

## INVITATION to Cumbrian Running Clubs: Endurance Officials' training this autumn

If your club runs road, cross-country or fell races, take the opportunity for your helpers to gain **knowledge, confidence** and a UKA **qualification** in the county this October.

We're organising a course at Frenchfields, Penrith on **Sunday 13 October**, which will cover both modules of UKA Level 1 Officials' training – Risk Awareness and Endurance.



We're lucky to have one of the most experienced Endurance Officials in the UK as the tutor. Besides working on events like the London Marathon, National XC and Northern Road Relays, he's organised club and county schools' teams and events for many years.

The course is subsidised by England Athletics, so the whole day is only £30 and we'd hope local clubs will support their volunteers with the fee.

### **Risk Awareness - What will I learn?**

- Understand why risk assessments should be carried out, by whom and when.
- Identify the hazards and risks associated with organising Road and XC races.
- Identify ways of reducing risks.
- Appreciate the risk assessment requirements for small/medium races.
- Understand the Official's role in risk assessment.

### **Level 1 Endurance Official - What will I learn?**

- What we mean by endurance.
- Understand the skills, knowledge, experience and aptitude of Endurance Officials.
- Know what equipment to bring to an event.
- Know the different areas of an endurance race: The Start, The Course, The Finish
- Understand an endurance official's roles, including
  - Sector Marshall
  - Race Referee
  - Start Director and Finish Director
  - Course Director
  - Judge and Recorder

### **What happens after the course?**

There is no assessment. After the course, candidates need to complete a DBS check and assist with at least four competition experiences to be licenced.

### **How do I Book?**

You can find full details and book online [here](#). The course reference is NO 0330. To avoid problems when booking, please book onto the Risk Awareness module first (£10) before booking the L1 Endurance module (£20). Places are limited and clubs from both ends of the county have already shown interest, so book now to avoid disappointment.

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