



SRC Coach Guidelines

The following provides a brief set of guidelines for coaches taking sessions at the Stonehaven Running Club:

General

- Always take a head count at start and finish and in the middle if you are doing a route that risks losing people – ask another coach to check as well
- Make sure everyone knows the planned route / session (especially other coaches present)
- Good practice is to carry a phone with you with other coaches contact details in case of an accident and need to get hold of family or ambulance
- Each session should cater for all abilities of runner there should be a minimum route with an add on for faster runners
- If you are being experimental with your sessions, try them out before hand. G-map pedometer is really good and even does some off road stuff too.
- Although we all want to train as well as coach, we need to be more of a coach. That means sometimes sacrificing the run to make sure everyone is doing OK. Some tips picked up from other coaches are to run the route backwards, find shortcuts so you can see the whole group. Generally it's those in the middle / back of the pack that need support / directions.
- Planning of a session is essential. Be prepared to alter a session if the weather changes or conditions are bad. Always bear health and safety in mind.
- If there is an accident please follow the 'Emergency Action Plan'
- Coaches should be aware of the codes of practice as detailed by UK Athletics. <http://www.uka.org.uk/governance/health-safety/code-of-practice/?locale=en>

Injury Prevention

- There should always be a warm up run with a minimum route (shorter one for all runners) and a possible extended one for faster runners.
- Warm up should always start with a brisk walk (to end of Beach Road), followed by a short very easy jog (to tennis court).
- Need to tell everyone to be aware that it is their own responsibility to stretch at the end as there is not always the opportunity any more to do stretching communally, and this is necessary to prevent injury



- It is not always practical with the space available to provide stretching at the end of the session as a minimum do a cool down which should be a minimum of (from finish point) easy jog (to tennis court) then brisk walk to finish (leisure centre).
- Always try to give the option to stretch even if you ask another coach or competent person to do this.

Newcomers

- If we have new people, make them welcome and explain the session and advise to run well within their ability on the first few sessions to get to know the group pace.
- Buddy them up if needed or ask another coach to go with them so that they can be assessed.
- Give them a copy of the 'Runners Expectations' Sheet.