

RUNNING BUDDY DESCRIPTION

A Girls on the Run® Running Buddy must possess a passion for and commitment to the Girls on the Run mission and vision. He/she must also understand and embody the core values of Girls on the Run. Running buddies can be assigned by a parent/guardian or the Girls on the Run council.

The Running Buddy has the following responsibilities:

- Complete a background check if assigned by the council.
- Participate alongside your buddy in the culminating, celebratory 5K event and express support and enthusiasm for her accomplishment!
- Encourage your buddy to do her personal best instead of focusing on competition with others.
- Ensure your buddy's safety by supervising her at the program site or along the 5K event course, including making sure she is wearing her race bib with emergency information listed.
- Be aware of program site and 5K event safety protocols (first aid tents, lost child area, exits, etc.)

While not a requirement, Running Buddies may also choose to attend the practice 5K at your buddy's program site.

Safety Protocol

1. Call 911 as the first course of action during an emergency.
2. Know the locations of 5K safety tents (e.g. First-Aid, Lost Child, EMT, command center) and how to identify 5K Volunteers and/or external 5K volunteers (marked T-shirt, neon vest, flag, etc.).
3. Know where to locate the Program Participant's emergency information on the race bib.
4. Stay with the Program Participant during an emergency until Emergency Responders arrive and follow the instructions of Emergency Responders upon their arrival.
5. Notify 5K Volunteers or Council staff of any incidents/injuries and provide a statement if required.

Time Commitment

Minimum of a 2-3 hour time commitment to walk or run alongside a Girls on the Run participant at the culminating 5K event.

Age Requirement

Running Buddies assigned by parents/guardians must be 16 years of age or older. Council assigned Running Buddies must be 18 years of age or older.