Chiya Guff Run Club – Run Leader Safety & Inclusion Guide

Purpose

This guide outlines the responsibilities of Run Leaders within Chiya Guff Run Club. Run Leaders play a critical role in ensuring safety, inclusivity, and care for all participants.

The priority at every run is **people over pace**.

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1. Role of a Run Leader

A Run Leader is not a coach or performance driver.

A Run Leader is responsible for:

- Keeping the group together
- Supporting participants of all abilities
- Ensuring a safe and welcoming environment
- Modelling Chiya Guff values during every run

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2. Before the Run

Run Leaders must:

- Review the planned route and identify any risks
- Be aware of regrouping or turnaround points
- Carry a mobile phone
- Know who is new or attending for the first time
- Check weather and environmental conditions

If conditions are unsafe, the run should be modified or cancelled.

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3. During the Run

Run Leaders must:

- Lead from within the group, not far ahead
- Conduct regular headcounts

- Regroup frequently
- Assign or ensure a back marker where possible
- Speak with runners to ensure no one feels isolated

If someone struggles:

- Slow the pace
- Walk if needed
- Stay with them

No participant should ever feel pressure to continue.

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4. Pacing & Inclusion

Inclusive pacing is mandatory.

Run Leaders must:

- Clearly communicate “all paces welcome”
- Encourage walk-run breaks where needed
- Avoid language that promotes speed or competition
- Support conversation and connection during the run

Success is measured by **togetherness**, not distance or time.

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5. New Participants

Run Leaders should:

- Introduce themselves to new participants
- Explain the run structure briefly
- Reassure them that stopping or walking is okay
- Check in during and after the run

First impressions matter.

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6. Emergency Situations

If an incident occurs:

1. Stop the run immediately
2. Ensure the person is safe and supported

3. Contact emergency services if required
4. Notify the Chapter Lead as soon as possible
5. Record a short summary of the incident

Remain calm and prioritise care over continuation of the run.

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7. Behaviour & Conduct

Run Leaders must not:

- Push runners beyond their comfort level
- Give medical advice
- Encourage competitive behaviour
- Exclude or ignore participants

Harassment, discrimination, or unsafe behaviour is not tolerated.

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8. After the Run

Run Leaders should:

- Encourage participants to join the post-run social time
- Check in with anyone who struggled
- Share feedback or concerns with the Chapter Lead

Connection after the run is part of the role.

Final Reminder

A Run Leader's role is about **care, safety, and inclusion**.

If everyone finishes feeling welcomed and supported, the run was successful.