



Requirements for the Winter Moor Run

At Okehampton Running Club (ORC) we are extremely fortunate to live on the edge of one of the superb National Parks and able to access to it very easily. Dartmoor National Park is a wild, remote and beautiful place, but during Winter 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 the Winter Moor Run 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 mandatory.**

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

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

1. ORC WINTER NIGHT MOOR RUN 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 of a Lead coach and a Back-up coach.
- b. 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. Each runner will pair with a "buddy" at the start of each run.
 - ii. Each running pair will remain together for the duration of the run.
 - iii. Each running pair will advise the coaches of any impacts that prevent them from maintain pace with the group or reasons why one of the pair is unable to continue.
 - iv. Each running pair will confirm their finishing of the run at the end of each session to the Lead coach.
- d. The coach to runner ratio will be in accordance with England Athletics coaching ratios.

2. ORC COACHES REQUIREMENTS

The Lead and Back-up 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 Winter Moor night 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 mandatory 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 Back-up 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 Head 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, they **MUST** retire with their assigned buddy.
- b. A replacement coach takes on all the responsibilities and obligations for the session.
- c. Should be competent to use electronic navigation aids or manual navigation aids in the event of extreme poor visibility and inclement weather.
- d. Advise the runners to remain at predetermined stopping places so that the group and buddies can be fully accounted. These are to be defined by the Lead coach.
- e. Lead and Back-up coaches to carry the ORC Mandatory Kit.
- f. Be aware of the dangers of hypothermia, its symptoms, its treatment and how to avoid it.

3. ORC RUNNERS REQUIREMENTS

- a. Be a paid member of ORC as first or second claim; this is to ensure the runner is insured.
- b. Follow the guidelines and directions of any ORC registered coaches.
- c. Follow the ORC approved system for accounting for individual run starters and finishers.
- d. Any runner under the age of 18 to follow any additional guidelines given by the coach.
- e. To carry the ORC Mandatory kit list.
- f. 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.
- g. Know what you are in for - you must be confident you are capable of completing the run.
- h. When you have registered for a run, you must inform the Lead coach, and your assigned Buddy if you don't start or don't complete the route, for any reason.
- i. Behave respectfully to other runners, coaches and members of the public sharing the same area of countryside.
- j. Be aware of the dangers of hypothermia, its symptoms, its treatment and how to avoid it.

4. Kit requirements

The ORC mandatory 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 Mandatory Minimum Kit comprises:

ORC Mandatory Minimum Kit	Coaches Additional Mandatory Kit	Suggested additional kit
Arm and legs covering base layer, wind proof jacket, head or hand torch, gloves, hat, whistle.	<p>Club supplied Bum-Bag, First Aid kit and Survival Blanket.</p> <p>Own supplied Mobile communication device; navigation aid (Electronic or compass), route map.</p>	Waterproof trousers; kit carrier such as bum-bag or backpack, food, additional fluids.