

Southport Strollers – Training Session Checklist

Each running group / session will have an “Organiser” appointed. It is that person’s responsibility to determine if the session is going ahead based on Run Leader availability, weather etc.

Where necessary the organiser delegates (EG. absence) but ensures all responsibilities are fully understood.

The Organiser plans the session and route - contingent upon; number of leaders, potential number of participants, weather forecast, time of day, path and road conditions. See also the ‘Risk Assessment Document’ and consider if your run requires further risk assessment.

Note - routes should be planned to take account of; fewest road crossings, good running surfaces, street lighting for dark conditions.

Organiser – delegates other roles; register taker, new starters, warm up cool down, assigning run leaders to groups, tail runner/walker, first aid. (all as appropriate and dependent upon the group size and number of run leaders)

New joiners – check details, emergency contacts, medical conditions, experience

Run Leader/s - check runners – any new injury niggles – suitable clothing, appropriate footwear, reflective, lights – advise or ultimately refuse if not confident they should participate

Make sure runners know who the run leaders are – leaders should be wearing designated shirts

Run Leader/s - advise route to be taken and any specific known hazards

Run Leader/s - advise and warn of any conditions – weather, traffic, people

Warm up and Cool down - appropriate to the group; dynamic WU, static CD, jog out, jog back

Run Leaders - to take active interest in the individuals during the run, advise, encourage, check for difficulties and support as appropriate (cut short the session)

At end of the session; check all runners are back and check for any new injuries, difficulties, near misses.

[Remind everyone – take care of their own safety – not a race it’s a training session](#)

Members Safety Charter

1. Wear appropriate clothing – in particular, appropriate footwear
2. Wear bright reflective clothing – particularly during dusk / dark sessions
3. In poor light conditions – autumn and winter evening wear lights
4. Always follow Run Leader guidance
5. Always run on pavements and paths (where available) do not use roads
6. Respect other pedestrians and give way
7. Report concerns of safety to the Run Leader
8. Try to cross roads at designated crossing points