

Midday Mile

walk/run

Toolkit



Midday Mile Toolkit

What is it?

A staff physical activity initiative designed with the aim of getting employees moving instead of staying at their desks or sitting in the canteen/cafe.

A measured and timed one mile run or walk for staff to participate in during their lunch break.

Why do it?

Sitting for long periods at work is linked to a host of health problems, which are not undone by working out in the gym.

Heart disease, type 2 diabetes, cancers and poor mental health have all been linked to sedentary behaviour.

The effect is found even in people who class themselves as fit, such as those who cycle to work, if they also spend long periods of time sitting.

Prolonged sitting is thought to slow the metabolism and affect the way the body controls sugar levels, blood pressure and the breakdown of fat.

Reduced absenteeism and increased productivity from healthier employees

Physical inactivity is the fourth leading cause of death globally and also contributes to many of the leading causes of ill health in Britain today, such as coronary heart disease, cancer and type 2 diabetes. Many cases of which could be prevented if more inactive people were to become more active, more often. In the Wakefield District 33.8% of adults are classified as inactive which is worse than both the Yorkshire and Humber and England Average figures.

Members of staff that are more physically active are less likely to suffer from major health problems, less likely to take sickness leave and less likely to have an accident at work (Dishman et al. 1998). Physical activities at work programmes have been found to reduce absenteeism by up to 20% and well-designed programmes can reduce staff turnover and increase employee satisfaction by between 10 and 25%. In an organisation with 3,000 employees it is estimated that a physical activity at work intervention programme can produce cost benefits of £424,950 annually. (NICE)

How to do it?

The Essentials

Use a smart phone with a sports tracking app (Strava, Map my run, Endemondo etc.) or GPS running watch to plot a course of 1 mile (1.6km), this could be one long loop, out and back or multiple shorter laps. (you could also use different distances for other challenges or ages).

If you require advice or support on route planning please contact

Chris Dugher, Targeted Intervention Officer, Wakefield Council
07775 703553
cdugher@wakefield.gov.uk

Complete a risk assessment for the route (sample included)

Recruit participants –Try using some of the following methods:

- Posters / Flyers, Team meetings
- internal communications (newsletters, email, social media).
- Recruit departmental champions to get colleagues together, set up in house competitions between teams

Mark out the route with direction and safety signs (available cheaply from running suppliers such as Running Imp or print off the attached examples)

On the day

Register participants using the registration form included

- Give runners a safety briefing before they start (sample included)
- Warm up runners / walkers before the event –a brisk walk to the start, jog on the spot, aerobics etc. followed by some simple stretches (examples included)
- Have a lead and tail runner where possible to ensure people do not get lost or to help if they have any medical issues.
- Have first aid trained staff on duty and a suitable first aid kit.
- Time the runners over the distance so that they can record their results and challenge themselves in future events. Have a volunteer noting down names and times at the finish line. (Sample timing sheets attached)

Optional extras to make the event extra special

Have healthy drinks and snacks available after the finish to encourage an all-round healthy lifestyle. Invite other local health providers along to speak with participants and give out information.

Midday Mile

Join us to Walk, Jog or Run a mile

Date:

Time:

Location:

Contact:



Get up from your desk, get moving and set yourself up for a great afternoon

#MIDDAYMILE

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Sample Pre-Event Briefing

Good morning everyone and welcome to the Midday Mile lunchtime run / walk. We hope you have a really good time and enjoy the event.

I just need to tell you few things before we get started:

The footpath can be a little bit uneven in places and we go up and down some kerbs so please look where you are running and be careful.

Please stay on the path and away from traffic. You will cross two quiet roads.

Please obey the rules of the roads and marshals instructions.

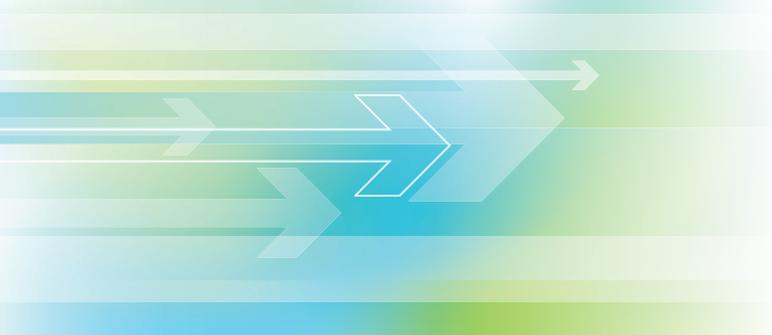
Look out for other people on the path, there could be people walking, cycling, or with dogs.

There will be a front runner to show you the way, and there will be a tail runner to make sure no-one gets lost or left behind.

