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Whatever is worth doing  
 is worth doing well

School Community Newsletter



TIRAU SCHOOL 69 Main Road, Tirau Phone 883 1653 Fax 883 1269 Email office@tirau.school.nz



# Tirau Primary School Cross Country

## Friday 8th June 2018

### Venue

Tirau Domain, just off the roundabout on SH1 towards Putaruru.

### Date

Friday 8th June (no postponement)

As this is a winter event the day will go ahead unless the weather is particularly bad so please ensure your child is prepared for all conditions.

### First Race Starts

11am

### Dress

School uniform must be worn, with warm clothes to wear before and after races.

Note: CHILDREN MUST WEAR SHOES SUITABLE FOR RUNNING. (No gumboots or jandals)

### Lunch

Children will need an energy nutritious lunch, and a bottle of water to keep them hydrated. There is **no access to extra water** available unless you want to purchase from the PTA at the Domain.

The PTA will also be selling water and juices at the domain during the event.

### Marshalls

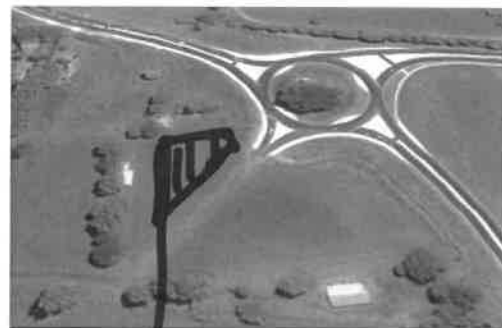
We need a number of parents to act as marshalls on the course on the day - our school staff will predominantly be supervising the children not involved in a race and the start and finish areas. If you are able to help on the day please return the form below to the office. We need to ensure this event can safely take place.

### Organisation

1. Children will be travelling by bus, which will leave school at 10.30am.
2. Children will assemble under the gazebos, where they will remain while they are not running. They will be able to watch and cheer races from this spot.
3. Races will be **run in ages, starting with 5, 6, 7, 8, 9 then 10+**.
4. Length of races  
5 & 6 years—approximately 700 metres  
7 & 8 years—approximately 1000 metres  
9-11 years—approximately 1200 metres
5. Toilet facilities - We will have a portaloos available that will be near the gazebo. Children will be encouraged to go before we leave school.

The running track will be mown and clearly marked for the runners

7. To ensure the safety of your children, we ask that if you wish to take them home from the Tirau Domain, please make sure that you notify **their class teacher** before leaving the domain. **You will not be able to take them until all the races have finished.**



Parking Area.

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Name: \_\_\_\_\_

I am able to help as a marshall on the day.

I do / do not have a hi vis vest I can wear on the day.

### Health and Safety

As this is a public area, there are important health and safety expectations that must be followed by all the students and spectators.

- There will be a parking area inside the course for the runners inside the domain, so we ask that all spectators arrive prior to the first race at 11:00 am and don't leave until after the final race to ensure the safety for the marshals and runners. The children will all remain in their designated area unless competing and won't be released until the end of all the events. This is to ensure we can keep an eye on all the children and ensure their safety.
- If bringing toddlers or other children with you as spectators please be aware that they must be supervised at all times as there are hazards present and these could present a danger to children. Please do not allow them to run around.
- Hazards that you need to be aware of:
  - uneven terrain
  - Water troughs adjacent to the cross country area
  - State Highway 1
  - Vehicles entering into the domain
- Steps have been taken to eliminate and minimize these hazards and all spectators must follow the instructions of the staff and parents running the event.
- Tanya Putt will be the designated first aid officer - in the event of any accident or near miss please report to her so it can be assessed, treated and recorded.
- In case of an emergency the gazebo and tarpaulins on site will be the assembly area and it is important that everyone reports there quickly and then follows the organizers instructions.

We need a parent or community member to collect and return the Portaloo to Putaruru Hire on the day of the cross country. If you are able to help with this please contact Siobhan

If anyone has a gazebo we could borrow please let Siobhan know.

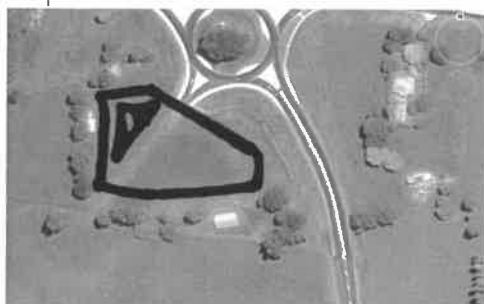
### Reels and Standards

To mark the course, and to help children know where they are running, we will be using reels and standards. If you have any spare, we would greatly appreciate them! Please bring them to school on Thursday, (7th June) Feel free to name the reels.

### Courses

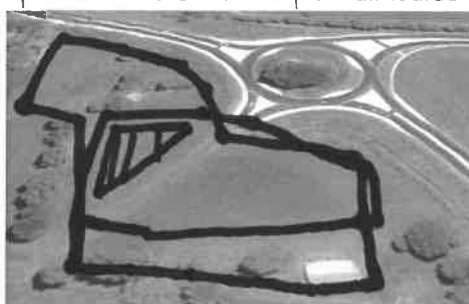
5 & 6 year olds:

2 laps of short course



7 & 8 year olds:

1 lap of short course and 1 lap of full course



9 & 10+ year olds:

2 laps of full course



These are the approximate courses for the day but will be clearly marked for the runners. The students will be walking the course on our arrival at the domain.