



Policy - Supporting CAR members to gain LiRF and CiRF Qualifications

1. Cotswold Allrunners relies on its members to lead groups of runners at all our regular sessions. The club very much appreciates the time and effort that members devote to leading.
2. The minimum requirement for anyone who regularly leads club sessions, is an up-to-date Leader in Running Fitness Award from England Athletics. In this context 'regularly' means at least twelve times a year, spread throughout the year.
3. Cotswold Allrunners will reimburse the cost of completing a LiRF award, including reasonable, necessary travel and accommodation expenses, on condition that:
 - 3.1. The club member must have been an active and continuous member of the club for at least 6 months before undertaking the course.
 - 3.2. CAR's coordinating coach endorses the club member's wish to gain a LiRF award.
 - 3.3. The club member must pay for the course and related expenses.
 - 3.4. The new leader may apply for reimbursement of the course fee and related expenses six months after the successful completion of the course if they:
 - 3.4.1. have led at least six times in that period. Proof of expenditure must be provided.
 - 3.4.2. agree to continue leading 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.)
4. Cotswold Allrunners will reimburse the cost of completing a Coach in Running Fitness award, including reasonable, necessary travel and accommodation expenses, on condition that:
 - 4.1. The club member must hold an up-to-date Leader in Running Fitness Award from England Athletics.
 - 4.2. The club member has led sessions regularly for at least one year
 - 4.3. CAR's coordinating coach endorses the club member's wish to gain a CiRF award.
 - 4.4. The club member must pay for the course and related expenses.
 - 4.5. The new coach may apply for reimbursement of the course fee and related expenses six months after the successful completion of the course if they:
 - 4.5.1. have actively participated in coaching activities in that period, to the satisfaction of the coaching team. Proof of expenditure must be provided.
 - 4.5.2. agree to continue 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 coach to keep to this commitment.)

5. Cotswold Allrunners will reimburse any necessary costs relating to keeping a club member's LiRF and CiRF qualifications up to date, on condition that the club member:
 - 5.1. Has led and/or coached regularly during the previous three years; and
 - 5.2. 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 family matters may make it impossible for the leader or coach to keep to this commitment.)
6. 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 the club's co-ordinating coach.