If you require first aid please see one of the staff in Yellow bibs who will be able to help or get the first aiders.

If you get tired and need to stop please let one of the marshals know.

As well as a break from your desk and some fresh air you will burn over 125 calories from the mile and carry on burning extra calories for the next few hours.



Caution Walkers

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Midday Mile

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Start

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Finish

1 Mile

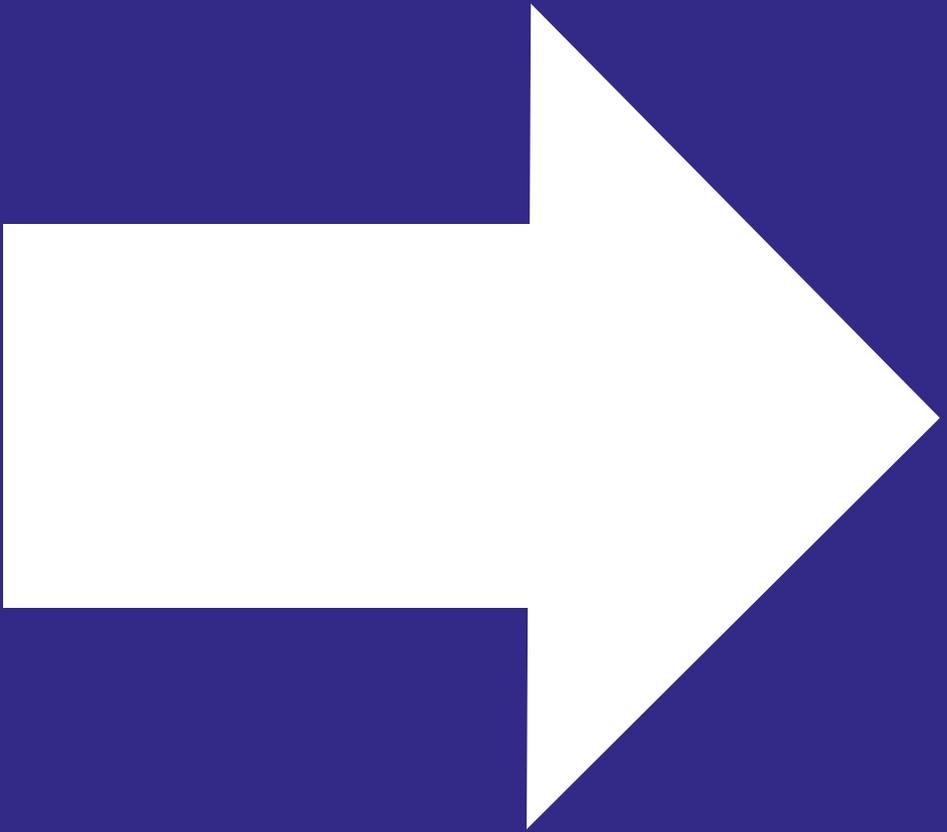
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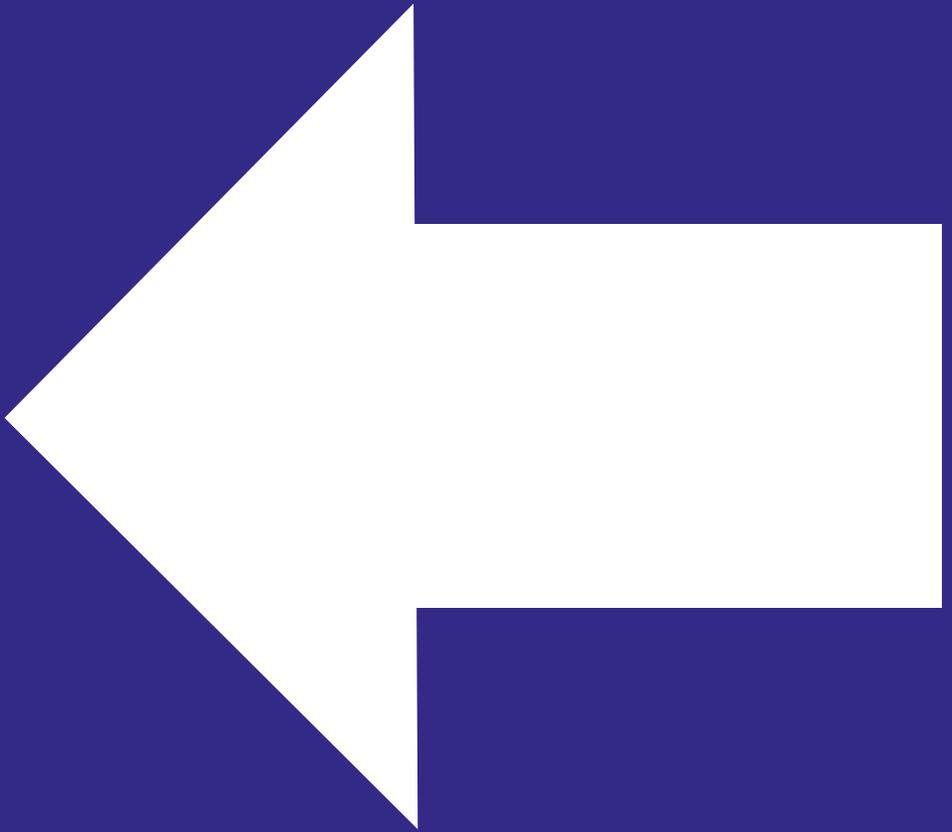
Keep on the pavement

