

What to expect at our color run

Please read with your child. The return slip at the bottom is private: it goes to the event's safety lead, not the classroom.

What happens

- Participants walk or run a short course. Volunteers dust colored powder onto shirts and legs at color stations.
- The powder is a colored starch. Like any fine powder, it can irritate eyes and breathing, and it can stain.
- Volunteers aim below the shoulders and stop for anyone who asks.
- A powder-free route is open to anyone: same course, same recognition, no color.

What to wear and bring

- A white or light shirt you don't mind staining
- Sunglasses or other eye protection
- Closed shoes and a water bottle
- Sunscreen, applied at home
- Hair tied back; a hat or bandana if you like

Good to know

- If your child has asthma, allergies to starches or dyes, or an eye condition, please talk with the school nurse or your doctor, and consider the powder-free route.
- Contact lenses and powder do not mix well. Glasses are better on event day.
- Shake off dry powder outside before washing. Brush hair while dry. Wash colored clothes separately in cold water.
- Put a towel or old sheet on car seats for the ride home.

Event details

Date: _____

Time: _____

Rain date: _____

Questions: _____

----- ✂ Return to the office in a sealed envelope -----

Powder-free route request (private)

Participant first name: _____ Class or team: _____

☐ Please place my child on the powder-free route. ☐ My child may use color but should skip the finale.

Anything the first aid team should know (optional):

Parent or guardian: _____