Food**

All food will be approved in advance and served with the sanction of local standards, licences and produce. Venison, beefburgers, local produce and drinks will be prepared and available. All those purchasing ticket prior to or on the day, will receive a token from reception. The token provides individuals with one burger and one specially brewed beer or soft drink. Other food stuffs and local produce will be available throughout the day.

## **Parking**

Parking will be free and at the owners own risk. Please park to allow other cars to park. Move and please do so safely. Parking is available at the Rugby Ground and the camping area, only a few metres away. Turning out of and into the grounds should be done with care as the main road is slightly blind to users.

## **Refreshments**

Specially brewed beer will be made available both at the Rugby Grounds and Bonfire. Bottled beer presentation packs will be on sale. Soft drinks tea and coffee will be on sale throughout the day and night 06 July 2019 from 12:00. The Horse Shoe Inn and local pubs will stock the specialist beers (Challenger, Chieftain, Centurion). Presentation packs will be on sale. ***We ask that those consuming alcohol do so responsibly.***

## Reception – 06 July

For all that arrive for the day they should initially ensure that they are safely parked and not obstructing others. They should make their way to the Rugby Grounds on arrival (100 metres) where basic details will be taken, accounting for numbers, cars and location. A token will be given to all paid arrivals which will allow families and individuals to obtain food and refreshments during the bonfire.

A briefing of all stall holders will occur 15:00 05 July and 11:00 06 July. This will take place at the reception.

For all completing the trek, a short briefing will occur at 18:00 05 July at the reception portacabin

The following morning at 06:00 trek teams will be taken with their kit to the start point at Storey Arms some 30 minutes away. A mini bus will take teams to the Start Point. The START is at 07:00 It is hoped that the trek will be completed by 14:00.

Activity	Date & DepartureTime	Meeting Point
Briefing	05 July @ 18:00 hrs	Rugby Club
Depart for START	06 July @ 06:00 hrs	
START	06 July @ 07:00 hrs	

## Equipment and Clothing

Each team member will be responsible for carrying their own kit. This should include, as a minimum;

- Walking boots, worn – preferably these should be waterproof (gortex lined or similar) and well broken in
- Rucksack with waterproof liner
- Spare clothing
- Food and water (please get to know what food suits you.
- Spare socks – several pairs
- Waterproof clothing
- Mobile phone, switched off and in a waterproof container
- Water minimum of 2 bottles

## Start Points and Check Points

On being dropped off at the start point teams will be briefed re their current location and will be expected to start very soon thereafter. There will two main check points along the way that will be manned and will have food and water available. These checkpoints will be manned at each end of a leg until all challengers are clear of that particular leg. First Aid will be available at these check points and challengers will be assessed on their fitness to continue. The route plan is displayed below. Pen Y Fan should be respected and whilst

ascending or descending all teams need to ensure personal and team safety is considered. Teams should not wander or deviate from well defined tracks.

It is expected that reserve army units will be at key check points en-route. This provision and detail is yet to be finalised.

## **Weather**

The long-term weather forecast for the days of the challenge is reasonable but this can change. It is possible that you will experience 3 seasons in a 24 hour period so you must be prepared. It may be cold and wet but on the other hand the sun may shine so consideration to carrying sun block within your teams is recommended.

## **Contacts**

There is a control room / reception that will be manned while challengers are on the ground. Please make sure that the control room is not used as a meeting / talking room. The portacabin will provide essential safety links and information. Mobile phone reception is generally good throughout the area,.

**Throughout the challenge please keep your own mobile phones switched off when not in use to save battery life.**

<b>Name</b>	<b>Position</b>	<b>Number</b>
<b>Control Room</b>		
	Safety Officer	
	Event Lead	
	Event Admin	

## **Conduct and Access**

All routes are on good routes however challengers are asked to be mindful of the surrounding and those that live and work there. Please ensure that you do not stray from the tracks and that you take any litter home with you. Please use access gates and do not climb fences, ensuring gates are closed behind you. There are not many houses in the area but please ensure that you do not disturb those that live in the few scattered houses in the area.

Do not drink stream water. Carry the water you need, minimum 2 litres.

Foot placement and personal orientation will be discussed during initial briefings. Carriage of rucksacks and individual equipment will be checked.

As you will be aware this event is not a race. It is understood that an element of competition may creep in but safety is to be considered the priority at all stages. There will be an expectation that all teams support each other in the event of an emergency.

**The Safety Office and Event Lead reserve the right to remove anyone from the event that appears unfit or is becoming unsafe either to themselves or others. A disclaimer will be signed before departure, indicating each persons personal acceptance that they will carry out this trek voluntarily and do so willingly.**

## **Emergencies**

In the unlikely event that you have an emergency you must make the control room aware at the earliest opportunity. The Control Room will be staffed from 0700 06 July. The team leads will know and have mobile communication. If you have a medical emergency and you are on a road **dial 999** and ask for the ambulance service. Please be able to describe where you are with a grid reference, team leads will carry a map and compass., description of the area and the nature of the emergency, thereafter follow the instructions of the dispatch operator on the telephone. If you need to move to obtain a phone signal do not leave the casualty unattended.

If you have a medical emergency at a substantial distance from the road please **dial 999** and ask for the Police and Mountain Rescue. You will be put through to a Police dispatcher who will coordinate your call and ensure the correct resources are deployed.

## **Arrival of those not doing the trek (12:00 06 July 2019)**

On arrival initially at Crickhowell families, friends and all should park their vehicles in the designated areas only.

Care should be taken when near the road, and crossing any roads. Cars should not at any stage park or slow at the entrance or exit to the site, causing delays or backing up vehicles.

