



Scalford C of E Primary School

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Base 3 Cross Country Club

Dear Base 3 Parents and Carers,

In the coming weeks we will be starting our lunchtime Cross Country Club again. This is for any interested children in Base 3. We will run on Wednesdays from about 12:15 for about half an hour, before returning to school for lunch.

We will be running on footpaths around the fields close to school. It is generally very safe, although there will always be the odd nettle sting, bramble scratch or minor tumble on uneven ground. We will do everything we can to minimise risks, but it is essential that children follow instructions if they are to remain safe. Children who repeatedly fail to follow instructions or who do not have suitable kit will not be allowed to run.

If the weather is particularly bad we may choose not to run. Also, there will be no obligation to run even if you have joined the club – children can choose whether or not to join us from week to week.

Children would need:

- suitable running shoes (that you don't mind getting muddy)
- suitable running kit (school PE kit is OK, but when it's colder you might prefer long sleeves and legs and possibly even a thin coat, hat and gloves)
- a packed lunch on that day

Finally, if there are any parents who would like to join us on our runs, you would be very welcome. Just check with us on the morning of the day you plan to come to make sure that we are going and then meet us at the school gate at 12:15!

Mr & Mrs Leonard

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Base 3 Cross Country Club

Name of child _____

I give my permission for the above named child to attend the club when they choose to.

Name of parent/carer _____

Signature _____

Date _____