



## County Antrim Harriers

### Coaches' Best Practice



- Leaders to only use a route or session plan issued by the CIRF
- Leaders/ coach post route and phone numbers of coaches and leaders on duty that night
- Leaders/ coach check route before training for hazards
- Identify any risks or hazards with the route for the pre run briefing, chose another route if necessary.
- Ensure sign in book is available with printed copy of route and incident book is available
- On cold nights advise ice may have formed since inspection
- If coach deems routes are too dangerous they have the right to cancel training
- Ensure you have the runners attention for briefing and route description
- In pre run briefing include
  - Description of route and sessions
  - Hazards of route inspection
  - Introduce any other leaders or coaches for the evening
  - Make runners aware of road safety
  - Runners owe a duty of care to themselves, other runners and members of the public
  - That contact details are on Facebook
  - Encourage runners to carry phones and run in groups
  - Prompt runners to speak to leader if they have any relevant health issues or injuries
  - Brief runners on sign in/out process. Score line and total runners before briefing to prove who attended briefing.
- Leader/ coach carry phone on course or at session
- Ensure all runners sign back in
- Coach or leader to write any accidents or injuries in the incident book with the help of all involved parties
- Ensure your coaching licences are in date
- If a coach or leader is organising a run outside of club sessions, all standard procedures must be followed, or advertise run as unofficial.