Once parked you may safely attend or use any service or facility within the boundaries of the Rugby Team / Grounds and the Cadet Centre

A Rugby Match is planned for 15:00 – The Royal Tank Regiment versus Crickhowell. Teams should be in the club house for 15:00

A bonfire is planned for 19:00 – Burgers and Beer will be available. Ticket holders may get their first beer and burger free on production of their tickets. .

Entertainment – A pipes and drums band and local entertainment, music will be available from 14:00 and 18:00

Please feel free to attend the Start of and Finish of the Trek – 0700 06 July START estimated 15:00 FINISH – Families and friends can support and assist weary trek teams as they come in.

Throughout the day 06 July a variety of events, stalls and activities will occur. The Pipes and Drums, Rugby matches and races, stalls local produce. Activities for children alongside a variety of displays will be on show.

## **Pubs, Inns, Shops, Garages**

There are a number of good shops and facilities in the town of Crickhowell. These are listed below. It is good planning and preparation to ensure you are self sufficient in all things where possible. The towns of Abergavenny to the East and Brecon to the West are a short drive away. ATMs are available in all towns.

Local surgeries and medical facilities are located at the following locations:





### **Conduct and Respect**

- All rubbish should correctly disposed of
- Gates should be closed.
- Farm Animals should not be distressed
- Dogs should be on leads at all times
- Toilets should be used and no other toileting will be allowed anywhere
- Walkers should remain where possible on defined tracks and roads
- No fires are allowed other than the bonfire

## **Trek Instruction**

A quick Safety Brief will occur at 18:00 05 July for all completing the trek

Transport will depart at 06:00 06 July from the reception portacabin. No private cars.

The trek will start at 07:00.

The trek will be from a point North of Pen Y Fan to the summit, then East to a point called Crybn.

Then to:

- Fan Y Big
- South East to Torpantau Waterfall
- South and East to the East Side of Talybont Reservoir
- North to Talybont on Usk
- Vehicle Check Point will be at Talybont on Usk

For safety the route will be on good routes.

## **Preparation**

All taking part should have sensible and good clothing for the event. Boots should be worn in and clothing as suits the weather. Be prepared whilst trekking to change as the weather and temperatures change.

Water should be carried by all taking part, minimum 2 litres.

Rucksacks should contain as a minimum –

- No more than 15 kg
- Warm clothing x1 set lightweight, dry clothing, waterproof clothing, one hat, spare socks x2, underwear,
- Food should be high protein, nutritious and sufficient for 12 hours (plus a reserve). Sweets, Fruit and fibre are good. All food will be dry and no preparation required
- Torch, watch
- Batteries
- Mobile phone and 2 charges (battery pack)
- Lighter

Clothing worn should be good fitting and proved (worn in training). Light, flexible and robust clothing is best. Do not overlayer or wear too little. The weather will tell you, so check the local weather the night before. The weather in the Brecon Beacons can change / will change at the summit.

## **The Don'ts**

- ✘ Do Not drop litter
- ✘ Do Not leave gates open
- ✘ Do not drink hill water
- ✘ Do Not start fires

## **Teams**

Teams should remain together at all times. Team leaders will ensure that their team stays together and that anyone dropping back or having problems is assisted. Teams too will make sure they REMAIN in sight of all other teams at all times. No team should be any more than 200 metres from any other at any time. This is especially true at the summit or near to it. Remain together, observe everyone and do not wander away from the group for any reason at any time. Teams should wear where possible team shirts and carry team flags.

Breaks will be taken and these will be only when instructed to do so. Generally there will be three breaks. One of these will be on Pen Y Fan, another as we approach Talybont Reservoir, and finally at Talybont on Usk.

Put simply as you get out of the mini bus the Mission begins. Our mission is to complete the climb of Pen Y Fan – Film and Photograph – Trek and remain as teams across a marked and designated route to defined points, each being a checkpoint.

## **Before you set off**

- Allocate buddies. Check kit. Confirm you all have lead control numbers.
- Check your buddy – check your zips, packs, laces (switch off mobiles). Mobile phones will distract, use up battery power and are not needed unless in emergency.
- Keep together as we ascend in teams and do not race. Stay at the pace of the slowest person.
- Motivate and assist those who struggle. There will be occasional brief stops as we ascend if required.

The aim is to conquer the peak and you will.

As we get to the summit...photographs and a specially organised drone flight is organised (again stay together and move from the summit only on instruction (10-15 minutes on the summit). For this we will remain together at all times and mobiles / cameras will be switched on. Remember as we move from the summit to switch off phones. Descending can be difficult take care and move in pairs off the summit following those in front using good well defined paths only. As we descend towards Crybn we need to make sure teams are together at all times, regular checks will therefore be made.

The opportunity will be given as we ascend and descend for photos, making sure of our footing. Taking photos although planned can be dangerous as you tend to have one hand on the camera or phone and two eyes on the same or horizon. Work in pairs or groups, watch your footing and where you are in relation to the ground.

Teams should work together, stop when directed to and rest when everyone else does so.

Stops are planned approximately every 5 or 6 kilometres at each the opportunity will be given to refresh, change socks and tend to basic first aid (10 minutes). Timings do not permit us to any longer breaks. The mission is to complete our trek by 1400 at the very latest. We have a party to go to.

If at any time a person becomes injured or cannot continue. That person and their buddy will remain together. The safety team will collect these as they travel the same route. Basic first aid should be administered. Both should ensure that they switch on mobile phones, inform lead control and if separated inform 999 if serious, injury or in trouble. The teams should take instruction from Control if any person becomes separated.