RUN LEADERS BRIEFING CHECKLIST

This document is a reminder of things to check and be aware of before, during and after club runs from SRFC, based on the UKA guidelines.

Before the run:

- ☐ Run Leaders know the route, and are aware of any likely hazards that they may encounter.
- ☐ Run Leaders have explained the route to the group
- ☐ Run Leaders have confirmed with the group the likely pace, and whether anyone has injuries etc that may impact the session.
- ☐ A tail runner or back marker has been identified so that no runners get left behind.
- ☐ A head count has been performed.
- ☐ Run Leaders have a phone with them

During the run:

- ☐ Run Leaders lead the group, ensuring that all hazards are navigated safely.
- ☐ Runners are encouraged to run as a group, on the pavement where possible.
- ☐ Runners cross roads as a group, using designated crossings where possible.
- ☐ Regular re-grouping occurs to ensure the safety of runners.

After the run:

- ☐ Runners return as a group to SRFC.
- ☐ Run Leader confirms all group members have returned, and are feeling well.
- ☐ Any incidents that have occurred on the run are reported by the Run Leader using the Run Leader Incident Report.