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Caution Runners

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Timing Log Sheet

1		26	
2		27	
3		28	
4		29	
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24		49	
25		50	

Sample Risk Assessment for Midday Mile

Activity	Midday Mile	Location/Site	Wakefield One
Date of assessment		Assessor/s	

Description of TASK / PROCESS / EQUIPMENT being assessed

1	Midday Mile lunchtime run
2	
3	

Risk Ref. No.	Hazard	Who might be harmed and how	Severity of injury Major fatality = 5 Minor = 1	Controls Procedures and precautions in place	Likelihood (L) Certain = 5 V Unlikely = 1	Risk rating (S x L)	Further action required	
							Y	N
1.	Trips, falls	Participants, Public volunteers Bruises, cuts, broken bones	1	Organise equipment to minimise risk, assess risk as setting up and throughout the event. Runners will receive a safety brief at the start, covering items identified in this risk assessment. Ensure runners in sight at all times and do not go off course. Runners will be in site of staff at all times and no more than one minute away from the building. Runners will be reminded to be aware of the public on the route and that they do not have right of way over traffic and other pedestrians. First aider will be present.	2	2		N
2.	Road Crossings	Runners	5	Marshalls will be in place at both road crossings, runners will be reminded that they do not have right of way over traffic and must wait until a marshal informs them it is safe to cross. Route designed to use footpaths and one quiet road crossing with very light one way traffic. Caution runner boards to be put up on route.	1	10		N

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							Y	N
3.	Bump into cyclist, walker, runners (members of the public)	Children, volunteers, staff, teacher Cuts, bruises, broken bones	5	Notice to footpath users warning them about the event. Remind participants that the route is open to the public. Marshals in place at 3 key points along the route which has limited visibility.	1	3		N
4.	Health Condition	Runners Asthma, heart attacks, angina, epilepsy etc.	5	Participants to notify staff of pre-existing health conditions, warm up will be conducted by trained staff, participants advised in pre-race briefing to run within their capabilities.	1	5		N

Additional Notes

Work will be carried out in general compliance to current H & S legislation and work practice procedures prescribed by Wakefield Metropolitan District Council.

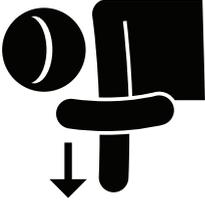
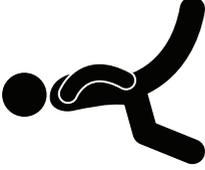
Important phone numbers:

Signed:

Chris Dugher

Date: 05/09/2016

Midday Mile Sample Stretch

<ul style="list-style-type: none"> • Shoulder stretch on both sides • Hold for 10 seconds on each in warm up • Hold for 15 seconds on each in cool down 		<ul style="list-style-type: none"> • Calf stretch on both sides • Hold for 10 seconds on each in warm up • Hold for 15 seconds on each in cool down 	
<ul style="list-style-type: none"> • Back stretch • Hold for 10 seconds on each in warm up • Hold for 15 seconds on each in cool down 		<ul style="list-style-type: none"> • Groin stretch on both sides • Hold for 10 seconds on each in warm up • Hold for 15 seconds on each in cool down 	
<ul style="list-style-type: none"> • Chest stretch • Hold for 10 seconds on each in warm up • Hold for 15 seconds on each in cool down 		<ul style="list-style-type: none"> • Hamstring stretch on both sides • Hold for 10 seconds on each in warm up • Hold for 15 seconds on each in cool down 	
<ul style="list-style-type: none"> • Tricep stretch • Hold for 10 seconds on each in warm up • Hold for 15 seconds on each in cool down 		<ul style="list-style-type: none"> • Quadriceps stretch on both sides • Hold for 10 seconds on each in warm up • Hold for 15 seconds on each in cool down 	