

**Saltaire Striders Run Leader Guidance**

Saltaire Striders club runs are led by leaders who are either qualified as Coach in Running Fitness (CIRF) or have been on the England Athletics Leadership in Running Fitness (LIRF) course. Sometimes experienced runners without LIRF/CIRF qualification may help to lead groups.

We aim to offer runs which are inclusive, fun – and challenging where appropriate.

**Minimum expectation**

New leaders are expected to lead at least 10 club runs within 12 months of qualifying.

**Organisation and communication**

We communicate and organise ourselves via closed email and WhatsApp groups.

Every month the Runs Organiser sends out a request for availability, then produces a schedule for the month.

Please let the Runs Organiser know preferred runs and advise her if this changes.

Sometimes leaders need time out from leading for various reasons – if this happens, just let the Club Training and Coaching Co-Ordinator know.

We meet roughly twice a year for planning training over coming months and general feedback/discussion. Leaders are encouraged to attend these meetings or at least one meeting per year – or if unable to attend, send any feedback or points for discussion to the Training and Coaching Co-Ordinator.

**Planning your run**

All our runs need to be achievable for all runners within the group.

Please plan your run appropriate for your group and ideally communicate in advance via our facebook chat page with sufficient information to help members decide what to wear/bring.

[Refer pace guidance.]

**Leading your run**

England Athletics recommends at least one leader for every 12 runners. If your group exceeds 12, ask another qualified leader or experienced runner within your group to help out.

If the group exceeds 16 look to split the group with another qualified leader.

Note the number of runners at the start and finish of the run.

Ask that if anyone wishes to leave the run early for any reason, to let you know.

For new runners, ask about their experience/ability and any illness or injury concerns.

Warm-up pre session by running at a slower pace for the first 10 mins or mile of the run, assuming members have not already warmed up.

As a leader, if acceptable to and appropriate for your group and assuming you know how to go about it, you have the option to incorporate structured elements such as fartlek, hill reps, speedwork, non-stop runs. For more explosive efforts eg hill reps/sprints, include a short dynamic warm-up beforehand, eg plyometrics, strides.

Track sessions will include a warm-up and usually dynamic drills beforehand.

Pace will be dictated by the slowest runner in the group.

If your group becomes unmanageable, eg due to a wide range of abilities, consider asking another leader or experienced runner to lead one of the sub-groups.

We encourage leading from the back or asking an experienced runner to look after those at the back of the group. It’s usually the runners at the back who need more support and encouragement.

Encourage doubling back, key to working as a team and supporting slower runners, it should not be seen as a chore. Ensure slower runners get a rest if needed.

Do not leave anyone behind for any reason.

Encourage members to cool down and stretch after runs.

**Safety/Welfare**

Leaders are encouraged to carry a phone or ensure someone in the group has a phone, with contact details of other leaders, in case of emergency.

During darker months members are required to wear high-visibility clothing. Run leaders reserve the right to ask people to leave the run if they are not wearing appropriate high-visibility clothing.

If running on roads without pavements, run in single file on the right hand side of the road into direction of traffic.

Warn runners around you of impending hazards, pedestrians, obstacles.

If someone has an accident or is unwell, ensure someone escorts them back to the start or other place of safety.

If there is an incident/accident on your run, as soon as possible afterwards notify the Welfare Office and submit an Incident Reporting Form: [Incident reporting form](http://saltairestriders.org.uk/site/wp-content/uploads/2017/02/Incident-Report-Form.doc)

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**Relevant Club Policies and Information**

[Code of conduct](https://saltairestriders.org.uk/site/wp-content/uploads/2020/10/Striders-code-of-conduct.docx)

[Health and Safety policy](https://saltairestriders.org.uk/site/wp-content/uploads/2020/10/Saltaire-Striders-Health-and-Safety-policy.docx)

<https://saltairestriders.org.uk/site/club-documents-policies/>

**Further support and guidance**

Keep up to date with UK Athletics rules, these changed occasionally: <https://www.uka.org.uk/coaching/>

EA offer a wide range of training: <https://www.englandathletics.org/coaches-and-officials/coach-development/>

**Queries**

Any queries on this document please contact Club Training and Coaching Co-Ordinator.

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