

SUMMARISED SAFETY REQUIREMENTS FOR COMPETITORS

Factors including weather and terrain mean that fell racing takes place in a hazardous environment. Competitors must have appropriate experience in the conditions that may be encountered so that they can manage their own safety. The philosophy of fell running is that you the competitor are responsible for your own safety. Race entry will be refused to those prospective competitors who do not have the appropriate kit/ equipment, experience or navigational skills.

Competitors must comply with the following Safety Rules, the key points are:

1. comply with these safety rules and any additional race specific safety rules imposed by the Race Organiser (RO).
2. follow the procedures described by the RO if they fail to start or abandon the race.
3. obey all instructions from race officials.
4. be aware of the serious disabling consequences of hypothermia, dehydration and heat exhaustion and act appropriately during the race.
5. Carry/ wear sufficient kit, e.g. body and leg cover which gives protection from the effects of wind chill and safety equipment, (including food and drink) throughout the race 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.
6. take note of the length and severity of the race and local weather forecast for the day and judge their capabilities accordingly.
7. consider how any health impairments may jeopardise their safety or of others and act accordingly.
8. take specific note of RO 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.
9. have the skills and experience required to comply with the RO's navigation and safety requirements, having assessed conditions on the day.
10. take reasonable care not to create hazards that may cause harm to other people and support anyone in need of assistance, even if it means abandoning their race.

Note: It is for each RO to specify the kit/ equipment requirements for their race. Nonetheless competitors are advised to ensure they arrive at the race with, as a minimum, windproof full body cover, map, compass, whistle and emergency food.

Competitors should 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:

Experience Required, 'ER' - meaning that specific, additional experience as a fell runner, (over and above that required for any WFRA race) is required as a condition of entry.

Navigational Skills, NS' - denotes that navigational skills have been specifically highlighted as being essential as competitors must find their own way round the course. 'Following the runner in front', or use of GPS devices are not substitutes for traditional navigational skills.