

Field Day Color Run

May Howard Students and Parents,

We will be having a color run as one of our stations for Field Day this year. This event will be free but, students must have a permission slip. If a student does **NOT** have a signed permission slip on the day of the event, they will **NOT** be able to participate. Please return this permission slip to the classroom teacher.

BEFORE THE COLOR RUN:

- Oiling your hair well on the race morning will make it easier to wash out the color. Coconut oil or olive oil works best. A good Leave in conditioner will do the trick as well.
- Some runners wear a scarf or bandana to cover their hair. Others use to cover their mouth as they run through the color zones.
- Wear good sunscreen or lip balm.
- We suggest some form of color run eyewear. Some sunglasses will work great.
- Though the color will eventually wash out of everything, please wear old clothes over your field day shirt or a shirt that you do not mind being colored.

AFTER THE COLOR RUN:

- Please take a moment to clean yourself before going inside.
- Dust off as much powder as you can.
- Cleaning you hair: Dust any loose powder out of your hair. When you wash your hair that night, most of the color should come immediately out. It is not uncommon for some color to stick around after a few washes.
- Color may not come completely out of a white shirt, but everything else should be fine.
- Wash the color run gear separately with COLD water. Oxi clean or similar products will work wonders.

Please sign and return the attached permission slip if you think your child will participate in this event.

I hereby give permission to my student to participate in my schools color run for field day. I acknowledge that he/she will be passing through color zones where nontoxic colored powder will be thrown on the students.

Students Name: _____ Teacher/Grade _____

Parent Signature: _____ Emergency Phone Number: _____