



IMPORTANT NOTICE – RUNNERS AND SAFETY

The general philosophy in Fell / Mountain racing is that the competitor should take primary responsibility for their own safety on the Fells / Mountains. Please note the following:

- Arrive at the venue with as much kit as the organiser is likely to require you to carry on the day. This means windproof full body cover, other body cover appropriate for the weather conditions (e.g. waterproof full body cover, hat, gloves etc.), map, compass, whistle, emergency food (long races).
- **UNDER WFRA SAFETY REQUIREMENTS THE ABOVE MINIMUM KIT IS MANDATORY FOR ALL CATEGORY 'A' LONG AND MEDIUM RACES WHATEVER THE WEATHER OR TIME OF YEAR.**
- Have the necessary skills to cope with any navigational problems you may encounter, whatever the weather.
- Complete a Category 'A' short or medium race before running in a 'long' one.
- Be able to recognize the signs of **hypothermia** and **hypoglycaemia** in yourself and others.
Hypothermia: not responding to conversation; unco-ordinated movement and speech; inability to think clearly; wanting to carry on in adverse conditions; skin cold where normally warm, such as under armpit. Immediate action: wrap in warm clothing.
Hypoglycaemia: confusion, ill co-ordinated movement and speech; weakness, hunger. Immediate action: drink glucose solution or suck sweets.
- Know what the organiser's 'drop-out' procedures are and comply with them. As a minimum, if you retire you **MUST** notify the officials at the finish (and the nearest check-point marshal, if appropriate) before you leave the area.
- If you see someone in trouble: **HELP**, even if it costs you the race.
- Be aware that, by the nature of fell racing, first aid may not be readily available.

