



Checklist for Run Leaders:

More detailed guidance for run leaders is available on the Facebook files or on our website at <http://ashridgecanicrossers.org.uk/club-info/club-documentation/>

The below is a short form checklist to serve as a memory jogging cheat sheet.

To get the best out of your runs, think about the following pre-run actions:

Before the Run:

1. Plot a route:
 - a. Think about where the roads are
 - b. Do you know where the risks and challenges might be?
 - c. Planned stops, water breaks and rests?
 - d. If you have specified a distance and pace, plan to stick to that so that those who have signed up get the run they signed up for.
2. Have you checked your group poll?
 - a. Do you know these people?
 - b. Is anyone new who might need additional support?
 - c. Have you chosen a backmarker? Let your back marker know the route you intend to take
 - d. If your group is large, have you chosen a potential split leader?
3. Do you have a first aid kit with you?
 - a. Have you checked the contents?

During the Run:

1. Check on the group
 - a. Has anyone fallen behind?
 - b. If you have regrouped - has the last person to catch up had a chance to catch their breath and water their dog - are they ready to go?
 - c. How are the dogs looking? Hot? Slow down and walk for a bit.

2. Check the route
 - a. Everyone with you signed up to the run you volunteered for, try to stick to the plan.
 - b. Make sure you don't over-do the distance or pace especially if you have new members with you.

3. Other Ashridge users
 - a. Be friendly and courteous and say a cheery good morning! They might be intimidated by all these dogs and a friendly tone goes a long way to helping them feel at ease.
 - b. Children, loose dogs and other walkers, runners, and bikes
 - i. Make the whole group stick to one side of the track.
 - ii. Shout for everyone to pull their dogs in close, go slow or walk until the entire group has passed.
 - iii. Ask the owners of loose dogs to put their dog on the lead until your group has passed. Say thank you!
 - c. Horses
 - i. Communicate with the rider as to how they would like you to proceed.
 - ii. Make sure the whole group is on the same side of the track.
 - iii. Do not start running again until your whole group is past the horse.
 - iv. Check with the back marker if they are happy to continue.

After the Run:

- a. Any feedback from the group?
- b. Encourage your group to upload any of their photos on the facebook page.
- c. Remind any new people to sign up officially after their third run.

A full set of rules and guidance you can share with your runners is in the files section on the Facebook group, and on our website at

<http://ashridgecanicrossers.org.uk/club-info/club-documentation/>