



Guidelines for Run/Group Leaders

The Run/Group Leaders should:

- Commit to taking out a run via the Run Co-Ordinator so that schedules can be created in advance. Ensure the Run Co-Ordinator is aware of the level of run that you are prepared to take (e.g. Beginners, Intermediate (normal), Advanced/ Special (e.g. long), Fast).
- Throughout winter, Wednesdays will be Intermediate and Fast, Saturday will be Beginners, Intermediate and Advanced/Special.
- Plan a route from the named start point that will suit the level of run committed to and provide the approximate distance. When planning a route be sure to have considered an emergency situation, so be aware of roads and access points on the run.
- Be aware of the people attending the run (e.g. number of attendees, each attendee's ability, possible medical conditions) and ensure that the planned route is suited to the group.
- Ask runners to make you aware of any issues out on the run. Keep an eye and ear out for anything happening, you won't see all the run all the time so you have to rely on other run members to flag issues.
- Keep the group together as much as possible during the run. When regrouping, be aware of the impact on other forest users. Walking regroups, steadying pace and static regroups are all tools that can help reform runs. At regroups check everyone is fine and check the dogs quickly as well, especially for signs of overheating.
- Carry a basic first aid kit along with a mobile phone for emergencies. The signal is not always good so you must be able to form a contingency plan should anything occur on the run. It is good to have a clear idea when you start the run who could deputise should you need to create a separate run to recover the main run back to start point. The Secretary and some of the Committee have access to the emergency contact list if required, however in most cases the injured party should be able to provide the info. Notify Chairman/Secretary if there is an incident when practical.
- Decide on whether conditions are suitable for the run. As temperatures increase, factor in water stops for the dogs and walking stints to cool dogs down.
- Buddying up to take out a run is a good way of managing group runs.

- You can carry water for dogs, though this is not a requirement- runners should carry water for their own dogs.
- Be aware of runs impact on other forest users, getting in a good morning and smile first is always good.
- Running out with dogs is fun so try and make the run enjoyable for all.

Other Useful Info

- Make yourself familiar with signs of dog overheating and action to take. Standing dog in a puddle and splashing water over belly and inside of rear legs should help cool the dog down.
- Some ideas of things to carry, vet wrap, triangular bandage, tape, plaster/dressing, piriton, bit of cotton wool, space blanket, whistle. You might be asked to carry an inhaler.
- Typical risk assessment
http://ucoach.com/assets/uploads/files/UKA_Lirf_Appendix_6.pdf