



STONEHAVEN RUNNING CLUB

Coaches Training

Saturday 14th January 2012

AGENDA

TIME	ACTIVITY	PERSON
10	General Club Activities	Frances Richards
10.30	Session Planning	Craig Donoghue
11	Practical Session Planning	All
11.30	Risk Assessment Health and Safety Warm up and Cool Down Injury Prevention	Claire Allan Vicky Locke
12	Coaching Principles and Process Coach Mentoring	Keith Anderson
12.30	Lunch	
13.00	First Aid Awareness	Charles Hawkes
14.45	Feedback	Jo Thom

General

- Help required at the end to clear up
- Time is at a premium need to stick to the timetable
- Your own experience is essential – please give it freely to everyone else
- No muddy shoes in the conference area

General Club Activities

- Coaches Meetings and Committee Meetings
- Association of Running Clubs (& Scottish Athletics)
- Website
 - SRC Programme
 - Session types
 - Preferences for Sessions
 - Coaches Area on Website
- Runner Expectations
- Coach Guidelines
- Emergency Action Plan

First Aid Awareness

- Assessment
- Recovery Position
- CPR - overview
- Bleeding
- Burns
- Breaks
- Choking
- Shock
- Sprains