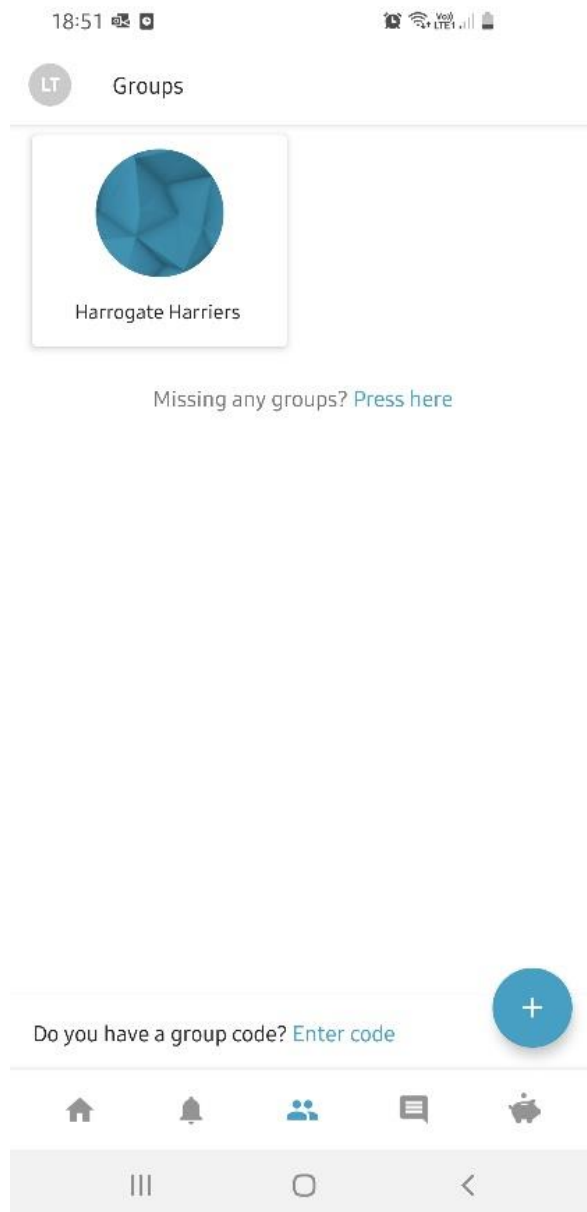


Spond – Harriers cheat sheet

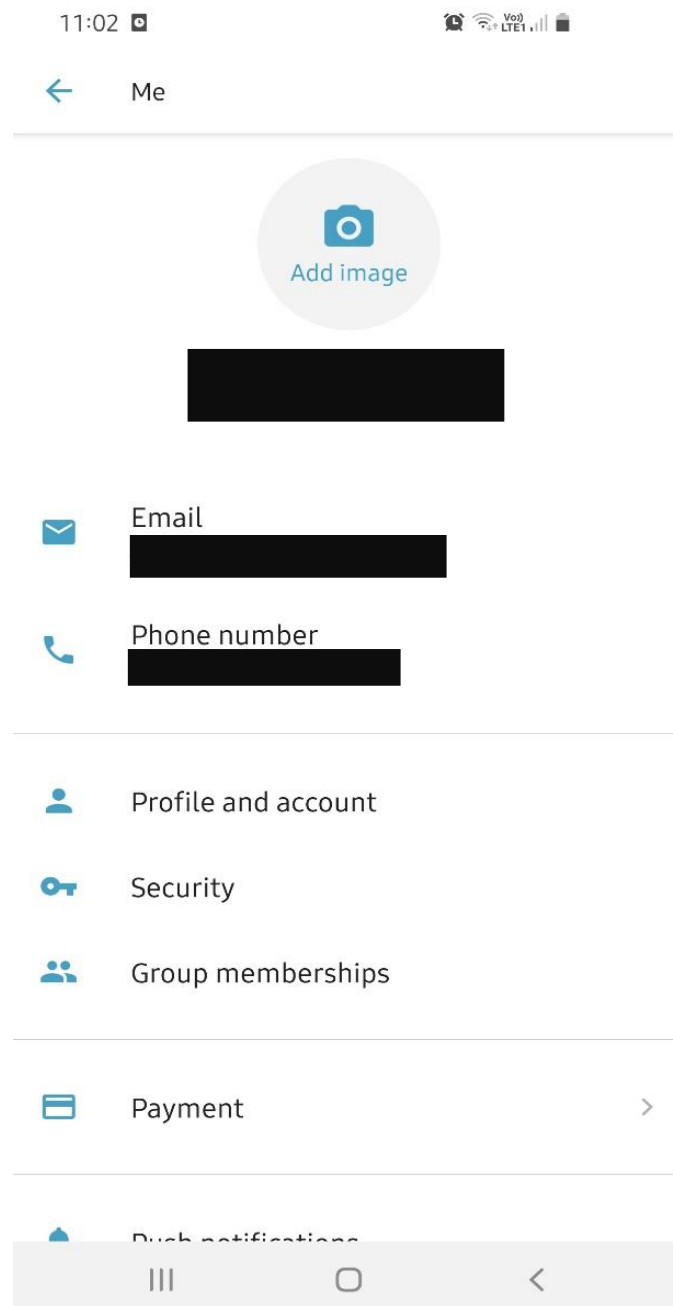
Download Spond and join the Harrogate Harriers group

