

GO THE DISTANCE

- City to Surf School Running Training -

{School logo here}

FRIDAY LUNCHTIME PROCEDURE

Can your school GO THE DISTANCE?

- Parent volunteers, School Captains and students meet at the oval at the start of lunch.
- School Captains are responsible for collecting the distance card boxes, stamps and pens from the office to bring to the oval each Friday.
- School Captains distribute cards to students. Parent volunteers to assist.
- Students start walking/running. They must carry their distance card during this time.
- Parent volunteers walk with students around the course encouraging students or providing assistance if the need arises.
- School Captains stamp each student's card every time they complete a lap.
- Walking/running must finish 15 minutes later.
- Students tally their laps and write the number in the "Sub-total" box.
- Distance cards are to be returned to School Captains who will take them to the office.
- Parent volunteers will finish at about 30 minutes after the meeting time



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