

Run Leader Refresher Workshop Pre-Course Information



**Contents:**

Role of a Leader .....	2
Athlete Development Model .....	2
Plan – Do – Review .....	3
Session Plan Summary .....	3
Principles of Warm Up .....	3
Principles of Cool Down .....	4
Mobility and Stretching .....	4
Components of Fitness .....	5
How 2 and What 2 Cards .....	6
Barriers to Participation .....	7
Licensing, DBS & Safeguarding .....	7
Next Steps .....	9

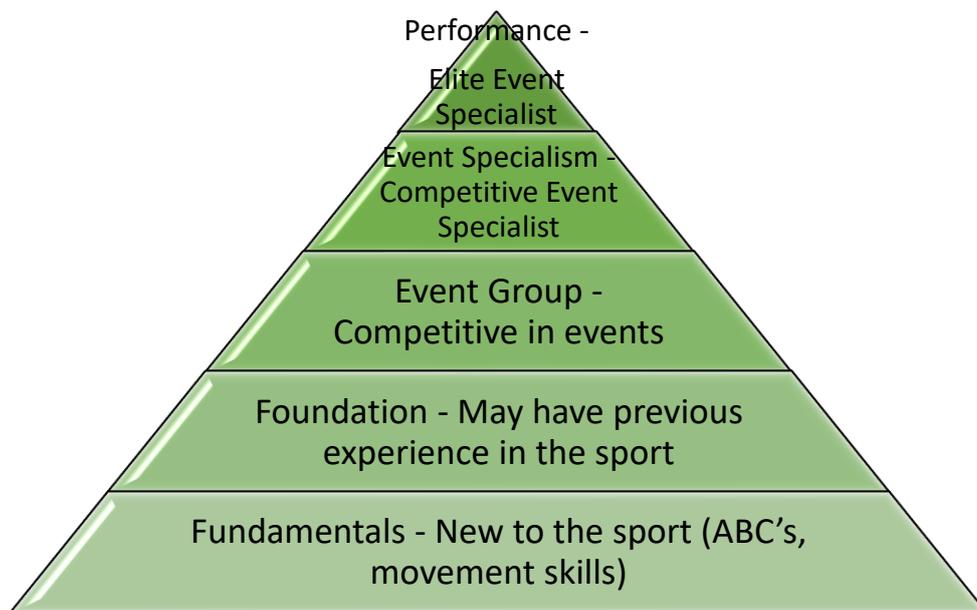
## Role of a Leader

- Organise and promote the group
- Provide a safe environment at the right level for the participants
- Encourage and maintain involvement in running and walking
- Signpost runners to development opportunities
- Ensure good sportsmanship
- Be individual centred leaders

An individual centred leader will. . .

- Place the needs of everyone before the interests of the leader or the group
- All individuals are welcomed to participate, are valued, and encouraged to explore their own potential
- Recognise the importance of providing a fun and safe environment
- Encouraging individuals to be involved in their own development and empowered to take greater responsibility for it

## Athlete Development Model



The UKA Athlete Development Pathway is a simple model that illustrates the different ways athletes can develop with age. The pathway highlights the requirement for athletes to possess a range of skills and attributes that are appropriate for their current stage of development. Furthermore, it addresses the challenge faced by athletes that enter the sport at an advanced age, who may need to readdress key deficiencies in their developmental to reach their full potential. This last point is especially significant to Athletics because it is a sport in which individuals can excel even if they begin formal training at a relatively mature age.

## Plan – Do – Review



- Organisation & Safety
- Instruction & Explanation
- Demonstration

Plan, Do, Review is a basic process to ensure continual improvement in your delivery as a leader. The basic aim is that a leader will plan each session, deliver it, and then review the experience and use this to inform and develop future practice.

