

Dark Peak Fell Runners – Junior Membership description of membership

A junior member is any member of Dark Peak between the age of 6 and 18.

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 is 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 must 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 accept responsibility for their charges at all times. Junior runs are lead by club members, who are not necessarily qualified coaches. Where possible the club will provide qualified coaches and leaders with appropriate record checks.

It is recommended that carers accompany those under 12 years old, where possible.

In submitting membership forms and attending events, carers are consenting to a child's participation in club events. A Junior, or a carer may withdraw from participation in any activity at any time. In such and event, where necessary, a Junior will be escorted to a place of safety.

At the request of individual event organisers, additional consent forms may be stipulated.

At the request of individual event organisers, additional supervision by carers may be stipulated.

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.

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 Results will not be published for non-qualifying runners.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

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

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

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

Coaching – Club Junior coaching sessions are typically on the 1st & 3rd Sunday of the month. 5th Sunday of the month is typically a social run.

Please note:

Club activities do not include provision of transport or lifts for unaccompanied Juniors with other members, or coaches to races or other activities.

Junior Coordinator

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;
- 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 fell and hill races, in line with governing body rules and the rules defined by the organiser of the given race.