



# Alfriston School Cross Country

Thursday 1st August 2024

Our annual whole school Cross Country is set for **Thursday 1st August** (save day - Friday 2nd August). The track will be located within the school grounds and across neighbouring paddocks.

Learners in Years 6 to 8 who place in the top ten and have proven during practice and on the day that they have the ability to participate in the next stage event (not all top ten finishers will be selected) will go on to compete at the East Counties Country School zone competition. **The distance for all runners will be a challenging course of 3km** for the ECCS event. Therefore we will be very careful in our selections. We do not want to send any learners who will find this stressful.

A learner/s in Years 4/5 who excel in long distance running, may be considered for participation in the ECCS event.

The ECCS event is scheduled for Thursday 8th August 2024, with the save day of Tuesday 13 August 2024 at Te Puru Park, 954 Whitford-Maraetai Drive.

## **Alfriston School Cross Country Day - we ask that all learners:**

- Wear suitable running shoes that are appropriate for running in muddy conditions, named on the inside.
- Bring a named, full drink bottle of water.
- Wear their sports uniform (Years 5 to 8).
- Have warm clothing, a rain jacket (in case of rain), and a change of clothes (their school uniform), should they get muddy.
- A towel to wipe off before going back into class and a suitable bag to put wet gear into.

***Parents are warmly invited to attend and support their children. All learners will be expected to stay at school and support others throughout the whole event. Whānau are welcome to take their child(ren) home after the event if they would like.***

The process for this will be:

- 1. Meet your child at their class when classes leave the field at approximately 2.15pm***
- 2. Sign the sign out sheet provided at the child's classroom (you do not need to visit the school office)***

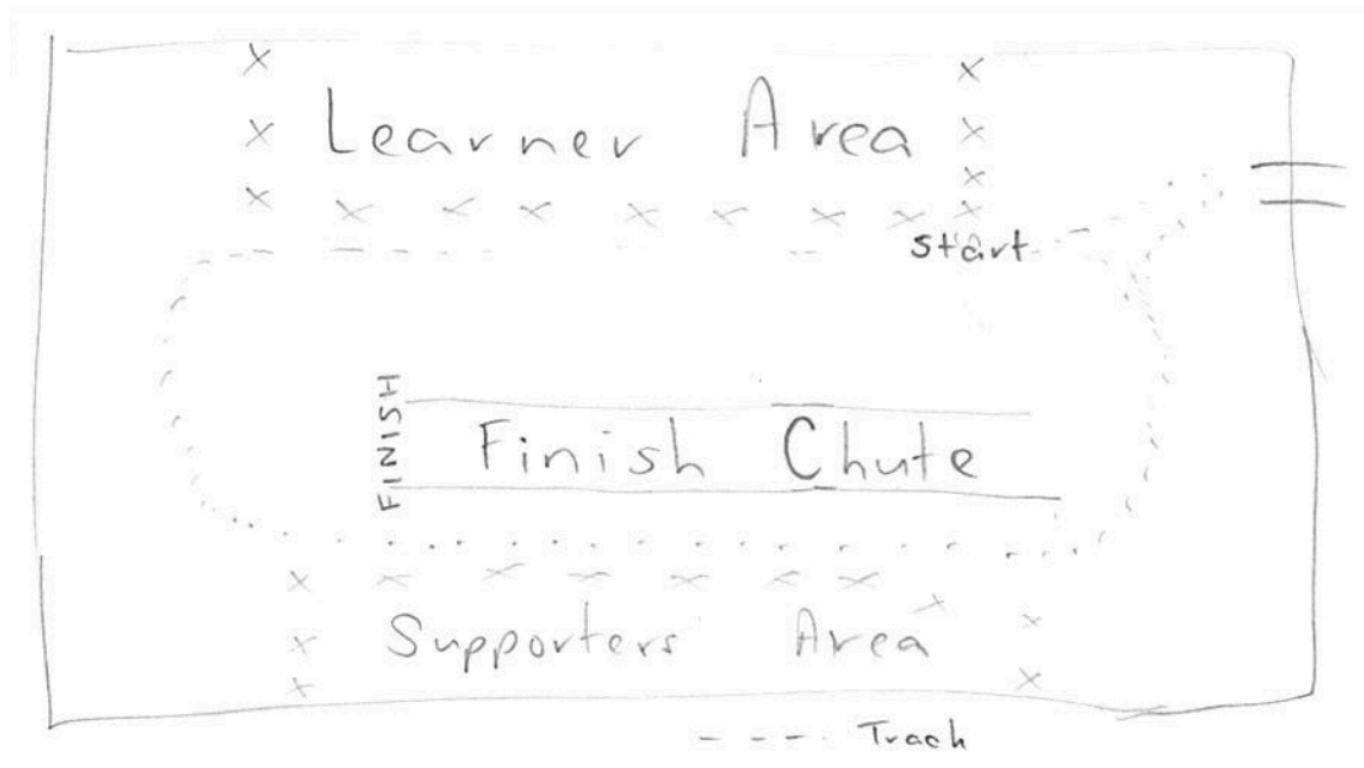
In the event of extremely bad weather, a postponement will occur. A decision will be made at 8.00am on the 1st August 2024. If the event is postponed an alert will go out via text message, email and on our Alfriston School facebook page. No message means no postponement.

