



Okehampton Running Club requirements for Moor Run

At Okehampton Running Club (ORC) we are extremely fortunate to be on the edge Dartmoor National Park.. Dartmoor National Park is a wild, remote and beautiful place, but during any season it can be extremely challenging and at times a dangerous place if not prepared and clothed according to the weather as well as prepared for changes in weather at short notice.

The 'ORC Coaches Requirements' for Moor Runs, lists the actions that coaches must apply to ensure the safety, well-being and enjoyment of the group in a coach led event. **They are recommended.**

The 'ORC Runners Requirements' for the Moor Runs lists the actions that runners must apply to ensure their own safety, well-being and enjoyment of the event. **They are recommended.**

This document has been produced following guidelines from the Fell Runners Association (FRA) and the Trail Runners Association (TRA).

1. ORC RUNNERS REQUIREMENTS

The run will be planned in advance of the run session and have the appropriate leadership throughout the session to maximise the safety of the runners and ensuring they achieve maximum enjoyment from the session.

- a. Each run will have a minimum one nominated Lead coach.
- b. Other ORC registered coach must support the coaching team in the event of an incident.
- c. The ORC approved system for accounting for individual run starters and finishers, is as follows:
 - i. All runners will start in a single group.
 - ii. All runners will remain together for the duration of the run.
 - iii. Each runner will advise the coaches of any impacts that prevent them from maintaining pace with the group.
- d. The coach to runner ratio will be in accordance with England Athletics coaching ratios.

2. ORC COACHES REQUIREMENTS

The Lead and any support coaches must carry out the following actions, as a condition of the run event.

- a. The Lead coach can cancel the run at short notice or can amend the route during the run in the event of an incident or inclement weather conditions.
- b. Consider and take appropriate steps to minimise and communicate foreseeable risks to all runners affected by the run where this is reasonably practicable and where the risks are beyond those normally inherent in the Moor running.
- c. Differentiate between adult and young runners and between all participating age groups of young runners in determining what steps should be taken to minimise such risks. Consideration also to runner's ability, such as off-road experience, fitness, and speed irrespective of age group.
- d. Ensure the group size is reasonably and safely manageable and is acceptable in terms of environmental impact. Always remain within the licenced coaching ratio. No exceptions are allowed.
- e. On or before the run day publicise and/or display specific information about the event, including the equipment to be carried, a local weather forecast for the day, specific run rules (if any) covering route requirements and start and expected finish times.
- f. To ensure the runners are carrying the recommended kit, and to refuse attendance to the run where the Lead coach feels it is reasonably sensible after giving due consideration to the runner's ability, environmental conditions and other potential hazards that could be encountered during the run.
- g. The Lead coach and any support coach must ensure that every individual runner is accounted for, by using the ORC approved system for accounting starters and finishers.



- h. Report in the ORC incident book any incidents:
 - i. which might result in an insurance claim, or
 - ii. involving an injury requiring hospital treatment, or
 - iii. any other incident requiring the Club Coach to take action.
- a. Inform all runners that if they retire from the run they must report to any coach during the run, even if they report their retirement to a coach on the run.
- b. The Lead coach should decide if any retiree requires escorting or whether they are happy to allow them to retire alone.
- c. A replacement coach (in the event the lead coach needs to retire) takes on all the responsibilities and obligations for the session.
- d. The lead coach be competent to use electronic navigation aids or manual navigation aids in the event of extreme poor visibility and inclement weather.
- e. Advise the runners to remain at predetermined stopping places so that the group can be fully accounted. These are to be defined by the Lead coach.
- f. Lead and any support coaches to carry the ORC recommended Kit.
- g. Be aware of the dangers of hypothermia, its symptoms, its treatment and how to avoid it.

3. ORC RUNNERS REQUIREMENTS

- a. Follow the guidelines and directions of any ORC registered coaches.
- b. Follow the ORC approved system for accounting for individual run starters and finishers.
- c. Any runner under the age of 18 to follow any additional guidelines given by the coach.
- d. To carry the ORC recommended kit list.
- e. Support the coaches in the event of any incident where reasonably practical and within their own confidence and competence in order to ensure all runners safely return to the finish.
- f. Know what you are in for - you must be confident you are capable of completing the run.
- g. Behave respectfully to other runners, coaches and members of the public sharing the same area of countryside.
- h. Be aware of the dangers of hypothermia, its symptoms, its treatment and how to avoid it.

4. Kit requirements

The ORC recommended kit requirements align broadly with the FRA kit requirements for races. They have been adapted to consider the nature of the sessions, the darkness, harsh environment and potential inclement weather.

ORC recommended minimum kit comprises:

ORC recommended minimum kit	Coaches additional recommended kit	Suggested additional kit
Arm and legs covering base layer, wind proof jacket, head or hand torch, gloves, hat, whistle.	First Aid kit and Survival Blanket. Mobile communication device; navigation aid (Electronic or compass), route map.	Waterproof trousers; kit carrier such as bum-bag or backpack, food, additional fluids.