



Hosting a Run for Life program is as easy as **Ready, Set, Go!**

Check off these steps to bring fun, accessible running programs to your school.
(See item-specific page references for further information.)

Ready (Details Page 2)

Complete these simple planning steps to make sure your school is ready to run.

- Register your school at <http://www.runforlife.ca/register-your-school.php>
- Recruit and select volunteers
- Determine which day of the week the program will run on, and for what duration, depending on what works best for your volunteers and students
- Plan a kick-off party to motivate students and encourage participation

Set (Details Page 3)

These details will set the program up for success.

- Create a registration form and database to keep track of the students involved in the program
- Create measurement tools and a tracking system to help students track their progress
- Determine which cooperative games are best-suited to your students' abilities and interests

Go (Details Page 4)

Your Run for Life program is off and running!

- Start the program on schedule with a fun time of games and physical activity
- Keep your students motivated with positive feedback and clear progress updates
- Enjoy celebration events throughout the duration of the program to celebrate success
- Build and maintain a customized running program website for your school through Run for Life

Objectives

Run for Life wants to help you make running fun for your students. We will help you to:

- Organize and host a safe, fun, running program in your school setting
- Demonstrate that running is fun through the use of cooperative games

Register Your School

- Run for Life's Education Coordinator will contact you to confirm your registration
- Run for Life will add your email to our newsletter database so that you will be in the loop when we send updates to our educators
- Run for Life's Education Coordinator is available for you to contact with any program-related inquiries

Volunteers

- Volunteer requirements will vary per school
- Volunteer resources can include teachers, administrative staff, and parents of students
- Consider the following factors when determining volunteer requirements:
 - Number of children in your program
 - Average age of the children in the program
 - Your school and/or school board policies

Program Duration

- Each school can determine when they will run the program. Some schools choose to run it before or after school, or during lunch/nutrition breaks. We suggest you run the program at least twice a week.
- We suggest program runs for a duration of 4 – 6 weeks although some schools choose to run for the entire year

Kick-Off Party

- Run for Life encourages schools to host kick-off parties because they tend to cause a higher turnout of participants
- Suggestions for a kick-off party include incorporating a promo talk on the program during a regularly scheduled school assembly. It is useful to have the promo at the end of the assembly and then have the entire school body go outside and do one of your measured loops. Alternatively, volunteer coordinators could visit each class to promote participation

Register Participants

- You can register participants with the following methods:
 - Ask each teacher to submit to you the names of students in their class wanting to register
 - Host a meeting and have students register themselves
 - List all students who show up to the first session
- As with other school programs, parental permission may be required

Measurement Tools

- Create a measurable loop for students to run on that is on school property and over a grassy or soft surface
- Measure your school loop either by meters and kilometers, or help students calculate the distance based on the number of steps using a pedometer. Ask the Run for Life Education Coordinator how you can get pedometers for your students!

Measurement Tracking

- There are a number of ways to track distance.
 - Use a simple popsicle stick method, whereby each student is handed a popsicle stick for each time they complete a lap. At the end of each session, they tally up the sticks and can either record it themselves, or have a volunteer do the recording.
 - Use pedometers and help students translate the number of steps into distance
 - Use the Run for Life Tracking Counter on your school website to record and track individual and school progress.

Sessions

- We suggest one of the following two approaches:

Game based:

- 5 minute warm (laps around school, soccer field, gym)
- Cooperative games
- Running relays
- Cool down and stretch

Distance based:

- Continual running/walking over a predetermined route

Games

- Run for Life has compiled a number of cooperative games that have been tested within our youth program and work well with small and/or large groups.
- See our *Run for Life Cooperative Games Resource Material* for more details

Motivation

- Here are some ideas to keep your participants motivated:
 - Acknowledge the running program and participants during a school assembly
 - Display and wear a Run for Life t-shirt, encouraging students that they too can earn a t-shirt upon completion of a total distance for the year of 10 Km
 - Offer prizes or a season finale party for participants with consistent attendance
 - Display Completion Certificates for participants in a school display case

Celebration Events

- Run for Life hosts seasonal events for all schools to celebrate the accomplishments of the running program. The fall 2010 event is scheduled for Thursday October 21st Shade's Mill Conservation, Cambridge, ON from 11:00am – 1:00pm.
- If you are interested in hosting a Celebration Event in your area, please contact the Education Coordinator for further information.

Your School Website

- This is where schools will order product, take part in challenges and track distance.
- Contact the Run for Life Education Coordinator to get your school set up.

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www.runforlife.ca