



WINGMAN IN TRAINING GUIDELINES

WINGMAN IN TRAINING COMMITMENT

An ASA Wingman in Training commits to:

1. Complete the Couch to 5K training program
 - a. Training will be required outside of ASA Group Runs to work up to running a 5K with ASA
2. Become an ASA Wingman upon completion of the Couch to 5K training program

WINGMAN COMMITMENT:

1. Attend a minimum of 1 ASA group run a month (mid March - mid November)
 2. Participate in 2-3 races a year with ASA
 3. Fundraise \$365 for The Wingman Program by December 15th (see fun tips below!)
 4. Agree to the [Wingman Guidelines](#)
3. Attend a minimum of 1 ASA group run a month (mid March - mid November) to connect with members of their local community
4. Participate in at least 1 race as a Wingman with ASA by the end of the year
 - a. ASA pays for all Wingmen to race as a Wingman at the ASA RunFest in the Spring - even if you aren't able to run as a Wingman yet by this race - we will still comp your race fee so you can be a part of this amazing day with our community.
 - b. ASA pays for all Wingmen to do 1 Fall 5K with ASA
 - c. Additional races fees incurred as a Wingmen are the financial responsibility of the Wingman
5. Fundraise \$365 for The Wingman Program by December 15th (see fun tips below!)

HOW DOES THE WINGMAN IN TRAINING PROGRAM WORK?

1. Download your Couch to 5K program tracker [HERE](#).
2. Set your goals and start your training runs outside of ASA Group Runs.
3. Sign up to attend Group Runs with ASA on the Sign Up Genius.
 - a. You will come to Group Runs in your community for one of your weekly training runs while you are building up to run a 5K distance.
 - b. You will be encouraged by your ASA Family as your build up to running a 5K as an ASA Wingman.
 - c. When the group goes off to run, you will go off on your own to do your run.
4. When you are able to run a 5K without stopping, let your Community Coordinator know to assign you to a Wingman Team for the next group run. Try it out! If you need more time, keep training - it's ok! A good guide for when you are ready is: you can run a 5K distance in under 50 minutes without stopping.

5. When you can do a 5K run on a team at a group run, let the office know and we will get you signed up for your first race as an ASA Wingman!
6. You then are officially an ASA Wingman!
7. Invite a friend to join you!

DISABILITY INSIGHTS

We realize that being an ASA Wingman is many people's first experience connecting with and empowering a person living with a disability. ASA has created an overview of the different disabilities you may encounter in our program as well as insights into how to interact with a person with a disability. Our goal is to ease your fears and equip you to be the best Wingman you can be for our Athletes living with disabilities. To view a more comprehensive document looking at the disabilities you may encounter - [click here](#).

DISABILITY ETIQUETTE - Our goal is for every ASA Athlete and all members of our program to feel loved, significant, and valued. We do this by treating everyone with respect and dignity.

- Personal Privacy - Please remember to respect personal privacy. Although ASA Athletes sign a privacy release, please ask if you may take their picture first.
- Personal Space - A wheelchair is considered to be an extension of an Athlete, please ask prior to touching a wheelchair.
- Offering Help - We are so grateful that you have joined our program and we know how much you'd like to help. Feel free to offer help whenever you sense that it may be needed. Ask the Athlete first for direction and if you need additional instructions ask the parent or caregiver, they're all good at providing instructions and love being asked! You can also ask the Captain of your team what he/she may need help with.
- How to address ASA Athletes - Respect is important to all of us.
- Use people-first language, "Ian, who has cerebral palsy".
- Use age appropriate language, adults with disabilities are adults.
- Always start a conversation by introducing yourself.
- For those in wheelchairs kneeling to eye level is helpful.
- Speak directly to the Athlete rather than whoever is along with them.
- To get the attention of someone with a hearing disability, tap the person gently on the shoulder or wave your hand, you do not need to raise your voice.
- When greeting a person with vision loss, always identify yourself and others who may be with you.
- Give your whole, unhurried attention.
- Keep your manner encouraging.
- It may take a few minutes for a response, be patient.
- Speak slowly and clearly.
- When necessary, ask questions that require short answers.
- Never pretend to understand if you are having difficulty doing so, repeat what you do understand and wait for a reaction.
- It may be helpful to ask yes or no questions for some Athletes who have cognitive disabilities.
- RELAX - our Athletes are really excited to meet you and to spend time with you, it's ok if you don't feel immediately at ease, it will come and you'll have a great time!
- Connect on common interests while running, music, sports...

CONFIDENTIALITY

As a Wingman with ASA, you will have access to confidential information about ASA Athletes. Do not share sensitive information (addresses, health information, donation information) with anyone.

