



## Pre-Course Information

Please read all of this information fully, as the course content assumes some prior knowledge and understanding of jogscotland, its structure and aims.

### What is jogscotland?

jogscotland is a partnership funded and supported by **scottishathletics**, NHS Health Scotland, **sportscotland** and the Scottish Government.

The main aim is to improve the health of the nation by increasing opportunities for all sections of the community to become and stay active. It is a nationally co-ordinated, locally delivered programme across the whole of Scotland.

### jogscotland programmes

There are 6 sections of jogscotland:

1. Community jogscotland delivers groups within a wide variety of communities.
2. Workplace jogscotland - <http://www.jogscotland.org.uk/index.php?m=page&h=jog-works>
3. Mums on the Run - <http://www.jogscotland.org.uk/index.php?m=page&h=mums-on-the-run>
4. Junior jogscotland was launched in early 2007 for primary school age children. - <http://www.jogscotland.org.uk/index.php?m=page&h=junior>
5. jogscotland events includes the 5k Challenge and Junior Fun Run series in the summer, as well as several events endorsed and supported by jogscotland. - <http://www.jogscotland.org.uk/index.php?m=page&h=challenges-2016>
6. Walking Programme - <http://www.jogscotland.org.uk/index.php?m=page&h=walking-programme>

jogscotland provides co-ordinated jogging groups with progressive programmes of 10 weeks which can be adapted by the Jog Leaders.

- **Beginners** walk-jog programme
- **Intermediate** jogging programme
- **Advanced** jog-run programme

jogscotland also provides a quarterly jogscotland magazine and website.

### A national programme delivered locally

jogscotland is a nationally co-ordinated programme, which is high profile and utilises national training whilst giving members a greater sense belonging to something bigger than just their local jogging group.



We work with our local partners and ensure that each area has flexibility to deliver **jogscotland** to suit the needs of their area, for example urban and rural **jogscotland** will have different needs. We link in with as many other local initiatives as possible such as Race for Life, Parkrun and Paths for All (walking groups).

### **jogscotland Membership**

Full details on jogscotland membership can be found here - <http://www.jogscotland.org.uk/index.php?m=page&h=membership>

**All leaders should be members of jogscotland prior to attending the training day.**

### **Who delivers jogscotland?**

**jogscotland** has developed relationships with local partners who are responsible for the local delivery of the groups. They usually take the form of:

- Local athletics clubs
- Local authority/Leisure Trust
- Workplace organisation
- Private and public gyms
- Universities and schools

For Jog Leaders not already connected to one of the above partners there may be freelance opportunities. They should get in touch with the **jogscotland** office to discuss this in further detail.

The local partner is responsible for: setting up the groups, locating routes, deciding on suitable times, setting session/block fees and local promotion and marketing.

### ***Successful promotion includes:***

- Newspapers articles
- Leaflet distribution
- Posters
- Road shows
- Word of mouth
- Local media: Radio, newspaper, newsletters

It is ideal to get out into the community with the promotion and not only advertise within sports centres – e.g. doctors and dentists may agree to display posters for healthy living initiatives like this. The aim is to attract people who would not normally think about exercising.

### **Funding**

Further assistance in funding can be found here - <http://www.jogscotland.org.uk/index.php?m=page&h=sources-of-funding-for-your-group>

### **Community**

Within the community a typical charge for a 10-week block is around £15 - £20. Under a commercial delivery this money would go towards paying for the Jog Leader and/or local administration costs. Under a voluntary delivery this £15 would be invested back into the jogscotland programme or club or donated to a charity.

### **Workplace**

jogworks groups do not charge employees to attend sessions or blocks. Instead the company/organisation supports the Jog Leader(s) and the group(s). Some organisations include their jogworks groups in their submissions for Healthy Working Lives awards.

### **Heart Disease Risk Factors**

It is well known that you can minimise your risk of heart disease by leading a healthy lifestyle. There are different ways of reducing the risks but first think about what the highest risk factors actually are. The list below shows the highest risk factors.

1. Inactivity
2. Smoking
3. Blood Pressure
4. Cholesterol
5. Hereditary
6. Body Mass

You may be surprised that inactivity is the highest risk. This is the main one that jogscotland can tackle and indirectly physical activity can have a positive impact on many of the others.

*Below are few scary facts about inactivity:*

- Over 30% of men and 60% of woman cannot maintain a walking speed of 3mph when walking up a moderate slope. This included most men over 55 years of age and woman over 35 years.
- 55% of woman 55-64 years and 30% of men 65-74 years are below the functional threshold for knee strength – i.e. would have difficulty getting out of a chair unaided.
- Despite these findings 80% of adults perceive themselves to be physically active (ADNFA, 1992)

### **Barriers to Exercise**

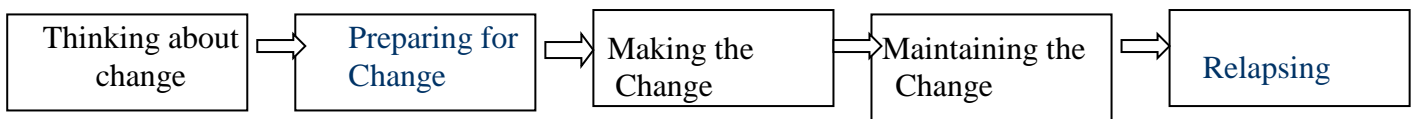
Please think of all the barriers that discourage people from starting exercise. On the course you will discuss some of these barriers and how they may be overcome.

jogscotland also endorse walking groups if they would rather start with that. (see [www.pathsforall.org.uk](http://www.pathsforall.org.uk) for more information) People who are new to the programme will look to you for advice and guidance; on the course you will learn how to respond to their questions in a confident and knowledgeable manner.

**Process of change**

In life we all have patterns of behaviour that we may want to modify in order to improve and enhance our quality of life. All beginner joggers will experience a process of change. Please think about what this process might be and some working examples, either based on fiction or fact.

Below is the process that most people go through and you as a Jog Leader must understand the different stages. Probably the most important one and the one we don't always immediately think about is the relapsing stage. All Jog Leaders must understand that their joggers may relapse and its up to you to encourage them to start the process again and return to the group even if they have missed a few months.



**Jogscotland online Membership Form**

**All members should have completed the online membership form before taking part in group sessions.**

**Further information:**

On the course you will be given a Jog Leaders manual, which will look at all of the above in more detail. It will also answer queries about setting up your own group, insurance etc.

If you have any questions that you require answered before the course please contact us as follows:

**Tel:** 0131 539 7341  
**Email:** [jogscotland@scottishathletics.org.uk](mailto:jogscotland@scottishathletics.org.uk)  
[www.jogscotland.org.uk](http://www.jogscotland.org.uk)