Carine Primary School RUN CLUB

School run clubs have major flow on benefits such as increased fitness, health, attendance and concentration levels at school, and even being more competitive at Interschool running events.

If you are interested in becoming involved (and you won’t be expected to help every week) please email Kristy Lind on randk.lind@bigpond.com

We are trialling the run club to see how successful it is, realising there may be tweaks needed as we go along. For the trial we are offering:

- **Participants** - Pre-primary, Year 1 and 2 are invited to participate but parents must be in attendance. Year 3 to 6 can participate without parent attendance. At this stage it won’t include Kindy.
- **Time** – Weekly on a Friday morning – 7:50am start to 8:30am finish – Please be prompt.
- **Where** – Students will meet in the undercover area at the school and will be taken back there following the session to proceed to their classrooms. The running tracks will be set up on the two ovals adjacent to the school.
- **Volunteers** – We will set up a roster for volunteer parents. If we do not get a lot of volunteers then we will have to roster parents on whose children are attending every few weeks. We welcome you to bring down your running shoes and get fit with your children. A key to success of this program at other schools has been parent participation.
- **Program** – Personal Trainer, Misty Lord, will design the program and is happy to help support run it. If you have any particular skills in this area please do not hesitate to contact Kristy Lind on randk.lind@bigpond.com or 0417 178 709.
- **Authorisation Form** – All students must submit an authorised form prior to attending a session. Find the form on the Carine Primary School Website under P&C. Forms can be submitted to the P&C mail box or emailed to randk.lind@bigpond.com.
- **Behaviour** – We will have a three warning system for children to address any bad behaviour. This is a volunteer program so if the child is not willing to behave they will not be welcome to attend. We don’t see this being a problem at Carine Primary as we have great kids!
- **Cancellation policy** – If it is raining the morning of Run Club, then it will be cancelled so don’t send your children to school early.

Run Club is a free initiative supported by the Carine Primary School P&C. Any questions contact Kristy Lind on 0417 178 709.

**Kristy Lind - Coordinator**
CARINE PRIMARY SCHOOL RUN CLUB
STUDENT AUTHORISATION

I ____________________________ (parent/guardian) give permission for (student) __________________ in year _________ and classroom _____________ to participate in the Carine Primary School Run Club on Friday mornings commencing at 7:50am.

I understand my child/children will be running on the pathways around Carine Primary School and there is no teacher supervision during these sessions. Supervision is provided by parents for these events.

My child has a medical condition/has no medical condition the Carine Primary School Run Club should be aware of. If a medical condition applies, please provide details:

Condition: _____________________________________________________________

Medication: ___________________________________________________________

In the case of an Emergency, please contact:

Name: ___________________________ Mobile Number: _______________________

Alternative contact: ________________ Mobile Number: _______________________

Signed: _____________________________

Name: ______________________________

Date: _______________________________

Email: _______________________________