**A Coach in Running Fitness plays a crucial role in supporting new Leaders in Running Fitness at club level. Here is how you as a club CiRF can effectively mentor, guide and support your new LiRF.**

1. **Mentorship and Guidance**

Observe their sessions (with permission) and give constructive supportive feedback.

Be approachable, make yourself available for informal check-ins before/after sessions.

1. **Session Planning and Progression**

Create structured, safe and inclusive sessions appropriate for the LiRF to lead the group.

Support and encourage the LiRF by building a progressive plan for them to follow with their groups. Session Plans/cards are provided in the LiRF course resources which are helpful and can be used to create safe and fun sessions for the members

1. **Encourage Self Development**

Promote ongoing learning eg, Athletics NI workshops and UKA CPD modules

Suggest they shadow your sessions or co deliver sessions to build confidence and introduce them to the coaching development pathway, eg LiRF to CiRF bridge workshop.

1. **Safety, Inclusion and Best Practice**

Reinforce UKA standards around risk assessment, inclusivity, safeguarding, health and safety.

Help them understand how to adapt sessions for new runners, runners returning from injury and those with additional needs and limitations.

Lead by example, always demonstrating best practice in coaching.

1. **Facilitate Club Integration**

Introduce LiRF to other coaches and club committee members.

Involve them in wider planning and giving feedback (post session reviews, training nights and club events)

1. **Encourage Reflective Practice**

Encourage them to review each session. What went well? What they would like to improve on.

Share your own reflections as a coach to normalize continuous learning.

**A well-supported Leader will be more confident in engaging new and recreational runners. This will improve retention and motivation within the group and will help feed a stronger pipeline of future CiRF and club leaders**.