**Instructions for completing the on-line Leader in Running Fitness course**

An Overview to the Leadership in Running Fitness course can be found on the England Athletics website by using this link:- [www.englandathletics.org/coaches-and-officials/coaching-qualifications/leadership-in-running-fitness/](http://www.englandathletics.org/coaches-and-officials/coaching-qualifications/leadership-in-running-fitness/)

The LIRF courses can be booked using this link [www.athleticshub.co.uk/course-list/eng?what=Leadership%20in%20Running%20Fitness%20(LiRF)&\_ga=2.33883238.616994288.1690880701-260890620.1690880701](http://www.athleticshub.co.uk/course-list/eng?what=Leadership%20in%20Running%20Fitness%20(LiRF)&_ga=2.33883238.616994288.1690880701-260890620.1690880701)

Before signing up for the course, please check that the Harriers are currently looking for new road group leaders by contacting Richard Corney (eurocorney@hotmail.com) or Chris Kirkbride(kirkrhino@aol.com).

Below are the six steps that will need to be undertaken to complete the training.

1. There are 4 learning modules to complete and a short test on them prior to the virtual classroom.

2. Submission of two short films (4-5minute) of supervised sessions. One showing leading a warm up and the second leading the main running session.

3. Attendance at a 2 hour virtual classroom

4. Completion of mandatory modules on Safeguarding and First Aid

5. DBS check via EA portal

6. Upload photo to England Athletics

The cost of the England Athletics course is currently £160 for affiliated clubs (as at January 2024). The trainee will pay the cost of the course, of which £140 will be reimbursed upon sending an email with proof of purchase to the Club Treasurer (email Deb at debmgreenwood@gmail.com). The remaining £20 will be reimbursed when the individual has led a minimum of 6 sessions for the club