

Introduction

The purpose of this document is to give Run Leaders / Coaches additional information that will assist us in delivering training sessions that are as safe as possible.

Prior to reading this document you should read the Runners Briefing document.

Planning

Run Leaders Rota

We will utilise the Run Leaders Facebook group to find out who is available to cover the sessions. In due course we will return to having a rota that allows us to plan ahead.

If there is no run leader available for a particular session, we will let everyone know in advance.

When describing the group, we will not be using confusing descriptions such as the 8 to 8:30 group. This may lead to someone who thinks they can comfortably run at 8:15 going with a group that ends up running at 8 minute miles.

Route

You will need to give careful thought about where you conduct your session in order to avoid unnecessary close contact with members of the public. Poor route selection could end up leading to people complaining to the club. If you are leading a road run you need to know how far your run should be. This will help:

Pace Group (min/miles)	Distance (miles)
7:00	8.5
7:30	8
8:00	7.5
8:30	7
9:00	6.7
9:30	6.3
10:00	6
10:30	5.7
11:00	5.4

You should **only lead runs on routes that you know and have run before**. That way you are likely to know where there are potential issues that you wouldn't know from plotting it out on a computer.

That said, you should use an online mapping tool such as strava, garmin or map my run to check that your route will be the correct distance.

You should consider the following points when planning your route or session:-

- Every effort should be made to avoid using busy areas or narrow pathways with limited space to pass members of the public.
- If using footpaths along the main road, consider if it will be safe enough to move out into the road. If not, avoid using these footpaths.
- Routes involving quiet residential roads are ideal as you may be able to safely run in the road, as opposed to on the footpath.
- Avoid routes where there are gates or anything that would need to be opened.
- If going off road onto a trail route, be careful of very narrow, single track paths, ie through an overgrown area. If you have a member of the public coming towards you then you may have to back up if there is no space to pass. Try and use open spaces.
- There are plenty of park areas in St Albans and whilst there is still a good amount of daylight it may be good to use these. If you do, consider running on the grass rather than the paved areas.
- Plan a route that does not involve lots of stopping and starting to cross busy roads etc. This may have the effect of bunching the group together and making it difficult to social distance. This can also disrupt the flow of the run and be potentially dangerous.

If you are doing an interval session, consider where people will be leaving items such as water bottles etc. Where possible use an open space such as the park. If the session is in a residential street DO NOT use peoples front gardens as this is likely to annoy them. Choose a location where it will not interfere with members of the public.

Route Suggestions

Here are a few suggestions that may help:-

- The roads around Bedmond towards Serge Hill (especially whilst there is good daylight)
- The Alban Way
- Highfield Park
- Batchwood / Childwickbury
- Out towards Bricket Wood
- Along the Dual Carriageway (Dull but at least you shouldn't come across many people)

Don't use the main 'ring road route' (Unless you are only on it for a short period to get to the next side road).

If you have any good routes that work well, share them on the Run Leaders facebook group. Equally if you identify any problem areas then please also flag them up on the group.

What to Bring

In addition to the items mentioned in the runners briefing, you will also need to bring the following items:

- A pair of gloves (Nitrile material) to go with your mask. These are needed just in case someone gets injured and you need to assist them (If you run with a run belt you may choose to carry a small first aid kit).
- A way of writing down the details of people in your group - pen and paper or your phone. Don't rely on being able to remember everyones names.
- It is recommended that you also carry a phone in the event of an emergency. If you don't you should at least have a plan of what you will do in an emergency. You will have to factor in the location of your run route.

The Session

Meeting

As a run leader, please try and arrive at the meeting point 10 minutes before the start time. This is to make sure you are one of the first ones there and can point people in the right direction.

There will be signs for three meeting points within this area and they will be spread out. There will be three pace groups designated at each meeting point:-

You must maintain social distance of 2 metres and avoid any contact with other members (unless they are a member of the same household). You should also maintain distance from other groups. As a run leader you may have to remind members about this.

Before you set off

The maximum size of a run group will initially be 6 for road runs and 12 for 'off road' interval sessions. This figure does not include the run leader or coach.

If there are insufficient run leaders for the number of runners, some members will be turned away or will have to join another suitable pace group if there is space. It may also be that there is another suitable 'run leader' who can take an extra group. However this person should have read and understood the requirements in this document.

You will need to do two things once your group is assembled and before you set off.

1. Ask everyone to confirm that they have completed the pre run form and that there is nothing that prevents them from running. If anyone shouldn't be training, politely explain they can't join the session and send them away. However still make a note of their name.
2. Make a note of the name of everyone in the pace group. Any new members who have not signed up should be asked to provide contact details. These details will be kept for 21 days purely for track and trace purposes.

Only set off once you are ready.

Training Session / Run

Whilst on your run activity you should follow all guidance provided in the runners briefing along with the following:

- Communicate with the group. Remind them to keep their spacing, call out hazards and tell them when they need to go in single file.
- As the leader, make sure that you always thank any members of the public who move out of the way.
- Make sure that you stick to the advertised pace. Only go faster if everyone is capable and happy to do so.
- Make sure that people let you know they are leaving the group part way though the run. Make sure they know where they are going and are feeling ok. If necessary, message them afterwards to make sure they got back ok.

Dealing with an Incident / Injury

In the event of an incident / injury, you should take the following basic action to prevent the spread of Covid 19:

- Stop and ask the person what is wrong and assess the situation. You should avoid physical contact where possible.
- Anyone who needs to render assistance should put their face mask on and you as the run leader will also have gloves that should be used if you must touch the injured person.
- Depending on the circumstances, you will have to get assistance to come to you (ie 999) or make arrangements for the person to get back to the meeting point and / or to get home. At all times, you should consider limiting opportunities for the spread of Covid 19.

- If you have been in contact with anyone remember to wash your hands thoroughly as soon as possible.

Remember all runners should have their Striders ID tag (or similar item) that contains emergency contact information and/or medical conditions if required. If this not available, you should contact the club secretary or another member of the committee as soon as possible to assist.

Returning from the session

When you arrive back at the meeting point you should continue to maintain social distance from each other (unless they are from the same household).

Take a few minutes to catch your breath and then encourage the group to leave the meeting area outside the track building.

If anyone has had to touch anything / anyone whilst on your activity, remind them to clean their hands or use hand sanitizer as soon as possible.

DO NOT congregate in large groups and DO NOT mix between groups.

Remember that there is a 15 minute contact window that could mean any contact with another group would be subject to track and trace.

Following the session

After you return home please email covid@stalbansstriders.com with the following details:

- The pace group you led
- Names of the people in the group
- Contact details for any non-members in the group (Phone number or email address)
- The rough route used ie 'Bedmond lanes', 'Alban way to Highfield park'
- Details of any incidents or confirmation there were no incidents. Incidents may include:
 - Someone getting injured
 - A member disregarding the club rules or
 - A confrontation with a member of the public which may lead to them complaining.

If anyone has been injured on the run you should also email the [club secretary](#) so that a UKA injury form can be completed.

Disclaimer

We have tried our best to put in place a plan that will limit the spread of Covid 19 in line with the guidance from England Athletics up to 26 March 2021. This advice may change in due course and we will endeavor to make sure that any updated advice is communicated to members as soon as we can.

<https://www.englandathletics.org/guidanceupdate>

It should be noted that everyone should follow the current government and NHS advice and guidance and that that will take precedence over anything within this document.

<https://www.gov.uk/coronavirus>