

Northumberland Fell Runners (“NFR”) Health & Safety Policy (the “Policy”)

Fell running is a unique activity, requiring athletic ability and mountain craft....

Fell running is challenging, with some inherent hazards. Senior runners at any event are responsible for their own safety....

Self-sufficiency and self-navigation.... are central to the ethos of fell running.....

Extract from FRA Principles of Fell Running – FRA Handbook & Fixtures Calendar 2026

Club Activity

Where the term “Club Activity” or “Club Activities” is mentioned in this document it is a reference to the following specific activities undertaken by the members of NFR;

- Annual General Meeting (usually held online);
- Extraordinary General Meeting (usually held online);
- NFR Annual Dinner & Prize Giving;
- Participation at the Hodgson Brothers Mountain Relay;
- Participation at the UK Athletics Fell & Hill Relays;
- Social runs (see Appendix 1); and
- Any other activity specifically arranged or approved by the NFR committee.

Aims & Commitments

In the undertaking of any Club Activity NFR aims to promote and ensure, so far as is practicable the health, safety and welfare of all persons to whom we owe a duty of care, including athletes, volunteers, coaches, parents (notwithstanding membership of NFR is only open to individuals aged 18 and above), spectators and visitors through a commitment to the development of a positive health and safety culture.

To help achieve the highest possible standards, NFR aims to, so far as is reasonably practicable and necessary to do so, taking due account of (i) the way in which NFR operates as a fellrunning club (e.g. does not offer any formal coaching, has no employees, does not organise races / training events, does not own or lease any property); and (ii) the inherent risks associated with the sport of fell running as outlined above:

- comply with all relevant health and safety legislation and guidelines;
- conduct appropriate risk assessments in relation to each Club Activity, ensuring actions arising from those assessments are implemented, in order to eliminate, manage or reduce the risks identified ;
- where appropriate, provide defined procedures for all those involved in the delivery of a Club Activity (also see Social Run section below);
- ensure the timely reporting and completion of subsequent investigations into any health and safety incidents arising from a Club Activity and put in place processes to help prevent / mitigate against similar incidents from re-occurring;
- where a Club Activity requires it, implement emergency and first aid procedures; and
- provide appropriate communication / information, instruction and supervision to ensure all those involved in club activity take care of their own safety and welfare and that of others.

NFR is committed to the development of individuals involved in the delivery of a Club Activity and aims to:

- establish an effective process that identifies how the health and safety responsibilities are allocated and communicated across NFR;
- communicate matters affecting health and safety, including day-to-day health and safety conditions, and;
- provide appropriate information and support to ensure all those with a responsibility for health and safety are competent in their role.

Collective NFR Participation in Health & Safety

Whilst the Club Committee is ultimately responsible for the implementation and management of the health and safety arrangements that exist within NFR, every member of NFR must also play their part and support and cooperate with the Club Committee in fulfilling its aims and commitments above to;

- look out for others;
- take steps to prevent health and safety risks from occurring; and
- report any potential or actual health and safety risks or incidents promptly to a member of the Club Committee

Breaches of this Policy

Any breaches of the Policy will be dealt with under NFR's Grievance & Disciplinary Procedure.

Review of this Policy

The Committee will review this policy statement at least annually and may make any revisions to it. Any updates will be made accessible to club members.

Signed: Stuart Fereguson – Club Chair

Date: April 18, 2026

APPENDIX 1 - SOCIAL RUNS

Where the designated Club Activity is a social run either led by a qualified coach / leader or a non qualified coach / leader then such individual(s) will be required to undertake a risk assessment of the proposed social run, a generic example of which is set out below.

Social Run Generic Risk Assessment

What are the hazards ?	Who might be harmed and how ?	What are you already doing ?	Risk Rating
Not understanding the activity	Athletes	Athletes advised to read activity specification provided. Check understanding at start of activity.	Low
Inclement weather	Athletes, leader	Cancel activity. Find alternative route. Wear appropriate clothing reflective of the conditions. Avoid waiting around.	Medium
Darkness	Athletes, leader	Wear Headtorch with enough battery life for activity duration. Leader carry spare Headtorch.	Medium
Trips, falls	Athletes, leader	Wear appropriate footwear (fell shoes). Avoid overcrowding.	Medium
Other users	Athletes, leader	Be aware of walkers, runners, cyclists or horse riders on route.	Low
Loss of athlete	Athletes	Any athlete leaving group must advise leader. Be responsible for your own H&S by being self sufficient and knowing how to get back to start.	Medium

Where a social run is organised by a **NON QUALIFIED** coach / leader then prior to the social run taking place then such orgniser must consult with an NFR qualified coach / leader with regards to the planned route of the social run and the risk assessment carried out in that respect and act upon any suggestions or recommendations made.