<https://group.spond.com/XXXX> - you will need to add the group code (replace the XXXX)

Alternatively, you can add the group code **which can be given by your run leader or by emailing one of the committee.**




Click on your profile in the top left corner (either your profile picture or your initials)



Select 'Group memberships'

11:03  



 Group memberships

Harrogate Harriers

Member, Group manager



Edit to add your ICE and medical details.

Please note the details will only be available to the run leaders to see not the entire group. A run leader will only select to view the ICE info and Medical info if anything happens during the session.

11:03



[Redacted]

Subgroups



Monday social run , Tuesday night training , Wednesday track



Administrator roles

Group manager



Details

Birth date

[Redacted]



Address

[Redacted]



ICE Contact name

[Redacted]



ICE Contact Number

[Redacted]



Medical Information

Not set

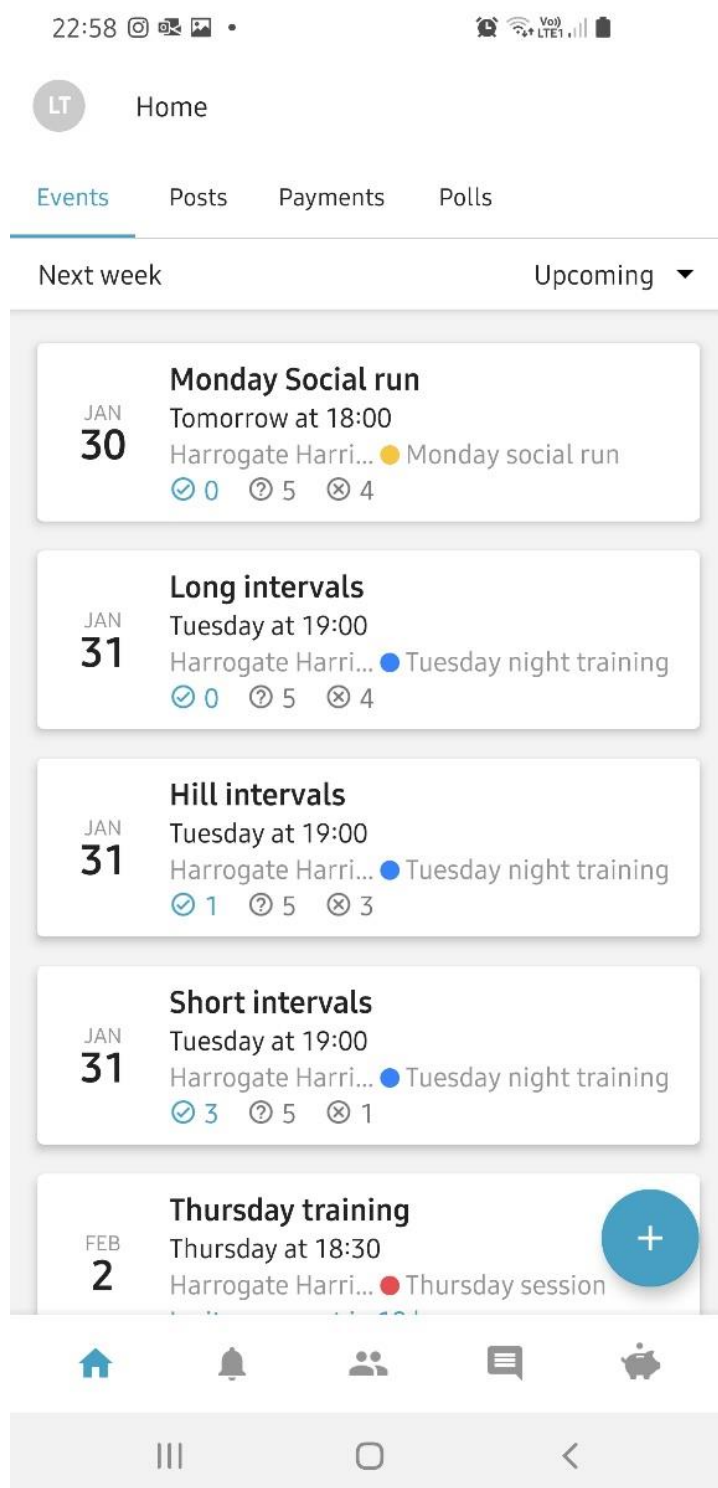


EDIT



In the same menu you can also edit which sub groups you want to get invites from, sign up to as many or as few as you like. Each regular training night has a sub-group and we will add more if they are available in future – such as trail runs and Sunday socials which are organised on an ad-hoc basis.

In the home menu you will see all the upcoming events for the subgroups you are signed up to.



