



## WFRA SAFETY RULES FOR COMPETITORS – EFFECTIVE FROM 1 JANUARY 2017

### Introduction

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 Race Organiser (RO) has a duty of care to competitors in their race, however competitors must accept that race monitoring arrangements, e.g. marshals and checkpoint recording are primarily designed to ensure 'fair competition' and **must not** be considered a 'safety net'.

A competitor enters a race on the understanding that they are responsible for their own safety. The competitor must obey **all** instructions from the RO and officials but must equip and conduct themselves as though they were unsupported for the duration of the race.

As a condition for entering any WFRA race, the competitor shall:

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 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, experience and equipment 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.

Safety is our preoccupation, but YOUR responsibility