

Children's Cancer Run At School, 2024

Schools' Resource: **Run Day Top Tips**

Below is a checklist containing a few top tips to consider for your Children's Cancer Run At School run day. It would be worth consulting this list ahead of the day you are holding your event as some points require a few days of preparation.

We have left some extra space for anything else you need to add to this list which is specific to your school.

Run Day Top Tips Checklist

Top Tip	Done
Be prepared for the weather! - Check https://www.metoffice.gov.uk/ for your local 5 day weather forecast.	
Do a final 'On the Day' check of your route before you start the run.	
If appropriate, set up a cheering post half way along longer routes or at the Finish line.	
Remember to do a fun warm up before the run starts. You can either organise your own warm up with a teacher leading this or use one of the online resources available to download from our website. Note: You will need a big screen and speakers to show our Children's Cancer Run At School Warm-Up.	
Keep everyone hydrated and ask all children to bring a cold drink on the day.	
Encourage everyone taking part to ' wear something orange ', our Children's Cancer North and Children's Cancer Run At School colour. This could be a t-shirt, a pair of socks, a hairband, anything the children already own. We do not want parents to buy anything new for their child.	
Hand out stickers, certificates and vouchers to every runner as they cross the Finish line (or do this in the classroom after the children have returned to their desks.)	
On completing your Children's Cancer Run At School event, send a thank you text or email home with a reminder about when and how to send in sponsorship (if applicable.)	

