

Carine Primary School RUN CLUB 2021

Carine Primary School Run Club has successfully been running since 2016 by parent volunteers. Run Club is a free initiative supported by the Carine Primary School P&C. We welcome our whole school community (including teachers) to come along and participate every Friday morning from 7.50am on the school oval. We also encourage parents that have children attending Run Club to offer their time to help with the running of this program, many hands make light work!

Run Club has many health benefits including increased fitness levels, improved energy, improved attendance and concentration levels at school. Even being more competitive on school sports days.

Run Club Guidelines:

- **Participants** – All year levels welcome. PP to Year 2 – parents MUST be in attendance. Year 3 to 6 can participate without parent attendance.
- **Day** – Friday mornings
- **Time** – Start time 7:50am - 8:25am.
- **Where** – School Oval - meet on oval, running tracks are set around the school grounds. Following the session, children to proceed to their classrooms.
- **Behaviour** – This is a volunteer run program so all children are expected to listen to the volunteers and behave. We don't see this being a problem at Carine Primary as we have great kids!
- **Cancellation policy** – If the weather is unpleasant, Run Club will be cancelled and parents will be notified via the Carine P & C Facebook page.
- **Volunteers** – We are always looking for volunteers to help. Please come along with your child to help out. Without helpers we are unable to offer Run Club.
- **Registration Form** – All students must submit the attached authorisation form prior to attending. Forms can be submitted to the P&C mailbox or given to the Run Club Coordinators.

Attached is a registration form, each child must have submitted the completed form before they can join Run Club in 2021.

If you have any queries or are interested in becoming involved, please email the coordinators Steve Preece or Misty McLaren
mistylord@bigpond.com / stevepreecey@gmail.com

We look forward to helping you all stay focused fit and healthy in 2021.

Carine Primary School



Carine Primary School Parents &
Citizens' Association Inc.



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: _____