



# Bridgewater School

WHERE INDIVIDUALS COUNT

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Headmistress:

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Academic Year 2023/24

## Bridgewater School Prep Dept. Cross-Country Running Club

Dear Parents,

The School Cross Country Running Club will meet on Friday lunchtime and all children in Prep III, IV, V & VI are welcome to take part. In previous years, this club has been very well attended with over fifty runners turning out to run our course. When weather allows, we will use routes through sections of Worsley Woods in order to improve running techniques and stamina. We are hoping to start the club the week after residential visits have taken place.

The runners will be accompanied by members of staff and will run on risk-assessed courses over challenging (and muddy!) terrain. The supervising staff have mobile phone contact with the school during the runs and a qualified First-Aider always accompanies the runners. If conditions are unfavourable we may practice closer to the school using courses round the school grounds.

Children who wish to join us **must** wear/bring:

- Old trainers
- Old tracksuit bottoms (**long**)
- Old **long-sleeved** tracksuit top, sweatshirt or baselayer
- A change of socks (in case of wet feet)
- A towel (see above)
- A plastic bag (to put wet/muddy things into after the run)
- In cold weather an old woolly hat and gloves may be worn

Children who are prescribed inhalers or epi-pens **must** make sure a member of staff is aware of their condition and **must** have their in-date medication (an informed member of staff may carry this during the run).

Bridgewater School is developing quite a reputation in cross-country competitions, and our running course is one of the best to be found at any school. The enthusiasm and determination of the Prep children & staff is what drives our success and we look forward to an even better performance this year.

If your son or daughter is interested in running with the cross country club please complete the slip below.

Yours sincerely,

Mr J Grant

**Bridgewater School Prep Dept. Cross-Country Running Club**

Pupil Name: \_\_\_\_\_ Class: \_\_\_\_\_

has read the above list of requirements and has my permission to take part in the Cross Country Running Club on Friday lunchtimes. I understand the requirements concerning medication.

Signed (Parent/ Guardian): \_\_\_\_\_