

## Lymm Runners - Basic Guide to Run Leading

### Before the Run

Know the route you plan to use, and think about any risks (traffic, weather, light, dogs...) and how to deal with them. Be appropriately dressed yourself for the weather (shoes, layers) and light conditions (reflective clothing, headtorch). Make sure you are identifiable as the run leader (eg bib/jacket/top with "RUN LEADER" on it).

Bring with you a bumbag or similar with a few key essentials – such as mobile phone, drink, folded space blanket, a few sweets. Some people carry a bit of first aid stuff like plasters.

Arrive 5 minutes early – before everyone else – at the meeting point.

### At the Start

Greet people as they arrive. Make sure everyone knows everyone else – if in doubt go around the group to do intros – it never hurts to introduce people more than once as hard to remember all the names.

Greet newcomers especially – and check out with them their level/standard of running.

Check people are appropriately dressed/equipped. If not, handle it in a low key/friendly way and suggest next time they need to wear reflective clothing, bring a headtorch or whatever.

Tell people what you plan for the run – route, distance and pace – and check its OK. If anyone might struggle with that, reassure them and make plans to look after them.

Assuming you are going to be at/near the front of the group, nominate a regular as the back runner. If you are not going to be at the front make sure the person who is knows the route well, including muster points.

Do a headcount so you know how many people you should still have at the end. Check if anyone plans to divert off before end of route – if so, fine, but ask them to let you know when they do so you know how many runners there should be in the group.

Do a warm up – might just be walking/jogging on the spot or in a circle, or starting off for the first 5 mins at a slow pace with some dynamic stretching like high knees or heel flicks

### During

Lead the group around the planned route. Set muster points at appropriate intervals where the group will stop to regroup and where faster runners can run back. Encourage running back as its very disconcerting for slow runners to always feel the group is waiting for them. Check the headcount at muster points before setting off.

Don't set off again immediately the last runner arrives or they get no rest breaks.

Keep a special eye on slower runners and on anyone who seems to be struggling to keep up. Reassure them and if necessary slow the group down.

If anyone is injured, stop the group to help the person. Use mobile if necessary to summon help. Do not give first aid unless you are qualified to do so, except in a real emergency. If the person cannot continue, arrange for someone to stay with them/walk back with them/collect them. Do not leave the injured person alone to find their way home.

Once the situation is sorted, resume the run.

### After

Do a warm down – slow running for the final 5 mins, or some static stretching – and check the final headcount.

Use the time to mention any upcoming events – races, runs etc – and to encourage some social interaction.

Thank people for coming – give positive and encouraging feedback. Encourage people to come to other regular Lymm Runner sessions.

Check out with newcomers how it was – hope they enjoyed it – and give them a Lymm Runners information pack.

Mention the website and the e-group.