

FAQs Colour Run

St John's CofE Primary School - Keynsham
Friday 13th October 2023 3:30pm onwards



1. What is the Colour Run?

The Colour Run is a non-timed fun run where participants are showered with coloured powder at stations along the course.

We appreciate that some participants prefer not to be showered with colour, so we will offer a separate non-colour run. If you could please email the PTA at talktothepta@outlook.com when you book your ticket to register your interest in the non-colour run that would be appreciated.

2. Who can take part in the run?

The run is open to all current students at St John's CofE Primary School, Keynsham and last year's Year 6 leavers. Unfortunately we are not offering spaces to parents of current students nor any (non-Year 6 leaver) siblings that don't attend the school.

3. How much does it cost and how can I book it?

We are charging a £5 entry fee for the run. Entry tickets can be purchased via a link which will be shared by the school on MCAS and email and by PTA reps on WhatsApp groups. Participants will receive a certificate, bag of colour powder, bubbles and other goodies on completion.

Unfortunately, we are not offering a sibling discount on this occasion. (Please refer to question 14 for further information as to why we are not offering a sibling discount and what the money will be used for.)

We will be providing refreshments and these will incur an additional cost.

4. What time and where will the run take place?

The run will take place after school on Friday 13th October 2023. We plan to hold the run in the grassed area of St John's junior playground. This is the provisional schedule for the event:

- 3:30pm: Warm-up led by Premier Education
- 3:45 pm: Infants' Run (to be run in these stages as follows: YR, Y1 and Y2)
- 4:15 pm: Non-colour run
- 4:25 pm: Juniors' Run (to be run in these stages as follows: Y3, Y4, Y5, current Y6 and Y6 2022 leavers)

Participants can run up to two laps of the course. We anticipate that we will split the year groups i.e. the run will be staggered and done in waves with up to a maximum of 10 participants for that year group running each wave.

We are aiming to share a more detailed schedule closer to the date as the detail will depend on participant numbers.

5. What will happen in the event of poor weather?

We plan to still hold the Colour Run if there is light rain; refreshments will be served in the hall. In the event of heavy rain and/or extremely adverse weather, the event will be postponed and rescheduled.

6. Where did you buy the colour powder form and what's in it?

We have sourced our powder within the UK by Event Colour (www.eventcolour.co.uk). They are the only UK manufacturer of 'holi powder' and are a reputable supplier.

The powder is non-toxic and biodegradable. It's made from cornflour (i.e. ground maize, so it does not contain wheat) and depending on the type, the colour is made from cosmetic dyes (non-animal tested) or food colourants (non-animal tested).

Whilst we appreciate the gesture, we would appreciate it if you did not bring your own colour powder to the event as we cannot guarantee the quality nor source.

7. How is the colour powder administered?

The course will have three stations where volunteers will shower participants with colour. At the start of the course, we plan to administer the colour from squirty bottles (the type you use for tomato sauce) and then the colour will be administered from cups along the three stations of the course. The colour will be aimed from the neck down.

8. What should participants wear?

We recommend children wear an 'old' white top/t-shirt that you don't mind staining. Old shorts, socks, and shoes are also a good idea as they may get colour powder on these too. Children might also want to wear a hat to cover their hair. If children could bring their colour run clothes to school on the day they can change into them at the end of the school day.

Also, we strongly advise participants to use eye protection. The most effective protection is swimming goggles but sunglasses can also be used.

You might also want to have an old towel handy for participants to sit on if you're travelling in a car after the event!

9. Will the colour stain?

As the colour contains food dye it can stain clothes and skin. Washing skin as soon as possible can help prevent staining. Rinsing hair with cold water first and then washing with shampoo will help remove the colour. You can also use a conditioner/oil before the event to help create a barrier between the colour powder and children's hair. As above, children might want to cover their hair with a hat.

10. How can I set the colour on clothes?

Yes this is indeed a 'thing'! You can 'set' the colours by spraying clothing with white vinegar (not white wine vinegar) and then iron in the colour or place the garment in a tumble drier. This will semi-fix the powder into the item of clothing. Please note that the colour will fade overtime.

11. Can I wash colour powder out of my hair?

Yes you can! We recommend rinsing hair with cold water first to remove as much as possible, then wash using a good quality shampoo. You can also use a conditioner/oil before the event to help create a barrier between the colour powder and children's hair. Alternatively, children can wear a hat!

12. Why do I have to sign a disclaimer?

The PTA has sought and followed advice on how to make the event as safe as possible i.e. mitigate risks. If your child(ren) are participating in the run you will need to sign a disclaimer so you are aware of foreseeable risks. The disclaimer will be shared by the school via MCAS and email. If you are unable to access this once shared please email the PTA (talktothepta@outlook.com) or contact your PTA rep.

13. What will the money be used for?

Please note we have looked to keep the cost as low as possible. The colour powder is expensive but the price should hopefully raise some school funds after covering costs. This is also why we are unfortunately not offering a sibling discount. If you are unable to pay the entry fee please contact the school office.

Recent PTA spend via fundraising events includes iPads, library resources, play equipment and hook days. Please contact the PTA (talktothepta@outlook.com) if you would like more information on PTA spend.

14. Can I help on the day?

Yes please! Any help on the day is welcomed and you don't have to commit to helping for the whole event – if you can only volunteer for 30 mins this is welcomed. We are looking for volunteers to help with set-up, running and clearing up. You can sign up here <https://www.signupgenius.com/go/10C084CA4AA22A5FACF8-colour> and/or email the PTA (talktothepta@outlook.com); or speak to your class rep if you'd like more information as to what is involved.

15. Is there anything else I should know?

This is the first Colour Run to be held at St John's CofE Primary School. The PTA has sought advice and put quite a bit of thought into the event and we very much hope that the children have fun. We hope to host this again if the event is successful. If you have any feedback, we encourage you to send this to the PTA but also please note that we are just a bunch of parents trying our best to put on a fun and safe event.

Finally, we would like to say a massive thank you to our generous sponsors: MG Estate Agents, The Keynsham Courtyard and Virtuoso Flooring.