

## Tadcaster Harriers Guidelines for Running Groups

Rev.0 (17th March 2019)

Whilst our leaders are qualified, please keep in mind they are volunteers and not professional coaches and that we all have responsibility to look after each other out on the roads, especially during the dark winter nights. With this in mind we ask that all members follow our running safely protocols detailed below:

To ensure the safety and enjoyment of all runners on club runs we've produced a series of guidelines for both run leaders and group runners to follow.

The club has a number of qualified leaders who are either qualified as Coach in Running Fitness (CIRF) or have been on the England Athletics Leadership in Running Fitness (LIRF) course. However, it is not always possible to ensure that groups will be led by these individuals. We will though ensure that any other runner leading the group know the route and has access to emergency contact information.

### Training Session Ethos

- The sessions are group sessions and so there is an explicit responsibility to support each other and the Run Leader.
- Sessions are welcoming and friendly but are also training sessions, so all runners are expected to support the Coaches and Run Leaders delivering England Athletics good practice in respect of warm ups, drills, cool-downs and stretching etc.
- All runs need to be achievable for all runners within the group.
- The pace of the run should be dictated by the slowest runner in the group (however, the run leader may ask you to drop to a slower group if your pace will result in the group running slower than the 'advertised pace')
- Doubling back is mandatory and key to working as a team and supporting slower runners, (we've all been there) and should not be seen as a chore.
- Faster runners in the group should not just wait at the top of the hill then instantly set off when the slowest members get there. This is unfair on the slower runners who get no opportunity to rest.
- Remember, we have all been the slowest in the group at some stage, please treat these runners with the same consideration that you would wish to be treated.

Run Leaders have the final say on runs. If you are asked by the run leader to slow down, double back or look after the group, then please look to do so.

## The Basics

- The club will, whenever possible, organise a dynamic warm up. All runners should look to complete this if they are on-time for the start of the session.
- Groups will be split into appropriate abilities and the route / distance and pace guidelines will be communicated to each group. If the run is classed as a 'social run' and perhaps not large enough to split into groups of different paces / distances, then the coach / run leader will have final say on how the session will be organised.
- Groups should be kept to sensible and manageable sizes and ideally there should be at least one Run Leader for every 10-12 runners and no group should exceed 20 runners in total.

## Run Leaders will

- Plan a route before the run within the appropriate pace and distance if this is not already agreed.
- Carry a mobile phone for emergencies or when this is not possible ensure that someone within the group has one.
- Ensure they have access to an up-to-date leaders only online emergency contact details sheet.
- Be aware of the abilities of the group and manage the group pace accordingly.
- Ensure that EVERYONE in the group doubles back to keep the group together, unless you have agreed otherwise.
- Note the number of runners at the start and finish of the run.
- Not leave anyone behind for any reason.
- Encourage group members to move up a group when appropriate.
- Ensure that someone escorts runners who are unable to continue due to injury or illness, back to the start.
- If the group is becoming unmanageable due to a wide range of abilities, split the group into two asking another experienced runner to lead one of the sub-groups.
- Around Tadcaster it is not always possible to run on roads with pavements. However we should look to avoid busy / main roads if they do not have a pavement, using the advice from the [Highway Code](#) as a bare minimum; single file, right hand side of the road into direction of traffic, high viz, look-outs etc.
- Report any incidents.

## All runners should

- Wear high-visibility clothing in the darker months (run leaders reserve the right to ask people to leave the run if they are not wearing appropriate high-visibility clothing.)
- Carry some form of Identification and emergency contact details.
- Not wear headphones.
- Inform the Run Leader of any illness or injury concerns.
- Inform the Run Leader if they are new or have recently moved up a group.
- Bring appropriate medication if required.

- Notify the Run Leader if you are leaving the run for whatever reason (or if that's not possible, another member of the group.)
- Stay within contact of all members unless a split has been agreed with the Run Leader.
- Faster runners should loop back at regular intervals or when requested to by the Run Leader.
- If you choose to run with a group that is slower than your usual pace, do not run at the front of this group, stay back and help the leader otherwise your pace will dictate the group and make it harder for others in the group.
- Look to place themselves in the appropriate group based on their ability. If they find themselves at the front of the group most weeks, consider moving up a group. Conversely, if they find themselves at the back most weeks, consider a slower paced group.
- Cross on official road crossings wherever possible, all roads and road junctions should be approached with caution and only cross when safe to do so. Do not follow other runners across the road; ensure that you carry out your own checks before you cross. Mid-sections of a group tend to ignore traffic signals while following the front of the pack which can be particularly dangerous. Please re-group in full on the other side of the road.
- Do not run more than two abreast especially in busy areas.
- Give way to other pedestrians/path users when necessary.
- Warn other runners around you of impending hazards, pedestrians, dustbins, low hanging branches etc.
- Look after the other runners within your training group, if someone is struggling make sure that they are not left on their own or inform your Run Leader.

If you have any comments or suggestions for this document or feedback regarding how the club do or do not implement and stick to these guidelines, please contact the one of the coaches or a member of the club committee