To attend a session click on the event and select accept or decline. You can do this in advance – it doesn't need to be on the training night. You can also

change your response if your plans change. Details of the session may be added to the description by the run leader so that you can see the plan for the evening. You can also comment on the group if you have any questions.

22:49



Hill intervals

Host: You



1 of 24 spots taken



Tuesday at 19:00



Harrogate Sports and Fitness Centre
Hookstone Wood Road, Harrogate



Harrogate Harriers - Tuesday night training

Description

12 x 60 sec. Run leader Lizzie

Answering on behalf of

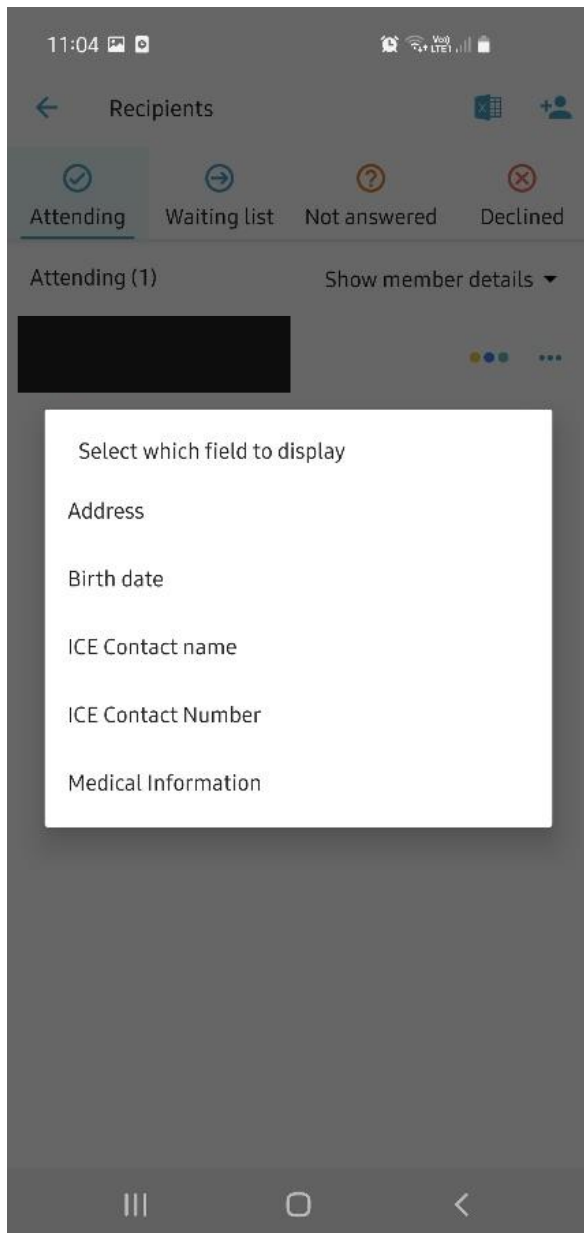
Yourself (as host)

ACCEPTED

DECLINE



Additional info for Run leaders – when you select the run session, Select view member details, and add the detail you require



Additional Info for Run Leaders: To edit a run session, add details or people, select the 3 dots in the top right when you are looking at the event you want to change

22:44



Hill intervals

Host: You



1 of 24 spots taken



Tuesday at 19:00



Harrogate Sports and Fitness Centre
Hookstone Wood Road, Harrogate

Edit

Stop push notifications

Duplicate

Create subgroup

Cancel event...



Harrogate Harriers - Tuesday night training

Description

12 x 60 sec. Run leader Lizzie

Answering on behalf of

Yourself (as host)

ACCEPTED

DECLINE

