

## Dark Peak Fell Runners – Junior Membership description of membership

A junior member is any member between the age of 10 and 18. No person under the age of 10 can be a member of the Dark Peak Fell Runners Club.

Dark Peak encourages membership of the Fell Runners Association. Junior Members representing the club are obliged to abide by FRA Safety Requirements for Fell Races and Rules of Competition.

The philosophy of the Junior section of Dark Peak should be to teach self-reliance and responsibility on the hills to enable the runner to become responsible for their own safety, as they graduate into the senior field.

Dark Peak recognises that fell and mountain running are activities with a danger of personal injury or death. Participants in these activities, and their carers should be aware of and accept these risks and be responsible for their own actions, or the actions of their charges.

### Parental consent

Parents or guardians of Junior members must maintain responsibility for their charges at all times. The club does not provide childcare services. In the limited circumstances where it is obliged, by governing bodies, to do so the club will provide supervisory individuals with appropriate record checks.

Races, or other activities that take Juniors out of the immediate supervision of their carer, require a consent form to be submitted at the start of the event. It is the carer's responsibility to provide this form.

### Club activity responsibility

It is incumbent on the club to provide junior activities that conform to governing body guidelines and to not place juniors at undue risk.

Club races may permit juniors, at the discretion of the race organiser. However, the FRA distance guidelines may not be exceeded. Results will not be published for non-qualifying runners.

Age categories on the day of the race	Distances
Under 12	3 kilometres
Under 14	5 kilometres
Under 16	7 kilometres
Under 18	10 kilometres

For paired events that require a degree of navigation, where one of the competitors is under 18, the other runner must be a parent or guardian of the junior runner. The minimum age for the junior athlete is 14 and the following maximum straight line distance limits must apply for each day of the event

Junior Runner's age on day or the event	Distances
Under 16	20 kilometres
Under 18	25 kilometres

### Junior Member Activities

Junior members may represent the club in FRA races, subject to the race organiser's stipulations.

Where advertised, Junior members may participate in Club Activities, subject to the activity organisers' stipulations, e.g. minimum age limitations.

Wednesday night runs: unless otherwise stated as a family, or Junior event, Wednesday night club runs are limited to over 18 only.

Coaching – the club does not run routine coaching activities for children. Where coaching sessions are arranged they will be subject to English Athletic and FRA stipulations.

### Junior Participation in Club Activities

In order to participate in any club activity (other than a social activity), Junior members may ONLY participate when:

- (a) their parent/guardian has completed an activity consent form for the activity concerned AND
- (b) their parent/guardian, or a designated adult (by the parent/guardian), accompanies and takes FULL responsibility for the junior member for the duration of the activity.

### **Please note:**

Club activities do not include provision of transport or lifts with other members to races or other activities.

### Junior Co-ordinator

The Club will appoint a Junior Coordinator each year at its AGM. They will be responsible for:

- Managing junior membership – maintaining the junior membership form, collecting forms, maintaining the junior membership list, etc;
- Maintaining the Parent/Guardian Consent form - issuing these to parents/guardians and communicating consent status to activity organisers;
- Managing DBS submissions for all relevant activity leaders;
- Maintaining the content of the junior section on the DPFR web site, including a list of junior races/events and results;
- Being the primary communications route to junior members and their parents/guardians;
- The Junior Coordinator must have a current DBS check within 56 days of election.

### Participation in FRA Races

Junior members may represent Dark Peak Fell Runners in FRA races, in line with FRA rules and the rules defined by the organiser of the given race.