**The following times are an approximate indication, please arrive at least 15 minutes beforehand to ensure you do not miss the race.**

**Whole School Cross Country Schedule**

<b>Morning Tea INSIDE snack 9.30-9.45am All seated on field at 10.00am</b>
10.00am - Year 8 Girls : 3000m 10.15am - Year 8 Boys : 3000m
10.25am - Year 7 Girls : 3000m 10.40am - Year 7 Boys : 3000m
10.50am - Year 0 & 1 Girls: 550m 11.00am - Year 0 & 1 Boys: 550m
11.10am - Year 2 Girls: 550m 11.20am - Year 2 Boys: 550m
11.30am - Year 3 Girls : 1500m 11.45am - Year 3 Boys : 1500m
11.55pm - Year 4 Girls : 1500m 12.10pm - Year 4 Boys : 1500m
12.20pm - Year 5 Girls Comp: 2000m 12.30pm - Year 5 Boys Comp: 2000m
12.40pm - Year 6 Girls Comp: 2000m 12.50pm - Year 6 Boys Comp: 2000m
<b>At approx. 1.15pm classes make their way back to their classroom. Learners may be collected from the classroom for early finish.</b>
<b>Lunchtime 1.15 - 2.15pm</b>

## Field Layout for the Event



<b>RISK MANAGEMENT</b>			
<b>ALFRISTON SCHOOL CROSS COUNTRY 2024</b>			
<b>Venue: 1379 Alfriston Road</b>		<b>Date: Thursday 1st August</b>	<b>Time: 10.00am – 1.15pm</b>
<b>Risk Identified</b>	<b>Risk Management</b>	<b>Coping with emergencies</b>	<b>Person Responsible</b>
<b>Injury by items on farmland</b>	<ul style="list-style-type: none"> <li>Organiser to check course when setting out - eliminate/isolate/minimise any hazards</li> </ul>	Office staff to assist with accidents / injuries	Teachers Learners Marshalls
<b>Proximity to roads</b>	<ul style="list-style-type: none"> <li>All teachers to ensure learners safely navigate close to roads</li> </ul>	Marshalls to inform learners of track hazards and to monitor traffic on the day	Marshalls
<b>Health problems</b>	<ul style="list-style-type: none"> <li>Teachers check medical/health problems before the event and ensure meds are available should they be needed</li> </ul>	All staff responsible for learners care. Will administer first aid or seek additional support (office staff)	Knowledge of learners health problems – Teachers
<b>Injury</b>	<ul style="list-style-type: none"> <li>First Aid will be administered onsite.</li> </ul>	First aid decisions made by staff.	Teachers

	<ul style="list-style-type: none"> <li>Learners need to be taken to the first aid location (office) if treatment is required.</li> <li>In severe cases learner to be taken to hospital by ambulance</li> </ul>	An ambulance may be called in if a learner needs care additional to our provision	
<b>Hunger &amp; Thirst</b>	<ul style="list-style-type: none"> <li>Each learner to bring their own drink bottle and a small snack out to the field. (Tchrs to have this is a Year group container)</li> </ul>	Supervising teacher to oversee	Teacher Learners
<b>Toilets</b>	<ul style="list-style-type: none"> <li>Learners to use toilet facilities prior to race and see staff member if they need to go during the event</li> </ul>	Staff to ensure all learners are toileted prior to competing and oversee use of toilets during the event	Alfriston School Teachers
<b>Inappropriate behaviour of learners</b>	<ul style="list-style-type: none"> <li>Teachers to lead learners to assemble in the allocated area</li> <li>Teachers to ensure learners are quiet for instructions to be given</li> </ul>	Staff are to deal with this using our positive behaviour management strategies. Any significant behavioural incidents will be dealt with by Whānau Leaders	Teachers Learners
<b>Learners getting cold</b>	<ul style="list-style-type: none"> <li>Learners to bring a warm school jumper / jacket out to the field</li> <li>Note – the event takes place even in light rain.</li> </ul>	Staff to ensure learners are warm and bring adequate warm clothing.	Teachers
<b>Save Day/Wet Weather postponement</b>	<ul style="list-style-type: none"> <li>Staff to be prepared for a change of programme due to wet weather</li> <li>Teachers to ensure that learners are ready for the save day</li> <li>Office to notify all parents of postponement and change of date</li> </ul>	Teachers to be prepared for “worst case scenario” and have a teaching programme on standby. Office to be ready with a notification to parents	Teachers Office Staff