



Running Club Template and Standard Operating Procedure for Local 30 Minute Weekly Training Runs:

Our running club prioritizes the safety and enjoyment of our members during our weekly training runs. The following template and standard operating procedure are in place to ensure that all members have a positive and safe experience:

1. Meeting Point: Members will meet at a designated location for the start of the weekly training run. The meeting point will be communicated through the club's communication channels.
2. Warm-Up: Members should arrive approximately 5-10 minutes before the start time of the run to allow for warm-up time. The club captain will provide a brief warm-up session prior to the start of the run.
3. Running Route: Each week, a designated running route will be communicated to members. Members are encouraged to stay together as part of a group and run single file when sharing the pavement with non-runners. Members are also encouraged to be mindful of their impact on the community and to avoid littering or damaging property.
4. Running Pace: The club captain will communicate the pace to be maintained during the run. The pace will typically be moderate and suited to the group as a whole. Members are encouraged to run at a pace that is comfortable for them.
5. Cool-Down: After the run, members will engage in a brief cool-down session provided by the club captain.



6. Safety: The club captain will emphasize safety measures to members before starting the run. This includes wearing appropriate clothing and footwear, staying together as part of a group, and running single file when sharing the pavement with non-runners.

7. Adherence to Policies: Club members are expected to adhere to the weekly training run policies outlined by the club leadership. Failure to comply with these policies may result in disciplinary action, including but not limited to suspension or termination of membership.

Note: Club captains are responsible for enforcing the weekly training run policies and ensuring that members have an enjoyable and safe experience. Captains should also be familiar with the emergency procedures and have a basic knowledge of first aid in case of injury.

We hope that our members find these policies and procedures helpful and beneficial to their running experience. Whether training for a race or simply looking to get fit and enjoy the company of likeminded individuals, we believe that we can provide a safe and positive environment for everyone.