

# **SUPPLEMENT TO TRACK HEALTH & SAFETY PLAN**

For use by competitors and issued to all competitors with the final instructions

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## **1. Storage and use of petroleum spirit & methanol**

- i) All fuel must be stored in containers complying with the relevant British Standard, away from any source of ignition.
- ii) All empty containers must be removed from the venue after the event.
- iii) Petrol & Methanol are to be used as a fuel only, and not for any other purpose.
- iv) All refueling is to take place in the open air. The person in charge of the refueling process must enforce a no smoking ban and ensure the appropriate extinguishant is to hand.
- v) All refueling is to be carried out using a suitable funnel.
- vi) Your attention is drawn to the Petroleum (Consolidation) Act 1928, and the Petroleum Spirit (Motor Vehicles) Regulations 1929.
- vii) All precautions appropriate to the handling of the fuel are to be observed.

## **2. Hazardous Substances**

- i) Some vehicle parts, for example brake and clutch linings contain asbestos. Entrants are encouraged to use non-asbestos substitutes wherever possible. Where asbestos is used, every effort should be used to prevent asbestos dust getting into the air.
- ii) Direct contact with some fuel & mineral oils may constitute a health hazard. Prolonged contact should therefore be avoided wherever possible. Where contact does occur any contamination should be washed off immediately. The wearing of contaminated clothing (including overalls) should also be avoided.

- iii) Various other substances may cause disease or ill health even after very short exposures. Manufacturers and suppliers of such substances are obliged to provide customers with information about the possible harmful effects of their products upon request.
- iv) Where any person is at work, the requirements of the Control of Substances Hazardous to Health (COSHH) Regulations 1994 must be complied with.

### 3. Electrical Safety

- i) All electrical equipment must be maintained in safe condition.
- ii) Extension leads cables should be flexible and not semi rigid of the type used for household wiring. Neoprene covered cable will resist damage by oil.
- iii) All electrical equipment to be used externally should be weather proof.
- iv) Hand tools should preferably be of the “**double insulated**” or “**all insulated**” type, as these provide valuable protection against electric shock.
- v) Electrical equipment and hand tools should not be used in areas where flammable vapours may be present, for example, where fuel is being stored or refuelling is taking place.
- vi) Where any person is at work the requirements of the Electricity at Work Regulations 1989 must be complied with.
- vii) The track does not have mains electricity available to competitors

### 4. Fire Precautions

- i) Smoking is prohibited in the scrutineering queue and track assembly lane.
- ii) All potential sources of ignition should be kept away from petroleum spirit and vapours.
- iii) The lighting of barbecues is prohibited in the paddock.
- iv) All teams should carry a suitable fire extinguisher in accordance with MSA regulations, as appropriate for the event and fuel in use.
- v) Fire extinguishers should not be removed from fire points unless they are to be used on a fire.
- vi) All fires must be reported immediately to an official.
- vii) Teams are encouraged to train their members in the correct use of fire extinguishers.
- viii) All fire notices and orders to evacuate must be complied with.
- ix) In addition to a suitable fire extinguisher a supply of water is to be available when methanol is in use.

## **5. Compressed Gas Equipment**

- i) Air blasts from the over inflation of tyres can cause injury. Tyres should therefore not be inflated to pressure above the manufacturers' recommendations.
- ii) All airlines should be in good condition and be inspected regularly.
- iii) Always stand clear when inflating tyres.
- iv) Any form of horseplay involving compressed air or gas is prohibited.
- v) Compressed gas cylinders should be stored in accordance with the relevant working practices.
- vi) Where any person is at work the requirements of the Pressure Systems and Transportable Gas Containers Regulations 1989, must be complied with.

