



Adventure Running Kids

Group Leader – Role Information

ARK Schedule (add an hour for 6:45pm slots!)

Pre-5:30pm: Kids begin to arrive

5:35pm: Begin warm up

5:40-5:45pm: Direct group towards Station #1.

6:00-6:05pm: End Station #1, travel to 2nd station

6:05pm: Begin Station #2

6:25pm: End Station #2, return to check in

Note in some cases we run ONE exercises for the entire hour and merge 2 groups together. In which case the one exercise runs for roughly 45 mins.

Group Make Up

Any one ARK group will be made up of 10 - 15 kids of similar age. Each group is assigned two or more Group Coaches which allows for good participant supervision and allows for redundancy if a coach cannot make it on a given week.

Pre-Session & Check In

Before the start of the session, kids will 'check in' at their group's bin. The groups are identified based on colour and each kid will have a pinny of that colour with a number on the back.

The bin will contain a small first aid kit, a small zip lock bag with a pin punch, a 'check in' sheet with each child's name and pinnie number, and a master attendance list. Once arriving kids will use the pin punch to check in and leave any water bottles/clothing in their bins.

It is not necessary for the Group Coaches to try and get to the start site before 5:30pm. Kids who show up early are able check themselves in using the punch sheet.

If you need clarification on Station Locations, the Program Manager will chat with one of the Group Leaders before the start of the session.



Stations

Once you reach the start of the station, the Station Coaches will take over and explain to the group the exercise.

The Station Coaches may then ask you to perform some role as part of the exercise, either running with the group, marshalling part of the course etc.

Check Out

At the conclusion of the second station, there should be about five minutes to get back to the meet area.

Make sure the kids 'check out' again by using the pin punch on the opposite column of their check in sheet.



Behaviour Issues

Very rarely, we had some behavioural problems, which usually fall into 2 categories.

Not wanting to do the exercise

Kids may refuse to take part in the activities. If this happens, just get them to sit down at the start of the exercise and wait for it to finish. Stress that is all they are allowed to do if they don't take part. Nine times out of ten, they will rejoin the exercise after a minute or so.

Usually this is a one-off thing. If it starts happening regularly, refer the concern to the Program Manager. The Program Manager will speak to the participant and their parents and inform them that if their child doesn't attempt to take part, they won't be able to continue in the program.

Physical Contact/Violence

We now have a zero-tolerance policy on physical contact. If you witness any deliberate physical contact with other participant, let the Program Manager know and the offending member is to be pulled from the hour immediately. The parents will be notified at the end of the session.

If it happens again in following weeks, the child will be removed from the program for the rest of the season.

If you don't feel comfortable guiding a child's behaviour, just let the program manager know and they will take over.



Appendix: Code of Conduct

Participant Code of Conduct

ARK Attack and Adventure Running Extreme requires that all participants commit and adhere to the ARK Code of Conduct. Any violation of the following codes could result in disciplinary action including warnings, suspensions or removal from the program. Adventure Running Kids coaches strive to deliver a fun, physical activity for all which can be achieved only when participants conduct themselves as follows:

- Participants will follow the instructions of **all** coaches and parent volunteers without question.
- Participants will be **accountable** for their behaviour and the outcome of that behaviour. Participants will not argue with coaches; will not yell, taunt or tease coaches, parents, teammates or others for any reason; and will not use profane language or gestures. Discipline problems will not be tolerated and can result in suspension or removal from the program.
- Participants will treat all coaches, parents, teammates, and volunteers with respect and will be treated in the same manner. Participants will take part in activities with fair play in mind, abiding by the rules and guidelines as set out by their coaches.
- Cheating and violence will not be tolerated.
- Participants will resolve conflicts by addressing concerns to their coaches.
- Participants will respect all training areas at all times.

Land Use Policy

Adventure Running is a sport that blends navigation and cross country running using a specially made detailed map. Moving across the terrain is a fundamental part of the sport and recreational activity. It is imperative that we, as adventure runners protect our environment.

Athletes shall abide by the following guidelines:

- Will not damage any part of the environment (**including leaving sticks and plants in their place**) and will not leave any litter behind.
- Shall only visit areas outlined by the coach.
- Will honour the ribboning and markings on the map which indicate "Out-of-Bounds" areas.



Appendix: Adventure Running Stations

Core and Agility

Teaching kids about core exercises and how they improve running. Later exercises introduce agility equipment (ladders, low hurdles and slalom poles).

Speed and Power

Intervals, hills and speed work. Most exercises are in the form of games or fun relays. Occasionally we build electronic timing into the exercises to motivate the kids.

Endurance

Also known as the 'Mud Run', this is a short (2-400m) off trail loop, usually through some obstacle of some sort. The goal is for kids to run steady for 10-15mins, to get a feeling what steady state cardio work feels like and to learn about pacing.

