



## **NRR - GROUP TRAINING RUNS**

**During Group training runs, it is important that the Club maintains a reasonably consistent approach by Run Group Leaders in order to maintain the cohesion and safety of Groups of varying ability, especially those including new members.**



**We have had past instances when runners, usually new members but not exclusively so, have become detached from their group. Having to make one's way back alone to the Sports Centre can be a real turn off, especially if that runner is unwell.**



**'Guidelines' have therefore been produced for use by Group Leaders and runners as the basis for the conduct of group training run sessions. Please read them, and also have a glance at the route map to so you know where you are going and what we are trying to achieve as a Club before you set off.**

**The advice is not meant to be over-prescriptive but hopefully just the application of common sense. If it's the fast group, or slower groups with all experienced Club runners, then all the right things should just happen. **The runs are meant to be FUN and give us an opportunity to IMPROVE**, but we want them to be safe and we don't want runners feeling lost and abandoned somewhere in the wild badlands of the Newquay area.**

**The GUIDELINES are in a living document – so please let us have feedback.**

# **NRR - GROUP TRAINING RUNS – GUIDELINES**

## **Chairman**

**Announce run route**

**Identify Lead and Tail runner for warm up run**

## **BEFORE LEAVING SPORTS CENTRE**

## **Runners**

**Review the GUIDELINES and route map.**

**In Winter - No high visibility/reflective clothing = No participation**

**In Summer - High-vis/reflective clothing lets drivers see you much sooner**

## **WARM-UP RUN TO VIADUCT (WINTER) OR FIRST RE-GROUP POINT (SUMMER)**

**Individual preferences for grouping**

**Large number of runners – lots of chat so:**

**Cross all roads with great care**

**Be considerate to drivers, to pedestrians and especially to big doggies**

## **AT VIADUCT (WINTER) OR FIRST RE-GROUP POINT (SUMMER)**

**Chairman: Announce Group Leaders**

**Leader: Form up group up quickly and establish:**

**Number in Group**

**Those unfamiliar with route**

**Any mobile phones/first aiders within group**

**Those not intending to complete whole run**

**Appoint a tail runner**

**Specify next re-group point**

**Runners:**

**Permanent/temporary medical issues? Info Leader (at own discretion)**

## **DURING RUN**

**Leader:**

**Check early pace not too fast**

**Adjust pace to maintain group's cohesion – consider additional re-group points**

**Let faster runners go ahead but should double back at/before next re-group point**

**Regular progress checks - especially on those with medical/injury issues**

**Replace tail runner as necessary, ensuring tail runner maintains contact**

**Runners**

**Info Leader asap of any problems, need to stop or wish to return to Centre**

**FINISH - COUNT 'EM ALL BACK IN!**