

Dear Parents/Caregivers

26 March 2021

### **Lunchtime Running Club**

With effect from 31 March, we will be starting a lunchtime running club for students in Year 5 (Room 8) upwards. Your son/daughter has expressed an interest in joining this club and as a result, needs to have your permission.

The running club is being organised by Adele A'Court and Peter Crawford, and the following provides details about the club:

- The run will be from the school, around the Cheviot domain and back to the school, a distance of about 3.7 km, taking approximately 18 to 25 mins, depending on ability.
- Students should already have an interest in running.
- For safety's sake students will not go running by themselves.
- Students should have a good pair of running/training shoes.
- The run will take place on Monday, Wednesday and Friday lunchtimes. For this term this will include the following dates:
  - Wed 31st, Wed 7th April, Fri 9th, Wed 14th and Fri 16th.
- Students can choose to do as many runs as they wish per week and can opt in/opt out as they wish.
- Everyone taking part in a lunchtime run will be required to sign out & back in at the school office.
- A safety briefing will be given to all students when they first join the club and this will apply for the duration of their time in the club. Reminders about safety will be given at the start of each run.
- One or both teachers will carry a mobile phone and first aid kit with them.

Please can you complete the form below giving your consent or otherwise and also listing any medical conditions that may affect your son/daughter's running abilities. If you have any questions or comments please write them below or feel free to contact Adele or Peter at school or by phone/e-mail.

For safety reasons Adele and Peter will be on their bikes

With kind regards

Adele A'Court and Peter Crawford

[sportscoordinator@cheviot.school.nz](mailto:sportscoordinator@cheviot.school.nz) or [pcrawford@cheviot.school.nz](mailto:pcrawford@cheviot.school.nz)

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From: .....

I give permission for ..... (Name) to join the lunchtime running club and go running around the domain on the above dates.

They do not/do\*have any medical conditions (\*delete as required).

Please list any relevant medical conditions:

Condition	Treatment	Medication

(We may wish to discuss medical conditions with you if necessary)

I have the following questions:

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Signed: .....

Date:.....