**Starting a run or walk club is a fun and invigorating adventure! The thought of getting kids moving towards a goal and promoting healthy habits is a great success story.**

**When starting a run club it is important to consider a few things:**

1. Where will the run club take place?
2. How many parent and teacher volunteers will be available to assist?
3. When will the run club start and how long will it last?
4. What happens if the weather does not permit running or walking outside?

**A few forms to consider:**

1. Sign up form- The initial form that introduces the run club and spells out the details of the club. The sign up form may also ask for a fee if there are expenses to be incurred and if the club wants to purchase shirts.
2. A waiver form to hold the school non-liable for any accident that may occur. An example of a waiver form is attached but it is still important to gain approval from the individual school and sometimes you may need approval from the district.

The program that is outlined in this packet includes 10 weeks or nutrition related handouts to correspond with the recommendations of how to start a club.

Utilize your volunteers and community members. Consider having the local YMCA or personal trainers that work with children, to volunteer their time to help lead the warm up or coach the kids. In return their logo or name could be included on the club t-shirt. Consider asking local sports stores and grocery stores to sponsor the club to provide water bottles, bananas or other healthy snacks.

Each meeting:

Welcome the kids and begin a 3-5 minute warmup.

Ideas for warm ups:

1. Jumping jacks to each letter of the alphabet
2. Stretching
3. Obstacle courses for smaller groups
4. Pick a song such as “Happy” or “What does the fox say?” for example and each time “happy” or “fox” are said in the song the children do a jumping jack or squat. In between the words the children can march or run in place.

Break down the difference between what a run versus jog versus walk. A run a quick paced sprint that brings the heart rate up. A jog is a slower movement just above a walk. A walk is a normal daily activity.

\*\*\*Always remind the participants that if they feel sick, nauseous, dizzy or overall bad to seek shade and stop running or walking.

**Running/Walking Club Waiver and information sheet.**

I understand that my child will be participating in a running/walking club which involves physical activity and will not hold the school responsible for injuries sustained during the physical activity and club promotions. I understand that I must pick up my child at \_\_\_\_\_pm on Friday’s or send them to aftercare. I understand that this club is intended to promote healthy habits and increased physical activity as well as a positive atmosphere that encourages children of all ages to have fun while staying active.

**I have read the above waiver and agree to the terms.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(Parent or guardians signature)**

**Information sheet**

**\*\*\*This must be completely filled out and returned to the school.**

Child’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade\_\_\_\_\_\_\_ Teacher\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Child’s t-shirt size: **YS YM YL Adult small Adult M Adult L**

Parent’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parents Phone number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parents email address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My child will be picked up after run club at 3pm by (please check one):

* Aftercare
* Parent or guardian \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (name of parent or guardian and phone number)

I would also like to participate or volunteer in the run/walk club: **Yes/No** (please circle one)