

GO RUN NI – Leader Guidance Sheet

Thank you for stepping forward to lead the way with GO RUN NI!

This new initiative is all about *people over pace* – creating fun, social, and welcoming running opportunities across Northern Ireland. Whether you're a seasoned leader or just passionate about keeping your community moving, you're in the right place.



What is GO RUN NI?

GO RUN NI is an initiative from Athletics Northern Ireland designed to help more people get active, stay social, and enjoy running together – wherever they are.

Run Leaders should:

- Bring energy and enthusiasm to their local area
- Welcome runners of all backgrounds and abilities
- Create informal, friendly running groups
- Make a difference through connection, movement, and community spirit

You choose the time. You choose the place. We'll support you along the way.

It's not about pace – it's about the people.

Your Role as a Leader

You are the heart of your GO RUN group. Your job is to keep things safe, social, and supportive – while having a bit of craic along the way.

Encourage Everyone

Your group might include total beginners, returners, and more experienced runners. Make everyone feel welcome. It's about keeping people moving, not chasing times or distances.

Stick Together

Keep the group running as one, or in pairs at a minimum. Nobody should feel left behind. Plan your routes and pace to match your group's ability on the day.

Plan Your Route

Pick your own route – local park, towpath, footpath, whatever works for your group.

- Let your runners know the route in advance
- Do a quick "on-the-fly" risk check before the session: look for traffic, lighting, slippery paths, road crossings, etc.
- We're not looking for formal paperwork – just common-sense awareness to help everyone stay safe

Be Visible

If running in low-light or rural areas:

- **Hi-vis gear** is encouraged
- **Head torches** are great for darker runs

Stay Safe

All runners participate at their own risk. However, please remind everyone to:

- Carry any medical information (e.g., in a pocket or phone)
- Bring a mobile phone if possible
- Have an ICE (In Case of Emergency) contact on them

Headcount, Not Sign-In

There's no registration or paperwork – this is about fun and freedom. Just do a quick headcount at the start and end of each session.

- If someone leaves early or doesn't return to the meeting point, make sure they let someone know.
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Other Important Bits

- **No headphones** – this is a social run! We want people chatting and connecting, plus it's safer to hear what's going on around you
 - **Respect your surroundings** – whether you're running on open roads, through parks, or shared paths, be mindful of others using the space
 - **Free for all** – there's no charge to join a GO RUN NI group. This is a community initiative built on generosity and goodwill
 - **Leader T-shirts** – you'll get a FREE GO RUN NI Leader T-shirt to wear with pride. It's our thank-you for making this happen
 - **Strava can wait** – your safety (and that of your runners) is far more important than logging miles. Lead with care and confidence
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You're in Control

You decide:

- When you meet
- Where you run
- How often your group gets together

Whether it's a weekly loop around the park or a monthly meetup on the towpath – it's totally up to you.

Age Guidance

GO RUN NI is open to anyone aged **12 and over**. However:

- **Under 16s must be accompanied by a parent or guardian** on the run
 - Leaders are not responsible for unaccompanied minors
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Safeguarding and Reporting Concerns

Everyone has the right to feel safe on a run. If you ever have a safeguarding concern – whether about a participant or something you witness – please report it to:

paula.wallace@athleticsni.org

or phone **Athletics NI on 028 9060 2707**

If someone is in immediate danger, always call **999**.

Your role is not to investigate – just to pass on the concern. We're here to support you.

Go Run Your Town