



WESTBURY HARRIERS

FOUNDED 1924

President: DAVID PERKINS

Lady President: PATRICIA GALLAGHER

Olympic, World, Commonwealth Games, United Kingdom, Great Britain, English, Scottish, Welsh, Irish and New Zealand International Honours

Reception Group Leaders Guide

Introduction

Westbury Harriers wish to note their gratitude to you for volunteering to lead one of the Reception groups at the club. Without your support these groups would not happen with the quantity of young people we are supporting.

Reception groups are for young athletes between 7 and 11 years of age who wish to develop their running fitness hopefully with the aim of moving on to the clubs junior section and competing at the various events that the club supports.

Group Structure

The Reception section at the club has been split into three running groups. The three groups will normally consist of between 10 and 15 young athletes. The groups are split by ability and the aim is to move the young athletes up or down through the system as they develop. The Reception section at the club runs in term times only. It is intended to complete a benchmark running test at the beginning or end of each term to help adjust the training groups for the next terms training. As a group leader you should try and note any runners that may need to move up or down and make suitable recommendations to the Reception group coordinator (Warren Pickles – e-mail: reception@westburyharriers.co.uk).

Eligibility to be a Group Leader

The club requires group leaders to have completed the Leadership in Running Fitness Course which is delivered by England Athletics. Please visit the EA website and identify a suitable opportunity. Once you have completed the course and associated DBS clearance EA will issue you with a LiRF licence. At this point the club will reimburse the cost of the course (currently £135) if you commit to regularly leading groups at the club. For Reception groups This will be twice per term as a minimum but hopefully you will want to do more. Claims can be made by filling in the form on the club website and submitting to the treasurer.

Leading a group

Please take responsibility for taking your groups register as this speeds up the process and gets everyone out running sooner.

Children must wear hi-viz clothing when running in the dark. Please ask any adults to do the same as it sets the right example.

Headtorches should be worn by the adults so they can see where they are running and the children. The club has a supply of these available from the coordinator at each Monday session. Children should be encouraged to wear these also where available.

Start the session with a warm up involving moving the whole body – fun if possible.

Brief adults and children before starting a pavement run – stay on the pavement, no messing around/pushing each other. Adults to stay roadside of children on the pavements.

Identify one other adult to be sweeper – ensure that there is an adult at the front and rear of the group at all times and try and keep the group spread to less than 100m where possible by holding the leaders (Stop or slow down. Circle them back to the rear to keep them running if safe).

Note that when groups are out and especially if there is an injury or similar that you should not split a group whereby an adult accompanies a child 1:1 unless a parent is left with their own child. If for example an adult was to take a child who is struggling on a shortened route then put at least one extra adult or 2 extra children into that smaller group.

Group leaders must ensure that all children are in the care of a responsible adult at all times. If children are unable to start the session they must only be left at the clubhouse if their parent is present or at least 3 children are left in the care of an adult.

With our groups we aim to have a minimum of one adult helper for every six children running and a minimum of 3 adults with each group. If this is not achieved then running should be limited to the sports fields where the ability to manage the group is enhanced.

Groups must be managed across roads. The leading adult is to stop all runners and ensure that all runners are together before guiding the group across the road when safe to do so.

If you have a new runner in your group try and pair them with someone else if they do not know anyone.

Sessions should finish with a few minutes of stretching. Emphasise the importance of this and try to repeat some key stretches every week and gradually improve the children's technique over time. Try and include at least one calf, hamstring and thigh stretch in each session.

Thank You for your support and enjoy your running.