

GILTHILL COLOUR RUN Q & A

<i>What is a colour run?</i>	A colour run is a running event where at 'Colour Splash Stations' coloured powder is thrown at the participants.
<i>When is the colour run?</i>	Friday 16 th May from 1.30pm The races are planned to be finished by normal pick-up times.
<i>Can I come and watch?</i>	Yes, parents are invited to come and watch. Gates will open at 1.20pm and the first race will start at approximately 1.30pm. The KS2 children will run first followed by KS1 children and then reception class. Cold drinks, along with a selection of toys & stationery, will be available for spectators to buy.
<i>What will my child need?</i>	A white t-shirt – this shows up the colours best. Goggles or sunglasses are advised. Water bottle An old towel Trainers for running on the field (not plimsols). Please be aware they may get the coloured powder on them Children may come to school in their t-shirt and black shorts / joggers / leggings for the day.
<i>Is the powder safe?</i>	Yes. It is non-toxic and traditionally made using cornstarch and natural colourants. The powder is sourced directly from India by 'Ministry of Colours' and all powders are EN71 certified. Please see the following link for the Ministry of Colours Safety Information. Data Safety Sheet.pdf
<i>What if my child has asthma / eczema?</i>	The powder is unlikely to be harmful if inhaled in small amounts and should not cause skin irritations. If you are concerned about your child's skin a long-sleeved top and joggers are recommended. Please ensure your child has their inhaler in school if they need one.
<i>Will the t-shirt come clean?</i>	The colour mostly washes out after the event. However, as with anything dirty, the sooner the clothes get washed the better. Dust off all excess powder before washing with water. Wash your coloured clothes separately and use cold water. It is advised wearing items that you would not mind getting colourful as we cannot guarantee that they will return to the original colour. If you would like to preserve the colour in the t-shirt, it is suggested spraying it with vinegar and ironing it when you get home.
<i>Will the colour stain my child's hair?</i>	The coloured powder does wash out of hair. Anti-dandruff shampoo is recommended if the colours are persisting. However, we are aiming to throw the powder at the children's t-shirts not their faces or heads.