

The Welfare Officer

The primary purpose of the welfare officer would be to advocate for the wellbeing of ICXC's members. Oftentimes when we are struggling, we may find it hard to open up or know where to turn for help, Sometimes we might not even be aware ourselves that something is amiss, as our perception of ourselves is limited and may even be distorted at times. Having a welfare officer would provide a safe person to talk to in case the need arises. The role of the welfare officer would then be to point out which facilities are available through College, the Union and elsewhere that would be most beneficial to the present situation and then to assist with the process of gaining access to those facilities if necessary. Other roles taken up by the Welfare Officer may also include bringing basic first aid supplies to training sessions and races, planning meals during tours and trips and ensuring that the nutrition provided is well balanced, and generally being a supportive and approachable presence in the club.

Nutrition and Cooking Class

The material for the Nutrition Class would come from a book given to me by one of my dietitians: Nancy Clark's *Sports Nutrition Guidebook*. Chapter by chapter, we will dissect the contents of this book in the first half hour, and then spend the second half of the hour trying out some of the recipes that are in the back of the book. This would be a great space for anyone who is new to running, struggles with disordered eating, trying to learn how to cook, or just down to hang out and chat with friends on a lovely Saturday afternoon.

Rest Days

Finally, designating Saturdays to be an optional rest day would serve as an active reminder about the importance of adequate recovery. Speaking from personal experience, it would also take away some of the guilt that may come with not being able to fulfil seven days of training a week, every single week – in fact, when I first started incorporating deliberate rest days into my routine, I was surprised to notice that my performance actually improved, as I had much more energy available for the sessions that I continued to attend. That being said, Parkruns would still be available to those who are keen and willing to wake up early enough on the weekend.