

## **Ambleside AC Guidance for Race Organisers**

AAC members organise a wide range of fell races, from long and relatively remote with multiple checkpoints, to short 'up and down' blasts. This guidance is intended as a summary of the most important elements of FRA guidance that we will ensure are in place at all events organised by members and supported by the club.

To keep a race safe, and to validate insurance which is organised through the FRA, Race Organisers are required to undertake a range of responsibilities in line with FRA Guidance here:

<https://www.fellrunner.org.uk/articles/documents#organisers>

The points below form the **most important aspects of that guidance from a safety perspective** and represents what we agree as a club to ensure happens in our races.

### **Early cut-offs**

Long and medium club races should have early cut-off times to protect marshals at later checkpoints. (e.g. having cut-offs at Nab Scar at RR and Fairfield, Wetherlam at Shires, Thunacar at Langdale). These should be publicised in advance on the AAC race info page and in any pre-race communications. They can be relaxed on the day if the weather allows.

### **Consecutive numbers**

Starting runners should be wearing consecutive numbers starting at 1 (or a multiple of 100 if fewer than 100 racing). This avoids confusion and is essential for marshals to complete a thorough check of which runners are outstanding at a checkpoint.

### **Communication between Race Control and checkpoints**

This is a challenge for some of our races. The RO (at base) should have reliable verbal channels of communication with checkpoint marshals. This can be done via radio (preferably) or mobile phone (providing there is uninterrupted mobile signal to all checkpoints). If radio comms are unreliable, organisers should consider using RAYNET to manage this. Text communication (WhatsApp) requires Wi-Fi or 4G signal and is a good back up, particularly for comms between marshals on the hill but should not be the primary method of Comms at the race

### **'Initial number recording sheets' and 'outstanding runner checking sheets (number grids)'**

All marshals should be given 'Initial number recording sheets' to write numbers as runners come through a checkpoint. In addition to these, 'outstanding runner checking sheets' (numbered consecutively in a grid pattern from 1-100, 1-200, 1-300 or 1-400) should be given to marshals at key checkpoints to help identify outstanding runners at their checkpoint if necessary. This is an essential aspect of a good race safety system.

### **Race organiser 'deputy'**

It is increasingly seen as good practice to have a designated person to be available to assist the RO on the day. The RO role is multi-faceted, absorbing and can throw up unanticipated challenges. Having a 'shadow' in place can help with decision making in the moment and free up the RO to focus on runner safety and race comms. Some AAC organisers do this informally already. Having a deputy can also help 'train up' future club race organisers.

### **Competitors previous experience**

For our longer races (Langdale, Shires, Great Lakes) RO's should consider vetting entrants previous experience to minimise the potential for incidents. The SI entries system makes it easy to do this.