

**Rogers County Fitness Training Program – RoCo Fit  
Program Rules & Guidelines**

- **Read and abide by the rules for the program**
- Free and open to adults. **Children 12 yrs. old and older** are welcome to join WITH parent/guardian and parent/guardian must be in same pace group and with child at all times. (Please do not bring a group of children, i.e. friends' children, child's friend, etc.)
- **Strollers** are welcome, but parent must yield to others passing and be especially careful in their pace group. Strollers are NOT usually allowed in races; please refer to the specific rules for each race.
- **Participants must always carry inhaler and/or epi pen** if they have asthma or severe allergies, AND let the mentor know of health status, i.e. asthma, diabetes, heart problems, injury, etc.
- Participants should **listen to instructions from mentors** and abide by safety rules of running and walking on trails and roads.
- It is important to **be on time for each workout**. To stay on schedule workouts will begin at 6 p.m. with a brief announcement then get into pace groups. Each mentor will speak to his/her pace group briefly regarding the weekly email or with a tip or answer to a question and explain scheduled workout interval. This allows the mentors to see who is present, take a count of those in their pace group, and find out any important information from participants (i.e. health/injury status update, etc.). If you arrive late, please sign-in and do the workout for your group and you may find them while you are out on the trail.
- The **program is a “circle back” style**. This means that a workout will start with a warm-up walk and then begin the interval of either brisk walk or run for time shown on schedule. After each interval, the mentor will blow a whistle and/or shout “recovery” and everyone will slow to a walk and follow the mentor in a circle back/accordion/follow the person in front of you-style picking up the sweeper mentor and last person in group. Therefore, **no one will ever be left**

**behind**. This will be demonstrated the first two workouts. Advanced groups do not use circle back unless needed.

- **Mentors will never leave any person alone at any place on route.** This is for safety. If someone needs to go to the bathroom, the group will continue the workout but stay close by to pick him/her up when finished. If a person needs to stop, i.e. to tie a shoe, the sweeper mentor will stay with him/her and help him/her get back up to pace group. If a person feels the need to stop completely, he/she needs to tell a mentor and arrangements will be made to get him/her back to their vehicle safely or get needed assistance. If you need to leave early for an appt. please let a mentor know at the start of the workout so we will not worry.
- **In case of an emergency during a workout**, please let a mentor know and arrangements will be made for getting needed help. All mentors carry cell phones at all times in order to get help if needed. (Examples of emergencies: diabetes complications, asthma episode, sprain, cramp, fall, dizzy, etc.)
- **Participants with asthma MUST carry his/her inhaler at ALL TIMES.** Please share medical status with mentor(s) before workout, i.e. diabetes, heart conditions, other chronic diseases/illnesses, existing injuries, and anything that might interfere or affect the ability to workout. This is for safety of all participants. **Same for epi pen if severe allergies.**
- Participants must **stay in pace group at all times**. Do not switch groups **during** a workout. If participant wishes to switch, he/she must do it before workout and tell mentors of the switch. Mentors need to know who is in their group before each workout, so communication is vitally important.
- For safety reasons during workouts, **always move over to far right of trail if other walkers/runners approach from either front or behind pace group**. Mentors will announce “runner/walker/bicycle up (coming towards) or back (coming from behind)” or you might hear “skinny up” and group should get single file until clear again. This is an important safety measure for both participants and others using trail. If on road, run/walk **AGAINST TRAFFIC** (towards oncoming vehicles) and stay single/double file at all times. If oncoming vehicle is approaching, single file and follow mentors instructions.

