

## **SCOTTISH HILL RUNNERS GENERIC SAFETY RULES FOR HILL RACES UNDER SHR INSURANCE COVER (amended 6/2/20)**

**THESE RULES ARE MANDATORY FOR ALL COMPETITORS AND RACE ORGANISERS**

### **Introduction.**

A Scottish Hill Runners (SHR) hill race is one insured by Scottish Hill Runners (NB not all races in the SHR calendar are insured by SHR)

Factors including weather and terrain mean that hill 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 (marshals, checkpoint recording, search and rescue etc.) is not infallible and **must not** be considered a 'safety net'. 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.

Breach of a rule by a competitor may result in disqualification from future SHR races for a period determined by the SHR Committee. A set of safety guidelines for ROs and competitors is also available to help all to comply with these rules. An appeal procedure is available for resolving disputed decisions.

SHR will audit compliance with these Rules.

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### **Approved for SHR Safety Sub-group:**

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## GENERIC SAFETY RULES FOR COMPETITORS

**(to be supplemented where required by the RO's race-specific rules)**

### The competitor shall:

1. comply with these safety rules and any additional event specific safety rule 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 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 local weather forecast for the day and judge their capabilities accordingly.
7. consider how any health impairments may jeopardise the safety of him/ herself or of others and act accordingly.
8. take 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, and ensure they have the skills and experience required to safely negotiate the course.
9. have the skills and experience 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 your race.
11. **Additional rule which applies as from January 2020:**  
The SHR Committee have taken the decision that use of walking poles/sticks in hill races is not compatible with the safe running of hill running events. These generic safety instructions for race organisers and competitors are thus updated to reflect this decision. Please be advised that the insurance will be invalidated if competitors use these types of equipment.

## GENERIC SAFETY RULES FOR RACE ORGANISERS

**(to be supplemented where required by the RO's race-specific rules)**

### The Race Organiser shall:

1. comply with these generic safety rules and impose any *additional* safety rules judged desirable to cover the particular circumstances of the race.
2. inform competitors that they shall be solely responsible for their own safety and, having assessed conditions on the day, have suitable experience in managing the hazards existing for the race.
3. inform competitors that they shall carry sufficient safety clothing, fluid and sustenance to protect themselves in the worst foreseeable weather conditions during the race.
4. inform competitors that they must have the skills required to comply with the RO's navigation and safety requirements.
5. apply appropriate duty of care arrangements for the event in the registration, start and finish areas.
6. inform competitors of the nature of the terrain on the race route, checkpoints to be visited or course to be followed and any restrictions on route choice. The RO may also show this information on a map.
7. inform competitors of any unusual characteristics of the course to the best of the organiser's knowledge.
8. where appropriate, issue a warning if weather is forecast which could lead to an unusual risk of hypothermia or heat exhaustion (hyperthermia)/ dehydration.
9. inform competitors of the mandatory procedures for abandoning the race (including not starting the race after registering).
10. have a system for recording a list of all competitors, logging those not starting or abandoning the race, and recording all race finishers against the same list to confirm safe return.
11. check that all competitors are safely back from the race before closing race management.
12. have a procedure to initiate a search and rescue operation along with appropriate civilian agencies.
13. review and revise race safety management arrangements as necessary after each event.
14. report any safety issues to Scottish Hill Runners.
15. **N.B. ROs please note the new rule 11 banning pole use by competitors, as this impacts race insurance.**