

## COACH'S CHECKLIST



- ☐ Register your school or group at [www.kidsrunclub.ca](http://www.kidsrunclub.ca)
- ☐ Go to [Coach's Corner](#) at [www.kidsrunclub.ca](http://www.kidsrunclub.ca) to find Coach's Handbook, training videos, form letters and other helpful info for getting KRC started
- ☐ Recruit other teachers, parents and/or peer leaders if possible
- ☐ Make copies of [Coach's Handbook](#) for other coaches
- ☐ Decide which grades to include
- ☐ Choose run day(s) and time
- ☐ Select and measure a running route
- ☐ Download and customize [form letter](#) to inform parents about Kids Run Club
- ☐ Promote KRC at an assembly or by reaching out personally to students. Have student leaders promote participation and be sure to emphasize the fun, non-competitive nature of KRC
- ☐ Check out [Fun Run section](#) on KRC site to find a run to use as your goal event (optional)
- ☐ Contact Kids Run Club to book a school visit
- ☐ Print off [Running Logs](#) for participants (optional)
- ☐ Create and post participant tracking sheets on Bristol Board (optional)
- ☐ Check out [www.fitnessfinders.net](http://www.fitnessfinders.net) for cool, inexpensive prizes (optional)
- ☐ Important info to share with participants during first session:
  - Run day(s), time, what's needed to participate (proper attire, footwear, etc.)
  - Safety guidelines while running
  - The running route
  - Tips on technique, pacing and pushing themselves (see coach's handbook for tips)
  - Importance of fun, individual effort, and supporting each other
  - Encourage participants to view [Runner's Handbook](#) online
  - Use of running logs by participants to track group/individual runs
  - Information about a fun run your group will use as a final event
- ☐ Toward end of program, [order finishers' prizes](#) for participants who have taken part consistently
- ☐ Download [certificates of achievement](#) from KRC section of website (optional)

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