Nav

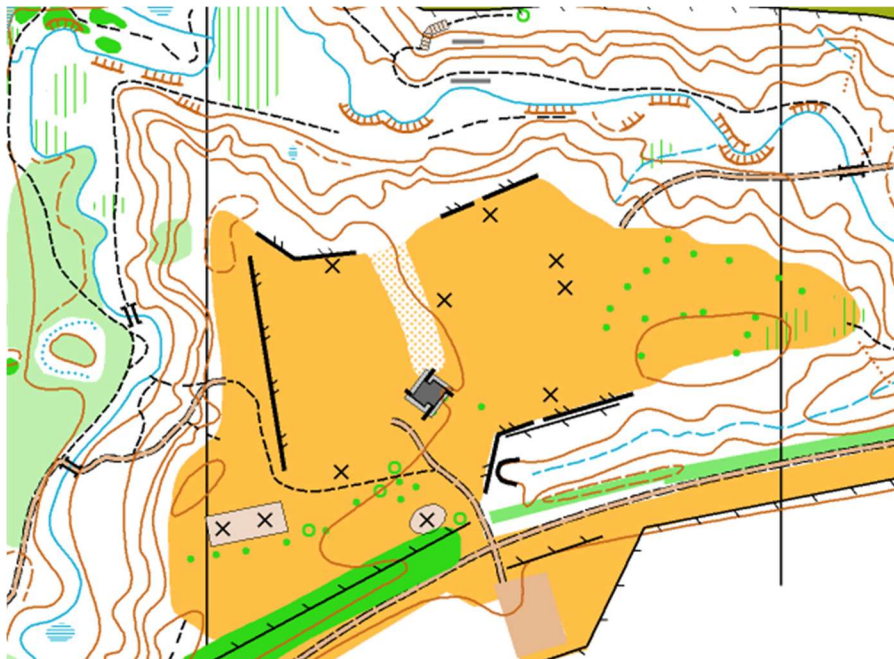
Teaching kids about core exercises and how they improve running. Later exercises introduce agility equipment (ladders, low hurdles and slalom poles).

Appendix: Navigation Intro

We cannot stress enough; we **do not** expect our Group Coaches to teach the navigation aspect of adventure running. However, some have asked for info regarding this station:

Map Features

We use 1:5000 scale maps, highly detailed topographical maps (1cm = 50m). A typical map looks like this with map symbols described below:

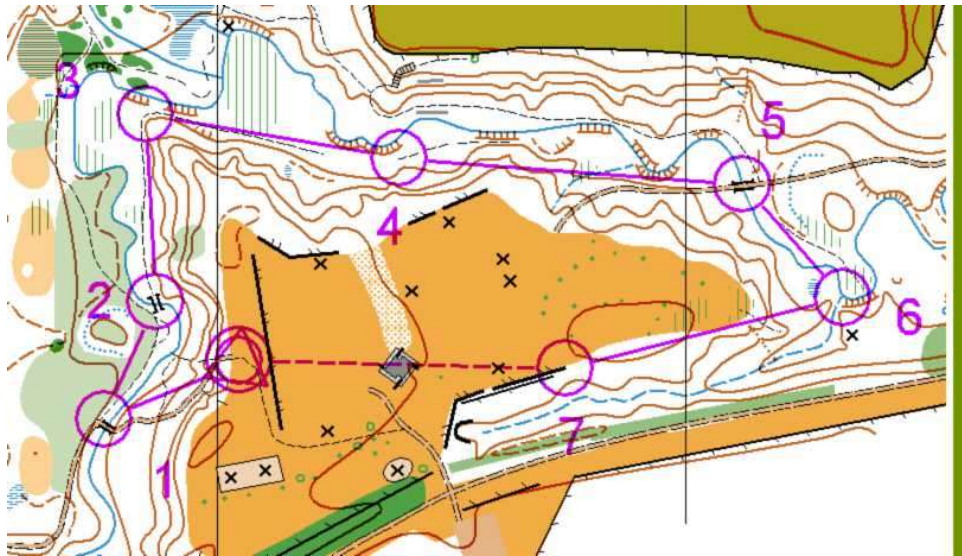


	Large distinct trail (graded/wide)		Open field / Rough-open field
	Small distinct trail (dirt/narrow)		Open forest (white)
	Small indistinct trail (hard to follow)		Denser woods
	High fence		Marsh / Water
	Low fence		Building
	Stream/River		
	Man Made Object (Bench, slides etc)		
	Single tree		
	Pole		

The most important things to know is the difference between open fields and forest (yellow vs white) and the different trail symbols.

Adventure Running Courses

A typical adventure running course is drawn on the map in purple overprint. We always start at the triangle and finish in the double circle. Each checkpoint is marked on the map as a circle and in the forest with a yellow and white flag.



Orienting the Map

This is the main skill we teach at Adventure Running Kids, orienting the map north without the use of a compass. This is done by starting near an obvious feature (the building in the



centre of the map) and getting kids to rotate the map until another obvious feature lines up – an obvious trail, fenceline, forest edge. Then repeat every time we move to a new location.

This isn't an easy skill to learn, so we repeat it throughout the season at every Nav session.