

**WEMBLEY DOWNS PRIMARY SCHOOL**  
**P&C Association**

## **Wembley Downs Primary School P&C RUN CLUB**

Run Club is a free initiative supported by the Wembley Downs Primary School P&C. We welcome our whole school community (including guardians, siblings and teachers) to come along and participate every Friday morning from 8.00am on the school oval. We also encourage parents that have children attending Run Club to offer their time to help with the running of this program, many hands make light work!

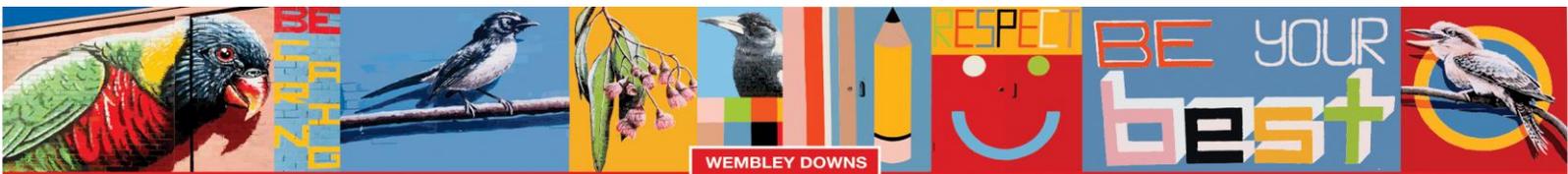
Run Club is intended to be simple and for all abilities. The session commences with a simple warm-up before gathering for some laps around a set loop. Participant lap numbers are recorded and tallies accumulated to track their distance progress. Walking and/or running is perfectly acceptable – it is all about being involved and keeping moving.

Run Club has many health benefits including increased fitness levels, improved energy, improved attendance, and concentration levels at school.

### **Run Club Guidelines:**

- Participants – All year levels welcome. Kindy to Year 2 – parents MUST be in attendance. Year 3 to 6 can participate without parent attendance.
- Day – Friday mornings
- Time – Start time 8:00am - 8:40am.
- Where – Lower School Oval
- Following the session, children to proceed to their classrooms.
- Behaviour – This is a volunteer run program so all children are expected to listen to the volunteers and behave. We don't see this being a problem as we have great kids!
- Cancellation policy – If the weather is too unpleasant, Run Club will be cancelled and parents notified via the Run Club WhatsApp Group.
- The Run Club WhatsApp Group will be locked and only used for communication regarding sessions.
- Volunteers – We are always looking for volunteers to help. Please come along with your child to either participate or to help out. Without helpers we are unable to offer Run Club.
- Registration Form – All students must submit the attached authorisation form to the Run Club Coordinators. It is required that a new form be completed each year. This form can be provided on the morning of attendance at your first session.

If you have any queries or are interested in becoming involved, please talk to any of the P&C members or email Julie Gibson at [julesgibson11@gmail.com](mailto:julesgibson11@gmail.com).



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**WEMBLEY DOWNS PRIMARY SCHOOL P&C RUN CLUB STUDENT AUTHORISATION**

I, ..... (parent/guardian) give permission for (student)  
..... In year ..... and classroom ..... to participate  
in the Wembley Downs Primary School Run Club on Friday mornings commencing at 8:00 am.

I understand my child may run on the pathways around Wembley Downs Primary School and there is no teacher supervision during these sessions. Supervision is provided by parents for these events.

My child has a medical conditions/has no medical condition the Wembley Downs Primary School Run Club should be aware of. If a medical condition applies, please provide details:

Condition:.....

Medication:.....

In the case of an Emergency, please contact:

Name: ..... Mobile Number: .....

Alternative Contact: ..... Mobile Number: .....

Signed: .....

Name: .....

Date: .....

Phone Number: .....

Please add me to the Run Club WhatsApp Group.