## Session Plan Summary

- A general aim, outcome or goal
- Athlete information (incl. medical info)
- Skill, knowledge and experience of the group
- Stages of development
- Facility, space, equipment, other users
- Time available
- Leader support team (front runner, tail runner)
- H&S – emergency procedures
- Differentiations / adaptations
- Number of reps / sets
- Intensity & recovery.
- Structure of a Session
  - RAMP Warm Up
  - Main Activity
  - Cool Down

SESSION 6: PLAN AND DELIVER A SESSION AS A TEAM		
Date:	Group No./ic	Age/Ability range: Any special needs?
Venue/Route		
Risk Assessment completed		Risks identified/action taken or planned
Purpose(s) (exam)	Activity	Pre-activity and checks ✓ All ✓ Progress ✓ Other
Warm up activity		Safety issues
Activity		Contingency plan
Cool down activity		Stretching

## Principles of Warm Up

The warm up prepares the athletes physically and mentally for the activity to come. It should relate to the main body of the session in preparing the athletes for the actions and activities that will make up the main part of the session.

## Run Leader Refresher Workshop Pre-Course Information

The four key objectives of a good warm up are:

1. Gradually increase the temperature of the body and muscular system
2. Ensure that the athlete can move through an appropriate range of motion for all of the activities they will encounter during the upcoming session
3. To rehearse movement and coordination skills prior to the main activity of the session
4. To psychologically prepare the athletes for the challenges of the training session

The warm up should start slowly and gradually increase in intensity. It should be fun and variety is key. To help remember how to deliver a good warm up, the acronym RAMP can be used;

**Raise** – Increase of muscular temperature, core temperature, blood flow, muscle elasticity (muscle's ability to stretch) and neural activation (mind, body connection).

**Activate** – Engage the muscles in preparation for the upcoming session.

**Mobilise** – Focus on movement patterns which will be used during the activity.

**Potentiate** – Gradually increasing the intensity on the body in preparation for the main activity (eg. faster strides)

## Principles of Cool Down

- Ensure it lasts for **at least 5 minutes**
- Include easy jogging and static stretching
- Add feedback on performance (effort and skill/progress)
- Receive feedback from athletes and provide details of next session

## Mobility and Stretching

Although there are many different ways to stretch, they can all be grouped into one of two categories; static or dynamic. The term **static stretching** (or static stretches) refers to any stretch that is performed **without movement**, for example a standing quadricep/calf/hamstring stretch. In other words, the individual gets into the stretch position and holds the stretch for a specific amount of time.

The term **dynamic stretching** (or dynamic stretches) refers to any stretch that is performed **with movement**, for example arm circles/high knees/side steps. The individual uses a movement to reach an optimal range of motion (ROM) and flexibility. The force of the movement is gradually increased but should never become radical or uncontrolled.

## Components of Fitness

- Endurance
- Speed
- Strength
- Flexibility
- Coordination

### 1. Endurance

- Muscular – ability of a muscle or group of muscles to perform repetitive contractions against a force for an extended period of time
- Cardiovascular – ability of the heart, lungs and blood to transport oxygen

### 2. Speed – the ability to move body parts at speed

### 3. Strength – the amount of force a muscle can exert against a resistance

### 4. Flexibility – range of motion at a joint

### 5. Coordination – the ability to move two or more body parts together



How 2 and What 2 Cards

HOW - 2

### SAFETY

- Assess the risk; area, equipment, runner
- Keep checking safety; area, equipment, runner
- Keep runners on task
- Follow correct coaching practice and progression



HOW - 2

### ORGANISATION

- Plan in advance how you are going to manage people, equipment and space
- Check and re-check that the plan is safe during the activity
- Group athletes according to number, ability, activity
- Use group size to control intensity and environment



HOW - 2

### INSTRUCTION & EXPLANATION

- Plan what you say before you speak
- Gain their attention before speaking
- Keep it simple
- Check for understanding



HOW - 2

### DEMONSTRATION

- Stand in a space so everyone can see you
- Focus on 1 or 2 key points
- Repeat silent demo more than once and from different angles
- Check for understanding through questioning and or practice



WHAT - 2

### ENDURANCE RUNNER

- Tall posture with high hips
- Relaxed shoulders with efficient backwards driving arm action
- Rhythm guides optimal speed and efficiency
- Foot land naturally underneath the centre of mass, moving down and backwards



WHAT - 2

### WHEELCHAIR RACING

- Catch push rim at 2-3 pm (on an analogue clock)
- Drive at 3-5pm - accelerate onto push rim, drive down extending triceps
- Release push rim at 6-7pm avoid over extending elbows
- Lift and bend elbows to initiate next stroke phase
- Acceleration (with high elbows)



## Barriers to Participation

There are considerations to make when planning your sessions to ensure they are inclusive.

