

Running Program Basics

Simple tips to get students moving in today's learning environment!

Promote Your Program

- **Download flyer and student registration form** on the Run the Halls website, GoshenHealth.com/RunTheHalls.
- **Add your program details** to the flyer. Give us your specifics, and we'll make the changes for you.
- **Discuss safety or liability concerns** with your school principal.
- **Post documents** to your school website or social media for promotion and parent access.

Plan Your Course

- **Design a path or track for activities** almost anywhere.

Hallway	Gym
Classroom	Outside
- **Consider multiple options** for courses, if available.
- **Measure length of one lap** on your course.
 - Use a measuring wheel, fitness tracker, phone or other device. Give us a call if you need help with measurements, (574) 364-2496.

Organize Your Program Meeting

- **Set ground rules** at the start of your first program meeting. Here are suggestions to get you started:
 - Everyone who participates must walk or run.
 - Be safe. No horseplay. Run the course safely to avoid collisions.
 - Stay physically distant from others.
 - Listen to adult volunteers.
 - No put-downs/bullying. Compete against yourself, not others.
 - Have fun! Encourage others.
 - Those who don't participate or cause problems may be asked not to return.
- **Keep track of students' laps** with the EZ Scan app.
 - Download the app to your device.
 - Make sure it's open for students to scan their QR code as they complete laps.
- **Start with a warm-up.** Here are suggestions to get started:
 - Walk the course or along another path.
 - Stretch upper and lower body.
 - Play a fun game, such as free play, relays, etc.
- **Run your set course** for the chosen time.
- **Play upbeat music** as students run the course.
- **Cool down.** Walk the course or another location and stretch together as a group.
- **Pass out rewards** at each meeting, weekly or at the end of the program.

Track Success

- **Keep records of student progress** with the EZ Scan app.
- Use an iPad or phone (IOS or Android) to store records on the app.

Get FREE Rewards/Supplies

- **Choose a variety of tokens** to reward students for attendance, mileage and extraordinary effort/behavior.
- **Determine how to distribute rewards.** We can help find the right fit for your program.
- **Request supplies** on our website, GoshenHealth.com/RunTheHalls.

Need help?

- Contact us, (574) 364-2496.

Thank you for your time and commitment to the health of students at your organization!



Goshen Health

