



LFR Training Plan

Introduction

The Training Plan has been drawn up to detail LFR's strategy with regards to coaching, run leading and training showing our development for the club with England Athletics.

Where possible a qualified coach or run leader will lead a club session. However, it is recognised that this will not always be possible and sometimes it will be necessary for somebody else to lead the run acting under the instruction of a qualified run leader wherever possible.

The nature of training activities in our club has shown that it is not always possible to have a coach or leader who is responsible for planning and managing training sessions. We recognise that it is good practice to have appropriately qualified coaches and leaders but when that isn't possible we are still covered under UKA public liability policy, as long as a session takes place within an authorised club activity and, if managed by a coach or leader, then he or she must hold a current UKA licence.

When a coach or leader may not be physically able to accompany a group on a training run it is recommended that a session should be planned and managed by a qualified coach or leader and good practice guidelines followed.

Action Plan

1. Run Leaders

- We have an annual budget that is allocated for putting members through LIRF courses. Any member is able to take part in this course if they have already shown an active interest in 'run leading' under our guidance.
- Members who take the LIRF course must commit to carry on supporting the club through run leading.
- The LIRF course may not be suitable for all members due to time commitments or not wanting to go down that path. These run leaders are still able to run lead but their chosen route etc will always be approved by a qualified leader or coach and they must acknowledge the "LFR Run Leader Guidance".
- Our guidance is available on our website for all to see and can be found here: <https://www.leightonfunrunners.org.uk/wp-content/uploads/2020/12/LFR-Run-Leader-Guidance.pdf>
- Leaders, coaches and non-qualified run leaders have regular meetings to remind about guidance and check that everyone is happy.

2. Coaches

- Any sessions carried out by a coach will be titled so.

- Any Improvers sessions that can not be physically run by a coach will have been approved by a coach first and any feedback should be given to a coach afterwards.
- LFR are aware that we need more coaches as part of the team and when budget allows we will look at suitable candidates to place on the course.

3. Safety

- All LiRF Run Leaders and Coaches must have an up to date DBS check.
- DBS checks expire after three years.
- DBS checks can be obtained through the EA portal.
- All LiRF Run Leaders and Coaches must complete the Safeguarding Course and have an up to date certificate.
- Dates of DBS and Safeguarding for each LiRF Run Leader and Coach can be seen on our *Training spreadsheet*.

4. Couch to 5k Course

LFR typically runs two C25k courses open to members of the public in return for a donation to the club charity. Each course has a maximum of 60 participants.

The C25k programme is overseen and organised by an EA qualified coach (C25k lead), which is a separate position to other club coaches. The C25k lead has three “leaders” who are LiRF qualified and supported by other volunteers from the club

The participants are invited to attend a weekly organised meeting led by either the C25k lead or other leaders. After a briefing participants are split into smaller groups and led by a run leader, often with additional support, depending on numbers available.

LFR is seeking to increase the number of LiRF qualified helpers through the training plan. Ideally club run leaders will assist, and the club will also fund regular C25k volunteers to gain accreditation.

Approved 14th June 2021 at Committee meeting.