**Supporting Leadership in Running Fitness (LiRF) and Coach in Running Fitness (CiRF) Qualifications**

Any club member who is interested in developing their knowledge of athletics, their leadership skills and building their confidence as a run leader is welcome to contact a member of the committee to request to be considered for a partly funded place (50%) on a LiRF and/or CiRF training course.

Collingwood Athletic Club (CAC) is a not-for-profit organisation which relies on its members to lead groups of runners at all the club’s regular training sessions to keep costs low and make the club’s activities accessible to all. CAC is happy to invest in its members, however, in exchange for this investment the club expects the member to reciprocate this goodwill by leading club runs regularly ie at least twelve times over the course of twelve months.

**LiRF qualification**

The minimum requirement for anyone who regularly leads club training sessions is an up-to-date [Leader in Running Fitness (LiRF)](https://www.englandathletics.org/coaches-and-officials/coaching-qualifications/leadership-in-running-fitness/) qualification from England Athletics. The LiRF course is designed to prepare runners to provide a safe and enjoyable running experience for other runners of any ability, over the age of 12. The course covers risk assessment, warm-ups, cool downs, and how to lead fun running sessions for a mixed ability group of runners.

**CiRF qualification**

The next stage in the member’s development as a running coach is the [Coaching in Running Fitness (CiRF)](https://www.englandathletics.org/coaches-and-officials/coaching-qualifications/coach-in-running-fitness/) qualification from England Athletics. The CiRF qualification is the cornerstone of the off-track pathway and is designed for those who want to get involved in coaching runners, over the age of 12, who take part in non-track based activities e.g. road, fell, cross country or multi terrain events, and who wish to improve their fitness.

**Requirements for funding**

CAC will reimburse 50% of the cost of completing a LiRF or CiRF qualification on condition that the:

* club member must have been an active ie regularly attending training sessions, and continuous member of the club for at least 12 months before undertaking the course and agree to the conditions as outlined in this training policy
* club’s committee endorses the club member’s wish to gain a LiRF and/or CiRF award.
* club member must pay 50% of the cost of the training course
* club member must pass the assessment to qualify as a LiRF and/or CiRF
* club member must pay upfront for the course then claim the funding back as outlined below

And specifically for the CiRF training, the:

* club member must hold an up-to-date Leader in Running Fitness Award from England Athletics
* club member must have led club training sessions regularly for at least one year

**Reimbursement of funding**

The new leader/coach may apply for reimbursement of 25% of the course fee when they register for the course and the remaining 25% of the course fee three months after the successful completion of the course if they:

* have led runs at least six times in that period or have actively participated in coaching activities in that period, to the satisfaction of the committee.
* agree to continue leading/coaching on a regular basis for another 18 months. (The club understands and accepts that from time to time events such as injury or family matters may make it impossible for the leader to keep to this commitment.)
* Cases of hardship will be considered on an individual basis

The only exception to the above outlines of costing is where CAC has been granted funding, by an external organisation, explicitly for LIRF and CIRF courses. Then it will be reimbursed at 50% at registration and 50% three months after the successful completion of the course as outline above.

**Maintaining the LiRF or CiRF qualification and DBS check**

CAC will reimburse any necessary costs relating to keeping a club member’s LiRF, CiRF qualifications and Disclosure and Barring Service (DBS) check up to date, on condition that the club member:

* Has led and/or coached regularly during the previous three years; and
* Agrees to continue to lead and/or coach for the next two years. (The club understands and accepts that from time-to-time events such as injury or personal matters may make it impossible for the leader or coach to keep to this commitment.)

Any club member who wishes to again a LiRF or CiRF award but who is unable to meet the costs up front, should discuss their situation with either the chairperson or welfare officer.

The club very much appreciates the enthusiasm, time and effort that members devote to leading and coaching these runs. This policy exists to ensure that the club’s investment benefits the club and avoids the club being used solely to gain running qualifications before the runner resigns their membership or fails to contribute to the club’s activities. All of the club’s funding comes from members’ subscriptions and it is the responsibility of the committee to spend these funds to benefit those members and the club.