

# KCGOTR Program Policies 2014/2015

*Girls on the Run® is a life changing, experiential learning program for girls in 3<sup>rd</sup> through 8<sup>th</sup> grades that combines training for a 5k with self-esteem enhancing, uplifting workouts. The goal of the program is to encourage positive physical, emotional, social, and mental development. Girls on the Run® uses the term “running” loosely. Participants can run, hop, skip, walk or even dance their way towards their goal!*

1. **Attendance:** Program attendance is very important for the girls learning and training. Girls are required to attend all lessons and are allowed only 4 absences. If a girl misses more than 4 practices she may no longer be able to participate in the program or the Celebration 5k and her shoes will be returned to KCGOTR. Girls may not leave practice early unless it is an extenuating circumstance or emergency.
2. **Important Documents:** The Health History and Consent/Authorization and Waiver statements are extremely important in the case of an emergency. They are included in the online registration or provided with paper registration forms and must be completed by the beginning of the 2<sup>nd</sup> practice session. Paper forms must be turned in to the coach/es. If these forms are not signed and/or turned in, the girl will not be able to participate in the lessons until they are turned in.
3. **Transportation:** KCGOTR coaches are NOT allowed to transport girls without written permission from parent or guardian. Exceptions may be made in the case of a medical emergency after contacting the Council Director.
4. **Pick-Up:** Please pick up your child at the designated location and time. At least one coach will stay until all girls have been picked up by an approved adult. If a parent is more than 15 minutes late, the coach will arrange to discuss this with the parents. Ongoing problems may be referred to the Council Director. No child will be allowed to leave without a parent/approved adult unless permission has been granted in writing by the parent/guardian (walking, biking, etc.) If a child is being picked up at a different location than the practice site the coach is not responsible for that participant.
5. **Weather:** In the case of severe weather practice activities will be done indoors. Coaches will follow the school policies and procedures for weather. Please assist your child in having the appropriate attire for the weather. Girls should plan on practicing outside most days.
6. **Off Grounds:** Coaches taking their team off grounds or away from their normal practice site are required to notify the Council Director in advance. There must be a ratio of 1 adult to every 5 girls whenever the team is off grounds. Coaches will maintain a line of sight on all girls at all times and supervision at intersections. Parents are encouraged to help on these occasions. (Example: practice 5k or community service project)
7. **Shoes:** It is absolutely necessary that participants notify their coach immediately if their shoes do not fit. Shoes cannot be returned once they have been worn outside or the box has been written on. Only girls who complete the program will be allowed to keep their GOTR shoes.
8. **Additional Adults/Children at Practices:** The Lead and Co-coaches who have been trained and registered with Kent County Girls on the Run are the only persons approved to deliver curriculum. Practice Partners, volunteers that have completed KCGOTR paperwork and a background check, may assist at practice at the Lead Coaches direction. (Ex. organize snacks, line of sight monitoring, or chaperone a community service.) Check with your coach or site liaisons to become a Practice Partner.  
Only girls registered in the current GOTR season should be at practice.
9. **Refunds:** If a registration is canceled within 2 weeks of the program start AND the girl's shoes are returnable, there will be a full refund upon request, minus a \$5 processing fee. If the shoes cannot be returned, the amount refunded will be determined by the amount of paid program fees minus \$45. (See # 7.)
10. **Suspension/Dismissal from the Program:** Participants may be suspended from practices for the following: non-cooperation, disrespect, refusal to participate, negative talk, physical aggression, disregard of rules. Coaches will follow the Behavior Incident Policies of Girls on the Run International.