

## EVENT HOST GUIDANCE

For a Canicross Aberdeenshire meetup to be classed as an official club event and therefore *covered by club insurance*, it must a) be announced to all club members with a description of the planned route b) include details of how to sign up and c) be hosted by a Club Member.

Club events will be advertised as one of the following event types<sup>1</sup>: Canicross for Beginners, Canicross for Improvers, Canicross Training, or Canicross Social.

## EVENT HOST CHECKLIST

At least 5 minutes before the event start time, there will be a mandatory safety briefing.

- Hi! My name is ..... Let's gather over here<sup>1</sup>
- Has everyone signed up? Have all first-timers completed a Disclaimer Form? Is there a "buddy" (an existing member) available to run with each first-time attendee?<sup>2</sup>
- The planned route is .....<sup>3</sup>
- Lead runner and tail runner for each group will be .....<sup>4</sup>
- Is everyone confident that the equipment they're using is safe and fit for purpose?<sup>5</sup>
- Do we have any reactive/nervous dogs to give extra space to?
- Don't forget the rules of passing each other and why they are important.....<sup>6</sup>
- Please be polite and give way to other forest/trail users, and please always pick up after your dog. Has everyone paid for parking?<sup>7</sup>
- Any questions before we set off? – let's go have fun!

After the run, make sure that all runners have returned safely. You should be the last person to leave the venue. And finally, it's not compulsory, but it would be great if you could chat to any first-timers or make contact privately post-run to ask how the run went for them.

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### ADDITIONAL NOTES:

<sup>1</sup> Find a safe space to gather. You may need to remind everyone to attend the safety briefing **dogless**.

<sup>2</sup> From the sign-up list you will hopefully already have sussed whether or not you need to split into smaller groups e.g., fast/experienced group / slow and steady group / shorter option etc. We recommend splitting the group if there are 8 or more attendees. When splitting groups, try not to alienate anyone by focussing too heavily on an individual's pace or expected 5K time. The focus should always be on building a bond with your dog and having fun together. NB: First-timers should be encouraged to join the slower group if there is one. Dogs need time to get used to the potentially high stress environment of a group run and learn basic etiquette prior to joining a faster group. Fitness can also be built up this way.

<sup>3</sup> Description should include total distance, any markers to follow, terrain, any hazards or water stops.

<sup>4</sup> There must be a runner with a phone in each group, in case of an emergency.

<sup>5</sup> Offer advice if necessary but explain that each person is ultimately responsible for the safety and comfort of the dog(s) they are running with.

<sup>6</sup> Always tell the runner in front which side you are about to pass on – this gives those being passed a chance to move aside and pull their dog in. REMEMBER: Some dogs need space. And don't wear headphones so you can hear!

<sup>7</sup> This is vital for us to maintain good relationships with estate/land management/owners and the community, so that we continue to be welcome at these run locations.

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**EVENT TYPES:**

**Canicross for Beginners** – for first-time attendees to learn the essentials of canicross i.e., rules, etiquette, and equipment all discussed during the safety briefing with plenty of opportunity for questions.

**Canicross for Improvers** – for those who know the basics and are looking to learn more. Nothing too strenuous. This meetup will include an element of training over a 4km-6km distance with rest breaks.

**Canicross Training** – for those who can run continuously for at least 5km, to practice elements of canicross racing and/or improve fitness and endurance.

**Canicross Social** – for those who just want to be outside with their dog(s) and in good company. This is generally a steady run, of variable distance, with plenty of breaks for chat and hopefully some pretty vistas 😊