

## Guide Running Workshop

The Welsh Athletics Guide Running Workshop has been developed in partnership with Disability Sport Wales with contribution and support from Guide Dogs Cymru.

The 2-hour workshop is a mixture of theory and practical activities and provides attendees with information and experience in supporting visually impaired people to run.

The workshop will explore:

- Various types of visual impairment
- Tips for operating safely whilst guide running and how to make your running sessions VI friendly.
- The practical element will give the opportunity for attendees to experience guiding and being guided by each other in a suitable setting.

**Prerequisite:** Those completing the workshop with an up to date and valid Leadership in Running Fitness qualification will also have the opportunity to join the Welsh Athletics / Run Wales register of recognised Guide Runners (as featured on the [Run Wales](#) website).

**Cost:** £20

To view the workshop calendar, [click here](#).