



BUNGAY BLACK DOG RUNNING CLUB

England Athletics 2657740
SCAA affiliated

Role Description – Leader in Running Fitness

Introduction

Volunteer coaches and run leaders are an important and valued part of **Bungay Black Dog RC**. This document outlines both what you can expect from the club as a Leader in Running Fitness (LiRF) and what the club hopes for from you. If you have any further questions, please contact any member of the coaching team.

As a volunteer LiRF you can expect the following:

- BBDRC will cover the cost of the LiRF course. The course is 1 day and usually run on a weekend. There is no examination requirement. The course will provide you with the necessary information and skills to plan and deliver a safe running session to our senior groups.
- As a LiRF you are insured to lead runs for groups of senior runners independently. However, you will have the full support of the coaching team and if you wish to be shadow or be paired with a more experienced LiRF for your first runs, this can be arranged.
- As a LiRF you are expected to plan and deliver your own runs. In practice, the more experienced LiRFs will be able to advise on suitable routes for the various groups.
- You will need to complete a DBS application. As a volunteer, this is free of charge and can be applied for on-line. You will need this and your coaching licence which is issued on satisfactory completion of the DBS, before you can join the coaching team.
- Once qualified as a LiRF you will be required to join the rota.
- It is hard to quantify frequency of sessions and dependent on the number of active LiRFs, but you will be expected to take a minimum of 2-3 sessions per month.
- BBDRC tries to offer a degree of flexibility on the rota. If you are unable to cover your session, it is your responsibility to arrange cover with one of your coaching colleagues. In practice, arranging a swap if the easiest & fairest way of doing this.

Chairman: Robin Ashe
07909 527226
robinashe@icloud.com

<http://www.bungayblackdogrunningclub.co.uk/>

Club Captain: Tom Pullinger
07717 712209
tvpullinger@btinternet.com





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- Once qualified, further training courses are available to you. As a LiRF the club strongly recommends you take the First Aid in Sport (3 hour course).
- BBDRRC recognises that joining the coaching team may well have an impact on your own personal training plan. However, we hope that the opportunities for personal development and the new skills you acquire through coaching will offset this.
- In addition to the session and other ad hoc support available from the coaching team, you will have access to the coaching committee via the LiRF representative. The committee welcomes fresh ideas and constructive suggestions for improvements.

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