

Our Ref: MSO Let1

9th July 2018

Dear Parent/Carer,

Clacton County High School - Colour Run 2018

Following the success of the 'Colour Run' in previous years, your child has been invited to participate in this year's event, which will take place on our school field on **Tuesday 17th July, from 3:30-5:00**. The aim, as with previous events, is to raise and maintain the participation levels, of all students, in physical education and sport in a fun and unique way, and to raise money for Cancer Research UK.

The run will involve students walking, skipping or running a 3000m course, during which, at checkpoints, powder paint will be thrown from bottles at them; just like 'The Colour Run UK'. The paint is EU regulated, non-toxic, and in powder form when it is thrown. The product consists of corn starch and an aromatic substance (details from the product website are listed below). Although the paint is non-toxic there is the possibility that some paint may be inhaled and get into eyes which may cause irritation. Please refer to the section; 'What to bring and course rules'.

The basis of the powder consists of corn starch. Nevertheless, we do advise you NOT to eat the product, due to the fact that the powder is not produced with the same hygienic care as food. Inhaling the powder is not worse than inhaling dust and thus not dangerous. If you get powder in your eyes this might lead to eye irritations. The powder is not toxic to humans, animals or the environment. The product is biodegradable and washes off easily with water.

Ingredients: All colours consist of corn starch and an aromatic substance. The colourants differentiate per colour. Aromatic substances: Lavender, Lavender oil, thee plant, sage, dill, 2-undecanone, chamomile, rosemary, rosemary oil, acetic acid. Colourants: E260, Red E124 / Green E102 E133 / Pink E122 / Yellow E102 / Orange E102 / Blue E133.

While the run is taking place the participants' belongings will be securely locked in our netball courts. The courts will be locked at 3.30 and will reopen when the event is finished, therefore students need to make sure they take everything they need out of their bag before the event starts, this is to ensure valuables are kept safe. If a student needs to leave before the event ends, they should make a member of staff aware prior to the start of the event. Once students finish, they will NOT be allowed back into the school and will be required to make their way home from the field. We therefore advise that if you are intending to collect your child, that you bring a towel or another type of protective cover, for them to sit on to minimise the risk of any paint transferring to your car seats.

All entry forms/disclaimers need to be handed in along with the £3 to **Miss Moss/Miss Humphrey** in the PE office by Monday, 16th July at the latest.

What to bring for both boys and girls, with course rules:

- Old clothes/trainers **BUT NOT PE KIT** (any white or light colours may leave slight paint residue)
- Sunglasses/fashion glasses to cover eyes are **COMPULSORY** (any runners without any glasses may be refused entry to the course)
- A drink
- Only students who have paid, and signed the entry/disclaimer form may participate
- Medical conditions **MUST** be listed on the entry/disclaimer form
- Spectators must remain behind safety barriers at all times
- Only groups of up to 5 runners are allowed on the course together (this will be monitored by staff and volunteers)

Yours faithfully,

R Moss

Miss R Moss

PE Department

TO: Miss Moss/Miss Humphrey – PE Department

COLOUR RUN 2018

Tuesday 17th July

3.30-5.00pm

Please detach entry form/disclaimer and return to the PE Office

I agree to let my child: take part in the
'CCHS Colour Run 2018' in accordance to the rules stated in the attached letter.

Medical conditions:
.....
.....

(If you have any concerns please contact the School beforehand)

(£3 entry fee enclosed)

Signed Date.....