



Want to do something worthwhile whilst getting fit and having fun?

Why not train as a jogengland jog leader?

To become a fully qualified **jogengland** leader you must attend a one day jog leaders training course.

The course is divided into theory and practical sessions, which will empower you the knowledge and skill to lead groups of walkers and joggers. The classroom-based sessions involve presentations, interactive group exercises, discussions and feedback while the practical sessions look at leading beginners and mixed ability jogging groups.

You will cover the following topics:

- ◆ **jogengland** ethos and aims
- ◆ The role of a **jogengland** leader
- ◆ The coaching process, before, during and after sessions
- ◆ Warm ups and cool downs (practical)
- ◆ Leading a beginners group (practical)
- ◆ Fitness factors and session planning
- ◆ Leading mixed ability group (practical)
- ◆ Goal setting
- ◆ How to use your new qualification
- ◆ Setting up your own group
- ◆ Health benefits of exercise
- ◆ Motivation and behaviour change
- ◆ Risk assessment

All trained leaders are automatically jog leader members of **jogengland**. This entitles them to a **jogengland** Jog Leader Manual, access to the website with a leaders' forum, plus insurance cover as a jog leader.

Minimum age: 16 years

Erewhon Sports Centre

27th May 2024

Cost: £70 per person Course code: 0000

For more information please contact:

A N Other: another@englandathletics.org 0000000000

Please return your application form to:

A N Other, England Athletics Region
Building, Street, Town, Postcode



Please attach a
passport size
photo (or bring
to course).

Course details: (see course publicity for venue, date and course code)

Venue

Date Course Code

Type of Leader: (Please tick appropriate box)

Please indicate for our records what type of leader you will be

(NB - for insurance purposes it is essential that you notify us if this should change at any time after the course)

Voluntary leader working with a club/charity Working with Local Authority Freelance

Applicant's details:

Name: Date of Birth:

Club or organisation:

Home address:

Postcode:

Daytime tel: Evening tel:

Email:

Size for long-sleeved T-shirt: S M L XL XXL

Payment:

I enclose a cheque/postal order payable to 'England Athletics Ltd.' £ (see course publicity for cost)

Payment by invoice. NB: invoices can only be sent to local authorities, not to clubs or individuals. You MUST obtain a Purchase Order number from the authority, or if you are part of a block booking a relevant reference. You MUST quote these details below, including the address of where invoice is to be sent.

Purchase order/reference: Address:

Postcode:

Applicant's signature: Date:

Notes

The minimum age for participants is 16 years.

Course duration will be one full day, 08.30 to 16.45.

These courses are for people who intend to become **jogengland** leaders. Courses last one full day and are suitable for runners and fitness/health professionals with much empathy for the recreational and social jogger.

Courses combines classroom theory and practical sessions. They encompasses leadership skills, session planning, risk assessment, group supervision, warm up and cool down, fitness factors and components, energy systems, training principles and planning. They also cover how to set up a **jogengland** group, administration and mixed ability groups.

INSURANCE DETAILS

Insurance is included in the cost of the course for the all leaders for the first year. Leaders working with local authorities are covered by LA insurance.

Those who lead as volunteers (or as part of a volunteer organisation) and via workplaces will be covered through **jogengland** insurance, however, those working as freelance leaders must re-new their insurance with us annually.

YOUR LICENCE

Your licence will be sent out within one month of the course. Please send in a passport photograph with your booking form, which will be used for your membership form. If you cannot provide this now then please bring it along to course and submit with the other paperwork that you complete. If you do not supply a photo you will not receive your license and therefore will not be fully trained and insured to lead.

HOW TO BOOK:

- ◆ Complete and return this form indicating which course you wish to attend together with the total course fee, or details for invoicing, and send to England Athletics at the address specified on the course publicity. Photocopies are acceptable.
- ◆ Full refunds will be made if at least 7 days notice of cancellation is given. 50% refunds will be given if cancellation is made at least 24 hours in advance of the course.
- ◆ Places will be allocated on a first come first served basis, although people involved with local **jogengland** delivery partnerships and clubs may be given priority.
- ◆ Confirmation will be given 7–10 days prior to course.
- ◆ Closing date for entries is 7 days before the course date.
- ◆ Places may still be available prior to the course commencing, telephone to enquire.