

Volunteer Run Leader

The Active Wellbeing Society support a variety of run sessions. They are a great way to increase fitness, encourage people to be physically active, socially active and to connect with nature. People attend runs for many different reasons and no two groups are the same. Some may be specifically designed for beginners or those starting out, some for the more advanced runner and some mixed groups with a greater focus on the social aspect. Runs are not only used for the physical benefits but also for mental and emotional wellbeing too.

As a Volunteer Run Leader, you will be helping people in the community to get active, increase their confidence to join new groups and reduce levels of isolation. As well as ensuring runs are friendly, safe, and well run, run leaders are also our ambassadors for running – showing people that running really can make a big difference to their lives.

We're looking for someone who will:

- Undertake risk assessments of new routes in partnership with the health delivery and health and safety teams
- Check a route and familiarising yourself with it before leading the run
- Welcome runners to sessions
- Give a brief talk before the run to make sure everyone is prepared
- Lead and manage runs, trouble-shooting and dealing with problems on runs
- Ensure the session caters for all so that no one is left behind.
- Ensure all participants are signed up & registered and NHS track and trace procedures are followed
- Provide information about other sessions offered by TAWS
- Attending occasional run leaders' meetings and refresher training

You will need:

- Leadership in Running Fitness licence held.
- An up-to-date first aid qualification
- DBS check
- Excellent leadership, group management and communication skills
- The ability to empathise and support individuals in situations which are physically and emotionally demanding
- Good organisation and a logical approach
- Reliability and time-keeping skills
- Enthusiasm for the outdoor environment and your specialist activities
- Patience and tolerance towards those lacking in confidence or behaving in a challenging way
- A calm and reassuring demeanour
- The ability to assess a situation rapidly and act decisively under pressure

As a Volunteer Run Leader, you can expect:

- Full training and induction to volunteering on the project and each task
- To be kept in the loop about plans for the project and good news stories
- Expenses, including mileage covered in line with our volunteer policy
- To always have a point of contact should you have any questions
- The opportunity to build skills and confidence through an individual development plan

When & Where:

Various locations across the city

[Click here to be directed to our application form,](#)
or visit:
<http://bttr.im/3si5t>