## **6. Jacks and Axle Stands (Where appropriate)**

- i) Vehicles should only be raised on jacks, which are in good condition, and rated to lift the vehicle weight safely.
- ii) Jack vehicles only on level undamaged suitable surfaces.
- iii) Use the hand brake and/or chocks to stop the vehicle moving.
- iv) Jacks should only be used for lifting the vehicle. Axle stands should always be used to support the vehicle weight.
- v) Vehicle engines should not be run under any circumstances whilst axle stands or jacks support the weight of the vehicle.

## **7. General Working Practices**

- i) All working areas should be kept clean and tidy and any waste should be removed regularly and placed in the containers provided throughout the paddock.
- ii) All spillages should be cleaned up immediately.
- iii) All trailing wires and hoses should not be allowed to create a trip hazard.
- iv) Whenever vehicles engines are being run adequate ventilation must be ensured.
- v) All safety notices must be complied with.
- vi) Any person carrying out any work must ensure that they adopt safe working practices at all times, and comply with any relevant statutory provision and/or published guidance.
- vii) Children under the age of 16 are not allowed in the track, except in the charge of an adult.

## **8. Noise**

- i) Exposure to excessive noise may result in hearing loss or other complaints. These may be short term, or after repeated exposure, permanent.
- ii) All persons should avoid being exposed to excessive noise, and where this is unavoidable; they should wear earplugs or defenders to the appropriate British Standards.
- iii) Where any person is at work the requirements of the Noise at Work Regulations 1989 must be complied with.
- iv) No engines to be started before 8.00am or run after 8.00pm.
- v) Generators must not be operated at the track after 11.00pm, or before 9.00am.

## **9. Manual Handling of Loads**

- i) Lifting, carrying and propelling loads by bodily force is a major cause of injuries. All teams are encouraged to train their members in safe manual handling techniques.
- ii) Where any person is at work the requirements of the Manual Handling of Loads Regulations 1992 must be complied with.

## **10. Waste**

- i) All waste oil must be removed from the premises.
- ii) Waste tyres and empty petrol/oil containers should not be left at the venue.
- iii) Teams and competitors are urged to take any other form of waste with them when they leave the venue, or to place it in the refuse containers provided.
- iv) Your attention is drawn to the requirements of the Environmental Protection Act 1990.

## **11. Vehicle Safety**

- i) A 5-mph speed limit is in force in the paddock, and in all public areas, including car park and service roads at the track. This applies to all vehicles, including competition vehicles, with the exception of emergency vehicles attending an incident.
- ii) Motorcycles should not be ridden in spectator areas.
- iii) All vehicles must at all times keep to the approved routes when moving around the track and public parking/access areas.
- iv) No "paddock bikes" allowed within the track on event days.

## **12. First Aid**

- i) Any person sustaining an injury or feeling unwell should seek treatment from the on site emergency services.
- ii) For first aid or emergency services, please contact any official or report to the track office next to the start-finish.

### **13. Water**

- i) The water supply provided at the club office and paddock entrance is for service purposes only and not warranted potable. Do not drink. Bottled water should be brought in for drinking.

### **14. Starting**

- i) The starting of "500s" etc by use of rollers etc is only permitted when the area is suitably protected from entry by the public and the necessary Personal Protective Clothing is worn by those involved in the process.

### **15. Public Safety**

- i) Competitors and entrants should be aware that the paddock are open to the public and should act in a manner so as not to put themselves or any other person at risk from injury.
- ii) Competitors and entrants should exercise particular caution when the paddock is busy. Remember that vehicles must not be driven faster than walking pace (5mph) in the paddock.

### **16. Reporting of accidents and incidents**

- i) All accidents where any person sustains injury or where damage to property occurs must be reported immediately to an official.

### **17. MSA Regulations**

- i) Competitors and entrants are reminded of their obligations to comply with the requirements of the appropriate sporting regulations at all times and these Guidance Notes should be read in conjunction with all other relevant regulations.

### **18. General**

- i) No animals allowed
- ii) Campers – Please be as quiet as possible after 11pm.
- iii) Please adhere to the No smoking in public places legislation