

# Marian Vian PTA FAQs

## COLOUR RUN

### Why should I take part in the MVPTA Colour Run?

The Colour Run is a great opportunity for us all to get running, get messy, have fun and raise money all at the same time.

### How long is the course?

Situated in the school playing field, the course is approximately 0.25km of which you can go around as many times as you wish within your half-hour timeslot.

Anticipate being covered in clouds of coloured powder, water spray and meeting a few obstacles along the way!

### Do I have to run the whole course?

No, absolutely not. We want as many people as possible to take part and that is at whatever distance and pace you're comfortable with whether that be running, jogging, walking or even dancing!

We just want people to enjoy the day and have fun taking part in a long-awaited school community event.

### Is the run timed?

No, it isn't a race so there's no timing, let's just keep it fun! There won't be a winner and you won't be provided with a race time at the end, although you will get a medal for completing the course.

### Do I need to get sponsored?

We are not asking for sponsorship this year but should you wish to ask family and friends to sponsor you and donate to the event you are more than welcome to. Please contact us to get details of how to pay over any donations.



## Is the course suitable for wheelchairs and pushchairs?

The course is on grass so all are welcome but please bear in mind that the coloured powder will cover the wheelchair and/or pushchair and we cannot take any responsibility for the cleaning of these.

## Can my child take part?

Yes! Absolutely! The Colour Run is safe for all our school children and we welcome families to take part. It's £7.50 per person (adults and children).

However, we do ask parents and guardians to consider their child before they take part as all children are different. The colour powder is harmless (it's made of corn starch/talc and food colouring), but the run will be a busy, noisy, messy environment with powder clouds that may overwhelm some younger children. All children must be registered by an adult to take part.

Parents should consider whether it is appropriate for asthmatics to participate and may wish to ensure that their children wear dust face masks to prevent inhalation [Click here for Colour Powder Safety and Cleaning Info](#)

## Can my child run on their own?

KS1 children should be accompanied throughout the run by an adult who is registered to take part.

KS2 Children can run on their own but must be accompanied to the event by a responsible adult who is always on site.

## What should I wear?

It is mandatory for participants to wear protective eyewear such as glasses/goggles/sunglasses.

A white t-shirt. This will maximize the effect of the coloured powder.

If it is bad weather then dress appropriately but remember that everything you have on will get covered in coloured powder so make sure that you wear something you don't mind getting messy.

## What should I put on my feet?

Wear comfortable trainers with good grip for running/walking in, but please remember that these will get covered in coloured powder too, so wear something you're happy to get messed up.

## What if it rains?

We might see some rain! But that won't stop us!

A wet day will make the run messier and it could be slippery underfoot so come prepared. If it is wet, it will make the colours from the powder stick more firmly to your hair and clothing so might take a bit more washing to come clean.



In the unlikely event of extreme weather which causes a dangerous situation, the event will be rescheduled. We'll use the contact details given during registration to let you know and will give as much notice as possible.

## Will the coloured powder come off?

The powder will usually wash out of clothes and skin but some staining may occur and we recommend wearing something that you don't mind getting messy, including your shoes. The best way to get rid of the powder is to brush off the excess while it is dry and in powder form, the sooner you wash it the better. If it is raining, the colour will stick more firmly and may take a few more washes to come clean. The rest should wash off in the shower or bath when you get home. Please be aware that you may have to wash your hair a couple of times to remove all the colour, particularly if you have fair hair.

If you would like to preserve the colour in your t-shirt as a souvenir, our top tip is to spray it with vinegar, iron it and wash on cool!

If you're driving, you may wish to put towels on your car seats to avoid staining.

## What if it gets in my eyes or mouth?

The coloured powder is non-toxic and non-hazardous so will not cause injury to you if it gets in your eyes or you accidentally swallow it.

Most Colour Run participants choose to wear sunglasses or a visor which will help to keep the powder out of their eyes. Please see PTA Events for items available to purchase [Buy Colour Run Merchandise Here](#)

There will be first aid support throughout the event and water available if you need to wash your eyes.

## How will the coloured powder be thrown?

Around the course you will come across our colour stations with smiling faces just waiting for you to approach. Don't be fooled, these smiley folk are there with one job, to cover you in paint powder! It is aimed at the body not the face, although it will cause clouds of powder and you will end up with it on your face and in your hair. People will also be given a packet of powder to throw in the air for a wave group photo. We have no control over this powder and ask people to only throw it at their own friends and family.

## Will the coloured powder harm the environment?

It is completely non-hazardous and biodegradable. We will clean up as much as we can after the event, but the powder disappears into the ground surprisingly quickly and will disappear completely after it rains.

Please help keep our school clean and dispose of all waste and litter in the bins provided.

## Can I bring my dog?

We're afraid that dogs won't enjoy the powder and chaos as much as we do, so kindly request that you keep your four-legged friends at home for this event.



## Will there be food and drink available to buy?

Yes! There will be food, refreshment stalls and a bar.

## Can my friends and family watch me run?

Yes, absolutely. The more the merrier!

Spectators aged over 18 will be charged £2 admission.

## Can I volunteer?

Yes - we need you, your family and friends to help on the day.

Contact [mvptaevents@gmail.com](mailto:mvptaevents@gmail.com) for details of the roles we have available on the day.

## Anything else?

If you have any other questions that we haven't thought of, please ask by emailing [mvptaevents@gmail.com](mailto:mvptaevents@gmail.com)

