



St James' Church of England Junior School

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"With exploring minds, and faith; we grow and learn together."

Dear Runner,

Thank you for your interest in joining our St James' Running Club. I can confirm that you are on our registers and we look forward to seeing you this Friday.

As part of our risk assessment we thought it sensible to pass on a set of rules to follow whilst running with us. These are:

1. **Be mindful of other members of the public who are using the path.** When passing people please run single file so not to block their path.
2. **Be mindful of dogs.** Most dog owners would have their dog on a short lead when being approached by groups of children. However some may not so please do not stop and stroke the dogs as this might spook them.
3. **Watch your footing.** The path is clear with very limited litter, broken glass, dog mess. But we cannot always guarantee this and ask for children to watch where they run and never pick anything up that looks harmful.
4. **Don't push yourself too hard to start with.** We have a 1km course and a 3.8km course. Only complete the 3.8km if you are confident and experienced in running this distance. Stopping to walk for spells is also okay!
5. **Listen to adults carefully** if walking down or back to school. The New Road is a busy route and children will need to be very attentive whilst crossing here.
6. **We're competing against ourselves.** This is not an ultra-competitive club. It is aimed at getting us all a bit more active and hopefully building up our stamina (and enjoyment) for running. We will be keeping a track of times for the purpose of tracking **personal** bests.
7. **Have the right kit** – It is important to have the right trainers and equipment that is suitable for the weather. Ensure you have enough water and protection from all weathers
8. **Have fun!**

We will endeavour to host this every Friday for the next 6 weeks. If the weather looks a bit too unpleasant we will continually check the forecast through the day. We will always aim to run the club but may be forced to cancel at times. In this case we will inform runners and parents via text

Kind Regards

Andrew Beattie



SCHOOL
MEMBER