

Ryan's Run

Health and Safety Notes

The following are some general suggestions for grade K-8 students participating in Ryan's Run

Hydrate well starting **the day before the event**; drink 1-2 glasses of fluids the morning of the run. Make sure your student eats a nutritious breakfast on the morning of the run, but don't over eat. A morning snack on this day might also be helpful for grade 4-8 students who are running at 11:00am

Wear layers of clothes. Your base layer should be shorts, sneakers and t-shirts, but wear an outer layer that can be removed easily.

Volunteer Nurses & First Aid Certified Staff will be watching the children for signs of overheating, which include:

- Cramps and spasms of the legs and stomach
- Hot, red, dry skin without any sweating
- Excessively rapid pulse
- Headache
- Nausea and vomiting
- Fainting

If a child shows any of these symptoms, they will be pulled out temporarily to be assessed. It will then be determined if they can continue to participate or should remain resting.

If your child has Asthma, or related breathing problems, your child will participate unless you give other written direction to your child's teacher. If your Grade K-8 student uses an inhaler, please make sure we have one in the office. These inhalers will be brought to the park.

Please make sure to include a bottle of water in your child's lunch, this will allow your child to rehydrate after the run.

COVID Notes- Grade levels will be running on their own courses. Grade levels will be kept separate. Students will have a mask with them in case they stop at the nurse's station or walk for a time close to a friend, but will not need to be wearing their mask while they are running.

Please make sure your child brings a towel to sit on when they eat their lunch.