



SETTING UP A PRIMARY SCHOOL RUNNING CLUB

If you are thinking about setting up a new running club at a primary school here is a list of some of the things it is worth thinking about. This list is not exhaustive, so please do email us at ideas@primaryrun.com if you think we have left anything important out.

Check List

Age group	Decide the age groups you plan to offer the running club to. This will partly be determined on where you plan to run. If you are running on streets you may want to restrict the club to Years 5 and 6.
Route	Identify some potential routes. For years 5 and 6 a 1.5 to 2km run is ideal. These could be within the school or locally. We recommend having several routes for variety. Your routes will be a key part of your risk assessment (see below). Walk or run the routes yourself to identify any risks.
Timed runs	If you have somewhere safe to run such as a park, it is great to also do a timed run. This can be any distance - 600m is a good distance for 9, 10 and 11 year olds. If you can record times then you can feedback how the kids are improving over time.
Resource	How many children will you have on your run? Make sure you have enough adults to make sure it is safe. If teaching staff can not commit to take part every week, you could start a rota. Communicate to parents to see if there are any runners who would like to commit to coming every week. If you have volunteers, you may want to make sure they have had a DBS check. This should be part of your risk assessment.
Risk Assessment	It is important to perform a risk assessment on all aspects of your running club. You will find an example of a risk assessment on the Primary Run website www.primaryrun.com
When?	Ideally you will be able to find a regular weekly slot for your running club. We have found that immediately after the last morning lesson works well. The kids can then have a late lunch. Remember to tell the kitchen to hold some food back for them, they will be hungry!
Recruiting runners	As long as the running club is communicated effectively you should receive a great response from kids wanting to run.
Parental permission	Ensure that all children taking part in your running club have a signed parental consent form.
Incentives	You may find that attendance at your running club tails off over time as the novelty wears off and the cold weather sets in. Here are some ideas to maintain a high attendance rate, even through the winter months: <ul style="list-style-type: none"> • Insist that kids attend if they want to be in team or attend a sports event • Offer an incentive for coming to running club e.g. an ice lolly (Sainsbury's Basics Lollies cost 75p for 8) • Offer rewards for meeting milestones e.g. running 10km in a term or coming to running club 5 times