



## Sandal Primary School PPG Colour Run FAQ

### **What is a Colour Run?**

A colour run is a sponsored event that is popular in schools to raise funds while having fun. The children will run around a route featuring obstacles and pass through colour stations where coloured powder is thrown up in the air. By the end of the course participants will look like they have run through a beautiful rainbow.

### **Is the colour powder safe?**

Yes, the colour powder is made from food grade corn starch and food dyes, its non-toxic, non-flammable gluten and dairy free and is EN71 certified. It's made by a company that supplies schools and company events all over the UK.

### **Will the colour powder stain my clothes?**

The colour powder can stain clothes so please only wear clothes that you don't mind having powder thrown at. We suggest an old white t-shirt to make the most of the all the colours created by the powder. On your bottom half we recommend wearing old shorts leggings, jogging bottoms and trainers you don't mind getting stained.

### **What happens if the colour powder goes in my hair?**

A good wash, shampoo and conditioner should remove the colour although you may need to repeat this if you get a lot of colour in your hair. If you are worried about your hair being stained wear a hat or scarf or apply conditioner to your hair before the event which acts as a barrier.

### **Will the powder get in my eyes?**

Although the powder isn't toxic, it may irritate the eyes, so we are asking that ALL runners wear either goggles or sunglasses during the run. We will have a small supply of sunglasses to purchase on the day should these be forgotten.

### **Can spectators come to watch the event?**

Yes, Mr Douglas is happy for family and friends to come and enjoy the fun and even sign up for themselves. All we do ask of the spectators is that they stand back from the colour stations.

### **What if the weather is bad?**

It is not recommended to participate in a colour run in bad weather, high winds and wet weather would not be safe conditions to run in and would therefore be rescheduled to an alternative Friday.

### **Do I need to run the course?**

Not at all – walk, run jog, skip! It's all about having fun taking part and getting very colourful whilst raising funds for the school.

**Who will be throwing the coloured powder?**

For safety reasons we will have dedicated adults (must be over 16) at each colour station who will be throwing the colour powder. Please see link to sign up – [volunteersignup.org/EWKYK](https://volunteersignup.org/EWKYK)

**What happens if my child doesn't want to have colour powder thrown towards them?**

They can still take part even if they aren't keen to have powder thrown at them, they can run behind the tables as they pass the colour stations so the powder won't reach them when its thrown.

**How long will the event last?**

We anticipate the event should last no more than 2 hours.

**Can we purchase powder and bring it to the event to throw at each other?**

No. No other powders will be allowed on site as they will affect our risk assessment, any seen will be confiscated. Individual bags of powder will be available to purchase for £1 which will be used for a celebration in a designated area at the end of the event.