YEAR AT A GLANCE

January	New Athlete & Wingman meetings Wingman Program Registration Opens
February	
March	Group Runs & Racing info released
April	Group Runs & Racing start ASA RunFest
May - November	Group Runs & Racing continue
October	ASA Bull Roast Bash
December	Group Runs & Racing come to a close

GROUP RUNS

- **FREQUENCY:** offered 3 times a month in each community (typically 2 week nights & 1 weekend)
- **TIME OF DAY:** different in each community - week night runs occur before dark, weekend runs typically occur in the morning
- **SIGN UP PROCESS:**
 - 1 week prior to group run date - sign up on Sign Up Genius on ASA website
 - 2 days prior - cancel via the Sign Up Genius if can no longer attend
 - It is important to use the Sign Up Genius as this is how weather cancelations will be communicated.
 - Follow directions on the sign up genius if you need to cancel at the last minute.
- **TYPICAL GROUP RUN:** 1 hour
 - Arrive to group run 15 minutes prior to start time
 - Check in with Group Run Manager (GRM)
 - Greet fellow ASA Wingmen and Athletes while Captains build joggers
 - Await GRM direction to assign teams for the run
 - Connect with teammates
 - RUN
 - Say goodbye to teammates
 - Depart

RACING

- **FREQUENCY:** 1 race/month is hosted in each ASA Community during our 9 month race season
 - **SIGN UP PROCESS:**
 - Check the ASA Race Calendar on the ASA Website to see which races we are participating in
 - Pick the races that interest you
 - Email the Coordinators for those races to receive registration instructions
 - Follow the registration instructions
 - Upon receiving your registration confirmation from the race - forward to the Coordinator
 - The Coordinator will then add you to the race within ASA to be paired to a Wingman Team
 - **RACE DOC:** This is the document emailed to every Wingman Team participant prior to a race
 - 1 week prior to race day - you will receive a document proving race day contact information, parking information, and all pertinent race information for ASA
 - This document will contain your Wingman Team assignment - the Captain in charge of your team, the Athlete for your team, and the other Wingmen on the team
 - A few days before race day - your Captain will email the Wingman team and introduce themselves and provide any other information about the Athlete they need to share
 - **RACE DAY:** Follow the directions in the race doc
 - **ATHLETE PROFILES:** Every ASA Athlete has an Athlete Profile that is placed in their jogger during Group Runs and Races for the Wingman Team to reference. This profile provides information about the Athlete - their likes/dislikes, their disabilities, and parent contact information. The Captain (an experienced and background checked Wingman for at least 2 years) assigned to lead the Wingman Team communicates with the Athlete's parent/caregiver prior to arrival and knows the Athlete's history.
-

RULES OF THE ROAD

- Each team will consist of 1 Athlete, 1 Captain, and 1-3 Wingmen
- All members of the team will stay together throughout the run.
- The group's pace is based on the slowest Wingman.
- All Wingmen should share the responsibility of pushing the Athlete as needed to complete the event safely.
- Wingmen interact with ASA Athletes but are not responsible for the direct care of any ASA Athlete.
- Wingmen share the jogger pushing in races and group runs.
- Focus on running in a straight line. Avoid unnecessary turning or stopping. Do not "pinch" the corners on turns. Maintain a safe consistent path always.
- In heavy runner traffic, guiding Wingmen (those not pushing) should focus on safety of the team by guiding a path for the jogger. They should run on the sides of the jogger, 3-5 feet from the front wheel and remain there except during rotation.
- Each team Captain is advised to carry a cellular phone and have the phone number of the ASA Group Run or Tent Manager.

- No headphones are allowed while running.
- Dress and act in an appropriate manner at all times. Please wear your ASA shirt, proper athletic apparel, and sunscreen if necessary.
- As soon as you cross the finish line, or finish your group run, try not to disrupt the flow of other finishers. Clear the area safely and timely.
- Do not use water stops and/or relay check points. Have guiding Wingmen secure water/Gatorade as necessary for the team. If a stop is required please coordinate beforehand the time and place as to not disrupt the flow of other participants, either before or after the actual water stop area.
- Do not "tailgate". Runners frequently stop spontaneously. Be alert for this to happen. Do not push your way around other race participants or ask them to move aside.
- Report any emergencies to the appropriate authorities after first taking immediate action to ensure the health and safety of the participants.
- Abstain from transporting, storing, and/or consuming alcoholic beverages, tobacco products, and/or illegal substances when responsible for the safety and well-being of Athletes. Athletes Serving Athletes prohibits consumption of alcohol and tobacco during events (24 hours a day) by participants and by anyone with Athlete responsibilities at an Athletes Serving Athletes event. Consumption of alcohol, tobacco, and/or illegal substances shall not be permitted at any Athletes Serving Athletes competition venue or training site.
- Do not engage in any inappropriate contact or relationship, including, but not limited to, any sexual contact or sexual relationship with Athletes, volunteers, or other participants of Athletes Serving Athletes.
- Follow the established rules and guidelines of Athletes Serving Athletes and/or any parties involved with Athletes Serving Athletes.

FUNDRAISING

Part of your commitment as an ASA Wingman is to fundraise \$365 annually. After December 15th, any remaining funds less than your \$365 commitment will be charged to your credit card on file. For Wingmen that raise above and beyond the commitment, there are incentives offered throughout the year.

- Share your fundraising page on your birthday
- Share your personal experience at a race or training
- Personalize your fundraising page with a photo and your ASA story
- Copy and paste your fundraising page link on social media
- Host a fundraising night at a local restaurant
- Invite family and friends to RunFest - all funds raised on your RunFest page count towards your WM fundraising goal!
- Please don't start a Facebook Fundraiser. We are unable to track Facebook donations and apply credit to you. Instead, please copy and paste your WM Fundraising Page link directly into a post to share.
- For a complete list of Fundraising opportunities (including Water Stops and Expo Support) please click [HERE](#)