

Stainland Lions Run Leader Policy

Stainland Lions Running shall wherever possible comply with England Athletics code of practice by the following:

- Stainland Lions Running Club will wherever possible ensure LIRFS lead a group.
- Stainland Lions Running Club will endeavour to ensure run leaders are known in advance of the run: estimated distances, pace, terrain and footwear suitability will be communicated before the run takes place.

Where there is no LIRF run leader, a person deemed to be competent will be asked to take the run. Competency can be defined as an experienced runner over selected terrain, a runner who has in the past taken groups and is deemed to be of acceptable character to ensure the safety and welfare of the group, by knowing the pre- arranged terrain. The nominated person would adhere to the pre run protocol as displayed above.

It is club policy to encourage and develop new run leaders, assisting existing run leaders until they are sufficiently confident and experienced to take out groups on their own.

The above will be effective on the following nights from the following venues:

Night	Venue	Run(s)
Monday	Heath Rugby Club	Hills*
		Club Run
Tuesday	1885 The Pub	Club Run
	Saville Park	Chip Shop Run
Wednesday	Springhall Track	Track*
Thursday	Heath Rugby Club	Main Club Run

*Hill and Track sessions are led by qualified coaches, rather than run leaders.