



## Hardley Runners Coaching

Hardly Runners provides coaching assisted training sessions twice a week, the coaches are all long term members of the club, who facilitate the training sessions, in their own time, each coach has completed training qualifications run by English Athletics, currently the club has 6 coaches all trained as Leaders in Running Fitness, and one in Coaching in Running Fitness.

Hardley Runners actively supports any member wishing to explore coaching as a way of giving something back to the club, in return the club will help sponsor members with the appropriate training fees to obtain qualifications. This does depend on the number of qualified coaches at one time.

The basic level of qualification required to facilitate a training session is "Leadership In Running Fitness" this is a one day course, and these are held all over the country, we obviously try to find local venues to avoid travelling, along with the EA qualification members wishing to run training sessions must initially complete a DRS check, and ideally a Basic First Aid course. We do have several coaches at this level that only provide assistance to lead coaches on some training nights, or the beginners' courses.

The two coaching courses are as follows:

**Leader In Running Fitness** - A one day Leadership Training course which qualifies and insures leaders to deliver safe and fun running sessions, suitable for Running Club Leaders and other Group Leaders. (Note must be aged over 18).

Before a club member can be put forward to this course we would expect the member to have been with the club for a minimum of 2 years, and to attend the current training session, around once a week.

As a coach we would expect new coaches to attend planning session, at Hardley Runners we take pride in providing a training plan that will develop out athletes, at the same time providing manageable training sessions that will meet the needs of our athletes, obviously the content of the sessions changes according to the season, athletics ability, and planned races that our members will be running.

**Coach in Running Fitness** - One weekend, plus an additional day, and an assessment day, this endurance running qualification primarily for those working with runners up to and including the event group development stage. All applicants must be active leaders or coaches who have completed as a minimum a Level 1, Fitness in Running & Walking, LiRF or Coaching Assistant qualification. CiRF is about the broad application to non-track based endurance running events rather than specific events or distances and is not designed for coaches who want to work with runners taking part in track based events such as long jump, specific track races, or steeplechase. When qualified you will be insured to coach without supervision.

Before a club member is considered for the above course we will expect them to have completed the LiRF course and to lead regular club training session for at least one year.

Before considering yourself to be put forward for any of the above training course, and to run the club training session we firstly would always welcome runners to come forward and discuss the options with one of our coaches, however please consider that to run training sessions there are personal qualities that we would all like to believe we have, that are important to ensure you will be a suitable candidate.



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**Safety** – Provide a safe environment for the athlete, this includes presenting safe and appropriate running drills. Please ensure all runners are suitably equipped with high visibility equipment when required.

**Communication** – Always welcome new runners attending training, and communicate as necessary to other coaches the presence of new unknown runners.

**Encouraging** – to ensure your enthusiasm for running is there to help encourage others.

**Understanding** – to evaluate others abilities and push only within their limits.

**Patient** – we don't all always get it right first time, and some runners only attend for social and keep fit reasons.

**Non –Judgemental** – don't label a member, everyone can change/improve.

**Friendly** – Hardley Runners key quality, to some there is a social element to running.

**Knowledgeable** – Having been running for a while advice should be given freely. As a leader in running fitness, training does not qualify you to increase the training session beyond the planned session.

**Supportive** – Everyone has bad days, see the positive in everyone.

**Appropriate** – Coaching; Athlete centred respect you running colleague's.

**Punctual** – Try not to be late.

Anyone who is considering joining the coaching team, should in the first instance contact Chris Harris, though any of the coaches will be able to discuss the training required, Chris can make any necessary arrangements or provide further information having been in the role of head coach for the last 6 years.

The above courses are the recommended courses to support the current club activities, should these change or members wish to export similar associated athletic events, then the club may consider supporting these, again please speak to Chris Harris to discuss.