



Role Description

Role	Move More Run Together Buddy Volunteer
Business Area	Move More Jersey
Location	Community Based
Responsible to	Move More Run, Walk & Cycle Officer
Level of Commitment	<p>We ask that Volunteers commit to supporting a minimum of 20 sessions per year.</p> <p>We'll discuss your availability and time commitments at our initial informal interview but rest assured that any time you're able to give will be very much appreciated.</p>
Inspiring an Active Jersey Vision	Jersey will be a healthier, more productive and fairer society by being one of the most physically active populations in the world.
Inspiring an Active Jersey Mission	<p>More active people for a healthier island.</p> <p>Jersey will increase the number of physically active islanders by 10% by 2030.</p>
Jersey Sport Background	<p>Jersey Sport was formed in June 2017 as the independent body for the development of sport and active living in Jersey. Jersey Sport has launched the Inspiring an Active Jersey Strategy (IAJ), the vision of which is;</p> <p>“Jersey will be a healthier, more productive and fairer society by being one of the most physically active populations in the world.”</p> <p>The mission is;</p> <p>“More active people for a healthier island. Jersey will increase physical activity by 10%, by 2030.”</p> <p>IAJ is a collaborative whole-systems approach to tackling inactivity in the island, advocating for a collective effort across government departments, corporate institutions and the volunteer and community sector.</p> <p>Jersey Sport is an independent organisation which receives an annual grant from the Government of Jersey to operate various sports and physical activity initiatives across the island. Jersey Sport is a lead agency for the delivery of IAJ.</p>
Move More	

**Run Together
Background**

Exercise is considered by some to be the closest thing to a ‘miracle drug’ and running is one of the most straightforward ways to access the important benefits of exercise and is easily accessible. Starting out and getting used to running, if you haven't done it in a while or never done it before, can be intimidating and many fail before they have reached the end of the road!

- Running can reduce stress, improve heart health and alleviate symptoms of depression.
- According to a study published in the journal of the American College of Sports Medicine, spending just 30 minutes running is enough to lift the mood of someone suffering from a major depressive disorder. Even participants who moved at a walking pace received the same mood-lifting benefit.
- Studies on the cognitive-boosting effect of aerobic exercise (which in many studies was either running, jogging, or brisk walking) found that for children, running improved working memory and focus. For adults, this sort of activity provides a long list of cognitive benefits, including working memory, focus, and task switching.

There has been a surge in the popularity of running, jogging and brisk walking thanks to the success of Parkrun globally. In Jersey the adult Parkrun sees between 300 – 500 participants a week. This weekly FREE activity, along with the Junior Waterfront Parkrun on Sundays provides opportunities for all the family to take part in a socially inclusive community physical activity programme. New research by Staffordshire University has shown that parkrun increases confidence, helps to reduce isolation, depression, anxiety and stress, and gives participants space to think. Volunteering opportunities at parkrun increase inclusivity as people who do not want to walk or run, or are unable to, can participate by volunteering.

Move More Jersey are committed to helping more people to start, continue and increase how much they run. We know running with other people means you're more likely to keep running regularly. We have also listened to lots of people starting out on their running journey who don't yet feel confident to join a running club.

To help bridge that gap we will use the Run Together model to provide islanders with FREE opportunities to take part in coached sessions which enable them to take up running / jogging in a fun and inclusive environment. It is hoped that this will enable people to add running / jogging into their daily lives but also create inclusive running programmes which will give people the confidence to take up running, make social connections and if they wish, lead up to taking part in the weekly Parkrun.

**Move More
Run Together
Buddy Volunteer
Role**

The Move More Run Together body role includes:

- Commitment to support the run together programmes (Coach to 5K, ‘Get me started’ and Move More run clubs
- Suggesting and sharing new / alternative routes to be worked up and

risk assessed.

- Understanding and adhering to all Risk Assessments and Standard Operating Procedures
- Assisting the Leader with managing the run navigation of assessed routes – maps provided and apps available (e.g., Komoot).
- Assisting the leader in providing a safe and enjoyable activity
- Welcoming runners and encouraging them in their efforts.
- Assisting leader with Health & safety checks prior to commencing a run
- Facilitating the social aspect of meeting together to run
- Reporting as / if necessary

Skills Required for the role

- Confidence to follow a route and support a group throughout the activity
- Excellent organizational skills and initiative
- Enthusiasm and encouragement
- Approachability and friendliness
- Great interpersonal and communication skills
- Honesty and integrity
- Patience and an inclusive approach to engagement
- Reliability, punctuality and committed
- Understanding of the Move More initiative

Agreement to undertake the following if not already in place (Jersey Sport will provide relevant training at no cost to the volunteer):

- An enhanced DBS check (depending on which group is being supported)
- Safeguarding Course
- Move More Volunteer Induction

What's in it for me?

As one of our valued volunteers, we will offer you:

- The chance to develop your skills and gain experience
 - Support within your role
 - The chance to make a difference to the lives of people; physical, social and mental wellbeing
 - The opportunity to meet new people and feel more connected to your community
 - Ongoing support, help and assistance
 - A lot of appreciation
 - The opportunity to meet new people and feel more connected to your community
 - Help making our vision of a healthier and more active island a reality!
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