

## **GPS RUNNING CLUB**

Dear Parents and Caregivers,

The GPS Running Club is a fun and inclusive club accommodating all levels of fitness. This club is all about having fun, being active and spending time with your friends. It is non competitive. It is open to all children from Pre Primary to Year 6 students.

It was formed by the P&C and is not a school-sanctioned activity.

Students are welcome whether they can attend weekly or occasionally.

Parents are encouraged to attend and run with their children if they want.

**Pre Primary, Year 1 and Year 2 Students must be accompanied and supervised by a responsible adult.**

**Dates:** Mondays' week 2-9 of each term, weather permitting.

**Time:** 7.45am - 8.30am

**Venue:** School Oval

**Clothing:** It's recommended that children run in a different shirt to their school shirt.

Children can change before class. School shorts/skorts are suitable.

- Students must wear suitable sports shoes. Running barefoot is not encouraged.
- Sunscreen should be applied before your child attends running club.
- Hats/sun visors should be worn.
- Water bottles are compulsory.
- Children should bring a piece of fruit/veg or healthy snack to eat after each session.

### **Program**

Students will participate in a warm-up with stretching exercises before running a 250m loop of the oval. Distances are recorded and tallied at the end of each session. Each student will have an individual card where their attendance and distance will be recorded so they can keep track of their progress.

Students will be recognized and rewarded for their efforts when they achieve the target milestones.

**First session is scheduled for Monday 14<sup>th</sup> March.** (Subject to change depending on circumstances and recommendations made by the school).

### **Behaviour Expectations**

Running Club is run by parent volunteers. It is essential that students behave in a manner that makes Running Club fun for everyone. It is also important to note that it is not to be used as a free before school care program. Students who attend must want to be there and be willing to participate.

Children must not leave the oval without informing the coordinator.

Once Running club has finished children must go to the undercover area and wait for the siren.

If behavioural issues arise parents will be called to come and pick up their children.

Ongoing issues will result in the student being asked not to attend.

### **Medical Conditions and Injuries**

The Running Club coordinators must be informed, in writing, of and medical conditions of participating students. Given that Running Club is not a school-sanctioned activity, in the event that a child falls ill or injures itself during the activity the parent/carer will be contacted to come and collect their child from the oval. Injured or ill children will not be sent to the school office for treatment.

**Asmathics must have their inhaler.**

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**PLEASE COMPLETE THE SECTION BELOW. RETURN TO THE OFFICE BY FRIDAY 11<sup>TH</sup> MARCH. CHILDREN CANNOT ATTEND RUNNING CLUB WITHOUT SIGNED CONSENT.**

**PERMISSION TO PARTICIPATE IN GLENGARRY RUNNING CLUB**

I, \_\_\_\_\_ give permission for my child  
\_\_\_\_\_ year \_\_\_\_\_ room \_\_\_\_\_ to participate in GPS Running Club.  
Should my child fall ill or sustain an injury while participating I understand that I will be called to come and collect my child from the oval. I approve the coordinator to administer first aid or call 000 if necessary.

I am fully aware that this is a volunteer run activity and that the parent volunteers and GPS P&C members are not liable for any injury or incidents that can occur herein. As the child's parent/care giver I assume all risks arising out of their participation in this club.

☐ I have read these terms and am in agreement with them.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

Does your child have any medical issues (e.g. allergies, asthma, epilepsy, diabetes etc) that we should be made aware of? YES/NO

Please provide details \_\_\_\_\_

\_\_\_\_\_  
We will use the GPS Running Club Facebook page for communications, including cancelling Running Club incase of inclement weather or emergencies. Please request membership to keep up to date with all information.

Contact during Running Club:

Name \_\_\_\_\_

Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Alternative Contact:

Name \_\_\_\_\_

Number: \_\_\_\_\_

**Running Club Coordinator – Lucy Bowman 045016315**