<p style="text-align: center;"><b>Gender</b></p> <ul style="list-style-type: none"><li>• Self-esteem</li><li>• Family issues</li><li>• Low expectations of self or by others</li><li>• Time</li><li>• Body image</li><li>• Competition</li><li>• Peer pressure</li><li>• Intimidated by others</li><li>• Afraid of getting injured</li></ul>	<p style="text-align: center;"><b>Culture</b></p> <ul style="list-style-type: none"><li>• Gender of leader or group</li><li>• Group dress</li><li>• Perception of the sport</li><li>• Day &amp; time of group</li><li>• Religion</li></ul>
<p style="text-align: center;"><b>Hard to access areas</b></p> <ul style="list-style-type: none"><li>• Health concerns</li><li>• Money</li><li>• Family</li><li>• Venue</li><li>• safety</li></ul>	<p style="text-align: center;"><b>Disability</b></p> <ul style="list-style-type: none"><li>• Physical</li><li>• Learning</li><li>• Hearing loss &amp; deaf</li><li>• Impaired sight &amp; blind</li><li>• Accessibility of venue</li><li>• Equipment</li></ul>

## Licensing, DBS & Safeguarding

### 1. Licensing

**Licence will be issued:**

- On completion of the course
  - Online modules
  - End of module quiz
  - Submission of filmed sessions for formative feedback
  - Safeguarding
- UKA DBS check completed
- Suitable passport photo submitted to your profile
- Leaders licence
  - 3 years (renewable on updating DBS & Safeguarding requirements. \* As of April 2019, all coaches and leaders must complete the [UKA Safeguarding module](#) in order to receive and renew a licence)
  - Issued 4-8 weeks
- You will be a qualified and insured Run Leader
- Able to lead a group in safe and fun fitness sessions using running and walking activities
- **Your licence will be issued when all relevant requirements have been completed**

### 2. DBS Information

- Log into your profile at [www.uka.org.uk/myprofile](http://www.uka.org.uk/myprofile)

## Run Leader Refresher Workshop Pre-Course Information

- See the 'Personal Details' section at the top of the page once you have logged in. Please click on the link to 'Access online DBS' next to this to complete the online application

The online form process is simple to follow on screen information at each stage will help you complete it effectively.

### 3. Licence Photo

#### The quality of your photos

- Your photos must be:
  - Passport style (photographic paper or electronic .jpg format, under 10MB)
  - taken within the last three years
  - in colour on plain white photographic paper with no border
  - taken against a plain cream or light grey background
  - clear and in focus
  - without any creases or tears
  - unmarked on both sides
  - unaltered by computer software

#### What your photos must show

- Be a close-up of your full head and upper shoulders
- Contain no other objects or people
- Be in clear contrast to the background

#### Photo dos and don'ts



## Run Leader Refresher Workshop Pre-Course Information

### Next Steps

Continued Development and Support available via [irun.wales](http://irun.wales) for all things running...or Athletics Hub for;

- [Movement Skills online modules](#)
- [Disability Inclusion Training online module](#)
- [CLEAN Athletics online module](#)
- Equality in Sport
- [Guide Running Workshop](#)
- Access to Run Leader Champion Mentor support, contact Eva Brewer [eva.brewer@welshathletics.org](mailto:eva.brewer@welshathletics.org)
- [Run Wales LiRF Network Facebook](#) group – join the network of leaders across Wales!

### Coach in Running Fitness

- 4 day course
  - HOW2 Skills:
    - Observation & Analysis
    - 
    - Feedback
  - Additional Technical Content
  - Planning (Short and Medium term)
  - Assessment.

