

## WHAT MAKES A GOOD JOG LEADER



### Could you lead a Jog Derbyshire group?

We aren't looking for individuals with any special qualifications (or for people of any particular age, pace, size or shape!) but there are a few important things our leaders do have in common

- They have a good basic level of fitness, and exercise regularly
- Ideally they are someone with a love of jogging or running – a social jogger, fun runner, or someone who jogs or runs to improve ability and fitness.
- If not a regular jogger, then they are someone who is committed to developing personal health and well-being through active recreational walking and jogging.
- They are enthusiastic and supportive of others – from would-be joggers, to novice shufflers and more experienced runners
- They need to have a bit of free time, as well as the commitment, motivation and dedication to set up and lead their own jogging group
- They enjoy meeting others and sharing their knowledge and experience of active jogging.
- They are patient and understanding and value the complete beginner just as much as everyone else
- They take pleasure in the success of others.
- They are friendly and approachable

A more comprehensive list of our Jog Leader criteria is detailed overleaf. Please give this information your full consideration when applying to do the Jog Leader course.

### Leader training

To become one of our Jog Leaders, you'll need to attend the 1 day Leaders training course (now called "Leadership in Running Fitness") run by England Athletics). The course is divided into theory and practical sessions which will equip leaders with the knowledge and skill to lead groups of walkers and joggers. The day will include classroom based presentations and interactive group exercises as well as practical sessions which look at leading beginners and mixed ability groups.

The Jog Leader (LIRF) course normally costs £90. However, some places on these courses will be subsidised by Jog Derbyshire and offered at a reduced rate to participants (and currently offered free to our volunteer leaders)

## Jog Leader Criteria

Anyone can become a Jog Derbyshire Leader. The key criteria, skills and personal qualities required of our Leaders are outlined below.

	Essential	Desirable
<b>Fitness</b>	A good basic level of fitness (and the ability to jog for a required time: Beginners level – 20 mins Intermediate – 40 mins Advanced – 80 mins	
<b>Qualifications &amp; attainments</b>		Fitness instruction and/or sports coaching experience Emergency First Aid Fitness and/or health related training
<b>Experience</b>	A regular participant in physical activity  Basic knowledge and understanding of the health benefits of physical activity  An understanding of, and commitment to recreational and health motivated activity programmes	Leading activities and/or groups of active people  Working with people who are making lifestyle changes
<b>Skills</b>	An effective communicator Excellent interpersonal skills Able to work with people of mixed abilities and backgrounds Able to deliver practical activity sessions using or adapting written programmes and help individuals with goal setting	Able to monitor and evaluate different ability levels and in turn, provide effective feedback and guidance  Flexibility (to travel to and/or lead groups at different local venues)
<b>Personal qualities</b>	Be committed, reliable and dedicated  Have loads of drive, energy and enthusiasm  Be self motivated and positive  Warm, understanding and empathetic 'people person'  Believe in being ethical and fair	Patience (to support the varying levels of individual progress and development within the group)
<b>Other</b>	CRB disclosure (through England Athletics)  Minimum age of 16	Have the support of a local partner or host organisation (e.g. Local Authority, a workplace or employer, community group or project, sports club etc).

**Please note: Anyone who receives a Jog Derbyshire funded place on one of our Jog Leaders courses will be required to commit to setting up and running (or co-leading) at least 1 jogging group for a minimum period of 6 months within 3 months of qualification.**