- **Stay and stretch after workout** is finished to prevent injuries and excessive soreness. If a participant must leave early, tell a mentor and be sure to stretch on own. Participants should schedule time for the entire workout, usually no more than an hour. It is very important to stretch warm muscles to avoid soreness and cramps. Never stretch cold muscles. If you leave early, please make sure to stretch soon after.
- Participants should **join the pace group that feels best** for him/her, not because a friend or relative is in that group. The pace group should be a challenge, but be something he/she can keep up with without a lot of struggling-one should be able to talk in short sentences without gasping for breath. Also, each participant should join a pace group that keeps him/her behind the mentor; if he/she is able to run or walk faster than mentor, he/she needs to find a group that is more challenging-but remember the distance and pace will increase each week! It might take a couple of weeks to find the right pace, therefore give each group a few tries before switching. Highly encourage **NO MOVING UP A PACE GROUP UNTIL AFTER WEEK #3.** Remember the workouts will increase in intensity each week, therefore if it feels too easy or difficult, wait at least a week to change.
- **Cancellations of workouts** occur ONLY if lightening/ice/severe weather (AT TIME OF WORKOUT, not threat of or earlier storm). We will run/walk in rain, and it is enjoyable/fun. Ice on the trail or blizzard conditions will also cancel a workout. Excessive heat cancellation will be determined at time of workout or if meteorologist highly recommends for Claremore. If workout is cancelled early, we will TRY to get an email notice out before 5 p.m. and on Facebook (RoCo LoCo Motion) page. Otherwise, it will be announced at time of workout to those in attendance. If cancellation, all participants get point for attendance whether they are at workout location or not. If participant is a no show and workout is not cancelled, no point will be given. (Points go towards tech shirt incentive at end of program).
- **Each participant is responsible for his/her own points** for attendance. Participants MUST sign in on sheet at workout to get point (also for safety reasons). Do not sign in for other participants not attending workout, this is not fair to those in attendance. Sign-in sheets are only way of tracking points for incentives.

- **For best results from program**, participants should attend all workouts AND do cross training and honor workouts as shown on schedule. Two workouts a week will NOT get results expected. To gain the most benefits, attendance at all workouts, cross training, and educational clinics are suggested.
- **Hydrate during the day, every day.** Drinking water is very important when participating in an exercise program. Participants will need to drink water all day in order to stay hydrated enough for workouts. Monitor hydration by the color of urine: it should be light to clear unless taking meds that discolor it. A good measure is 8 – 8 oz. glasses each day, more when exercising and even more when the temperature is high.
- **Bring water to workouts**, carry it during workout if possible or at least have it ready for when finished. Water will not always be provided, so come prepared.
- **Leave valuables at home or lock them in the trunk** of vehicle or under seat, not in sight of passersby. No one will be staying at starting shelter to watch valuables.
- **Eat a light, healthy snack before coming to workout** to help give energy needed. Also, plan to eat within 30-60 minutes of finishing, preferably a healthy protein (peanut butter, nuts, chicken, etc.). Food is fuel.
- **No sitter will be available at workouts**; therefore if child is not participating in program with parent/guardian it is important to make arrangements for sitter.
- **Come already dressed to workout** and appropriate for the weather. Wear clothing appropriate for weather 20 degrees warmer than the air temperature, the body will heat up when working out because the heart is pumping harder. DO NOT OVERDRESS or layer. Make sure clothing is loose and comfortable; one needs to be able to breath and move easily. If possible, avoid cotton socks; they may contribute to getting blisters. No need to spend a lot of money on clothing initially, make that a reward for reaching goals. However, good supportive shoes are important and the best investment. If in need of advice, ask a mentor.
- It is a good idea to always **have a jacket or dry shirt for AFTER** a workout, as sweat will feel cooler.

- **When arriving for workouts:**
  - Lock all valuables in trunk or under seat out of sight
  - Sign-in on sheet to get points and for safety. We need to know who is there and also helps us know how many qualify for tech shirts later in program
  - Find mentor(s)-they may be holding specific pace group signs; they are excited to assist you on your JOURNEY TO FITNESS!
  - Warm up with toe tapping to help prevent shin splints! Very important!!
- **Consider staying** around for a few minutes after finished with stretching to **socialize**; this is a huge part of the program and a great benefit to mental health. It also helps with accountability, staying focused, and enjoyment.
- **Read weekly information emails**, there will be important and interesting information, helpful website links, and upcoming events.
- **Participants are always welcome to email his/her mentor or Renetta Harrison at [renettah@health.ok.gov](mailto:renettah@health.ok.gov) with any questions on this program.**
- Most importantly, **HAVE FUN AND MAKE FRIENDS!** Participation in this program may improve all aspects of health.

***WELCOME TO ROCO Fit!  
GET IN MOTION!!!***