



## San Antonio RoadRunners

PO Box 12474

San Antonio, TX 78212

SARR Policy 21-08

December 15, 2021

### **Kids Run SARR Youth Training Policy**

#### **1. Mission Statement:**

- a) The overall goal of the program is to establish and manage a club-based youth running program to introduce running to our youth in the club's membership and to improve the physical fitness of member children in the local community.
- b) The program is a gender inclusive, age-specific, multi-week youth running program designed to introduce the sport of running in a non-competitive, fun-based environment to club members between the ages of five through twelve.
- c) The program is designed to create an initial interest in the sport of running using RRCA-certified coaching staff as program organizers with specific, achievable goals in a fun-oriented training environment.

#### **2. Youth Program Goals:**

- a) Teach respect for and from the training team, as well as for and from fellow participants.
- b) Teach rules, etiquette, and the safety-first aspects of running.
- c) Teach initial running techniques in a fun, non-competitive environment.
- d) Teach age-appropriate training techniques.
- e) Create lasting, positive impressions regarding the sport of running.
- f) Achieve measurable results throughout the training process.

#### **3. Youth Program Concepts:**

- a) Focus on fun over competitiveness for youth twelve and under.
- b) Track participation and workload efforts (distance, intensity, and frequency) on an ongoing basis.
- c) Motivate and reward when reaching goals.
- d) Engage families and encourage youth to be active at home.
- e) Help youth develop new cognitive, physical, and social skills through the training program format.

**4. Coach and Volunteer Requirements for SARR Youth Coaching:**

- a) Coaches must be RRCA-Certified Level I or Level II running coaches and serve on a volunteer basis.
- b) Adult volunteers (defined as age 18 and over) may be approved supportive volunteer staff to assist with training session setup, interactive games, and pace leader duties.
- c) Parents and relatives are considered spectators only and are assigned with helping their youth complete running homework assignments.
- d) All coaches and approved volunteers must have adult and pediatric First Aid/CPR/AED certification, have undergone a background check, and not be on any sex offender registry.
- e) Coaches and volunteers must have successfully completed the National Alliance for Youth Sports free 30-minute module on “Bullying Prevention Training” @ <https://www.nays.org/additional-training/preview/bullying-prevention-training.cfm>.
- f) Coaches and volunteers must have successfully completed the free 30-minute RRCA Sexual Abuse Awareness module on “Sexual Abuse Awareness—Prevention and Reporting Training” @ <https://www.brainshark.com/rrca/abuse-awareness-training>.
- g) Coaches and volunteers must have a basic understanding of the program’s focus and training procedures.
- h) Coaches and volunteers must be familiar with the written policies and procedures of the Kids Run SARR Training Program and be provided a copy of the most current policies and procedures prior to volunteering.

*Keith Click*

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