

SUMMARISED SAFETY & BEHAVIOURAL REQUIREMENTS FOR COMPETITORS

The Race Organiser (RO) has a duty of care to competitors, but it must be accepted that race monitoring arrangements, e.g. marshals and checkpoint recording are primarily designed to ensure 'fair competition' and cannot be considered a 'safety net'. Factors including weather and terrain mean that fell racing takes place in a hazardous environment.

The philosophy of fell running is that **you** the competitor are responsible for your own safety and that you enter a race with this understanding and that you equip and conduct yourself accordingly. It is therefore essential that **you must** have appropriate experience in the conditions that may be encountered so that you can manage your own safety.

No individual has an *absolute right* to enter a WFRA registered race – **you** the competitor must be able to demonstrate to the satisfaction of the RO that you have appropriate kit/ equipment, level of skills and experience to complete the race safely and in a reasonable time. In doing so, competitors should make themselves aware of any cut-offs imposed by the RO and accept that these are in place for safety and wellbeing reasons.

Whilst fell racing is clearly a competitive sport, it remains essential that all competitors treat others, whether they be other competitors, marshals, race volunteers and members of the public with courtesy and due respect. Further, all competitors are expected to treat the countryside, property and livestock with respect, e.g. **you** must not cross and/ or damage any wall or fence except by means of a stile, gate or other reasonable crossing point (unless explicitly advised by the RO).

The WFRA have set out minimum safety requirements which **you must** comply with, (shown on the WFRA website). The key points are that you:

- Comply with these safety requirements and with the RO's specific health protection related requirements. Follow the procedures described by the RO if you fail to start or if you abandon the race.
- Obey all instructions from race officials.
- Be aware of the serious disabling consequences of hypothermia, dehydration and heat exhaustion and act appropriately during the race.
- Take sufficient kit, e.g., head, full body and leg cover, safety/ navigation equipment, food and drink to be able to navigate and provide protection from hypothermia, or dehydration and heat in the worst foreseeable weather conditions during the race, noting that rescue could take a long time.
- Take note of the length and severity of the race and local weather forecast for the day and judge your capabilities accordingly.
- Consider how any health impairments may jeopardise your safety or that of others and act accordingly.
- Take specific note of the RO's information on the nature of the terrain on the race route, checkpoints to be visited or course to be followed and any restrictions to route choice.
- Have the skills and experience required to comply with the RO's navigation and safety requirements, having assessed conditions on the day noting that the use of GPS devices for navigational purposes is prohibited.
- Take reasonable care not to create hazards that may cause harm to other people and go to the assistance of anyone in distress, even if it means forfeiting your race.

You must also pay careful attention to how a race is categorised. In general, a category 'A' race is significantly more challenging than a category 'C' race, with certain races being designated, as ranging from: **Limited Experience Required, 'LER'** denoting the race may be suitable for those newer to the sport, with limited off-road running experience and/or lack confidence in route finding through to **Experience Required, 'ER'** and then **Significant Experience Required, 'SER'** denoting significant fell running experience required as a condition of entry. Also note **Navigational skills, 'NS'** - denotes that navigational skills have been specifically highlighted as being essential as **you must** find your own way around the course. 'Following the runner in front' is not a suitable alternative for traditional navigational skills, noting that the use of GPS devices for navigational purposes is prohibited. Use of such devices will lead to a competitor being disqualified. For the avoidance of doubt, a competitor may use such a device in an emergency but must declare this to the RO. **Local Knowledge, 'LK'** - signifies that the race involves a degree of route choice and competitors would benefit from having a good understanding of the route options. **Partially Marked, 'PM'** - designation, signifies that a small, usually very limited, part of the course may be marked so as to avoid any unusual hazards, promote fair competition or to prevent environmental damage.