



# Ambarvale High School

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Deputy Principal: Ms M McKenzie, B.A., Dip.Ed.  
Deputy Principal: Mr D Macpherson, Dip.Teach.

## Ambarvale High School Annual Cross Country Carnival - Colour Run Camden Bicentennial Equestrian Park, Camden

Dear Parent

The annual Ambarvale High School Cross Country Carnival will be held on **Thursday, 9 May 2019** at the Camden Bicentennial Equestrian Park, Camden. This is an information and permission note outlining the cost and travel arrangements for the day.

**When:** Thursday, 9 May 2019

**Where:** Camden Bicentennial Equestrian Park, Camden.

### Itinerary and transport:

All students are to attend school as normal  
8:20am - all students are to attend roll call  
8:45am - all students will catch a bus to the Camden Bicentennial Equestrian Park, Camden  
2:00pm - students will start boarding buses from the Camden Bicentennial Equestrian Park, Camden and will return to school by 2:50pm  
2:50pm - students will be dismissed to walk home or catch buses as per normal from school.

**Cost:** \$13.00 this includes the cost of bus and entry to the venue.

All monies must be paid online via the school website ([ambarvale-h.school@det.nsw.edu.au](mailto:ambarvale-h.school@det.nsw.edu.au)) or the office by Thursday, 2 May 2019. Permission note needs to be returned to the PDHPE staffroom. All costs for the Colour Run will be subsidised by the school.

**What to bring:** Hat, sunscreen, water bottle, snacks and lunch.

**Dress Code:** House Colours or Full sport uniform. Appropriate footwear for running, no Rabens are to be worn on the day.

### Colour Run

A colour run is an optional end-of-day activity. Please see information on the Colour Run Permission Note and the Fact Sheet from the NSW Department of Education Health and Safety Directorate.

If students are participating in the colour run, they must bring a white coloured shirt during the event and will be required to change back into their sports uniform at the end of the day.

Safety: Students will be provided with goggles and face masks in accordance with attached Department of Education Policy.

**Departure from:** Ambarvale High School at 8:45am

**Return to:** Ambarvale High School by 2:50pm

### Emergency Care

### First Aid Certificate

**Teacher in Charge:** Mrs K Whitehead  
Mr J Sorenson  
Mr G Spruce

**Emergency Contact Number:** 4627 1800

Mrs L. Barnott-Clement

Mrs K Whitehead

Ambarvale High School Annual Cross Country Carnival

# Permission Note

My child will travel by bus from school to the Camden Bicentennial Equestrian Park, Camden in the morning and travel by bus back to school at the end of the carnival. Cost will be \$13.00 for the bus, entry to the venue and safety equipment; which will be paid online via the school website ([ambarvale-h.school@det.nsw.edu.au](mailto:ambarvale-h.school@det.nsw.edu.au)) or to the office by Thursday, 2 May 2019. All costs for the Colour Run will be subsidised by the school.

I hereby consent to my child \_\_\_\_\_ of Year \_\_\_\_\_ from roll call \_\_\_\_\_ to attend the Ambarvale High School 2019 Cross Country Carnival on Thursday, 9 May 2019 and have read the attached Department of Education Policy.

My child is allowed to participate in the Ambarvale High School Colour Run.

My child is NOT allowed to participate in the Ambarvale High School Colour Run.

If required, I consent to the supervising teacher seeking any medical aid that he/she feels is necessary.

Signature of Parent: \_\_\_\_\_ Date: \_\_\_\_\_

Parent contact phone numbers:

\_\_\_\_\_ Home \_\_\_\_\_ Work \_\_\_\_\_ Mobile

Health Details: Medicare Number: \_\_\_\_\_

Does your child suffer from any medical condition? (asthma, diabetes, epilepsy, etc.) Please note any details of the medical management program that the supervising teacher may need to be aware.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Give details of any medication your child is currently taking together with the dispensing routine:

\_\_\_\_\_

Give details of any allergy your child has to common foods, plants, insect bites, medications etc:

\_\_\_\_\_

Please note extra Ventolin and Epipens will be available on the day. Students attending should still bring their own medication.

Is there any other information we may need to be aware of, that may impact on any of the activities undertaken during the Ambarvale High School 2019 Cross Country Carnival?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Leave early:

My child needs to leave early on the day. They will leave at \_\_\_\_\_

And be picked up by: \_\_\_\_\_ Signature: \_\_\_\_\_

Only in emergency circumstances will a member of the Senior Executive take a phone call from a student with their parent requesting the student leaves early on the day of the carnival. If you wish your child to leave early, please remember a note must be supplied by Monday, 6 May 2019 along with their permission note



# Permission Note

## What is a Colour Run?

A Colour Run is a fun event, where students run, walk or even skip through a marked a course. Along the way, students will have go through stations where colour powder will be thrown on them or around them. By the end of the event, students will be covered from head to toe in the different colours.

## What is in the colour powder?

Cornstarch or cornflour, natural food dyes and perfume. The colour powder will be purchased from Colour Powder Australia <http://www.colourpowderaustralia.com.au/>

## What are the safety considerations for the participants?

Students must have or do the following to participate:

- Wear enclosed shoes
- Wear sunglasses or goggles for eye protection
- Wear a P2 or P3 mask if they have an underlying respiratory condition, or wear a bandana to cover their face
- Place their electronic equipment in a plastic bag or wrap in plastic
- Apply hair conditioner or coconut or olive oil to their hair if they have light coloured hair

## Is the colour powder safe?

The powder is 99.3% cornstarch powder, 0.5% natural dyes and 0.2% perfume. It is designed to be thrown at people in festive settings. It is compulsory that participants wear goggles or glasses and face masks (supplied by the school).

## Who will be throwing the colour powder?

Only staff will be throwing the colour powder, as the students run through each station.

## Does the powder wash out?

When it is time to go home, it is advised students change their clothes, so that the powder is not transferred on to vehicles or any place you do not want powder. It is recommended, each person removes as much powder as they can, in a dry manner before washing the clothes or having a shower, this includes brush off any powder in hair. Students will be blown by a common electric garden blower before boarding a bus.

## What does my child need to participate in the colour run?

**Each student must wear a white shirt during the event.** It is compulsory that goggles or glasses and a face mask are worn. A change of shoes and shorts are recommended but not compulsory.

## Why is the school doing a colour run?

School carnivals celebrate the sporting culture at Ambarvale High School. A colour run is a great way to engage students in physical activity, whilst having fun.

## What will my child do if they are NOT participating in the colour run?

Students who are NOT participating in the colour run will be supervised by staff in the passive area, located in Equestrian Park, that Ambarvale High School has been assigned.

If you have any further enquiries, please do not hesitate to call Mr Spruce, Mr Sorenson or Mrs Whitehead regarding the event.

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 My child \_\_\_\_\_ of Year \_\_\_\_\_ is **allowed** to participate in the Ambarvale High School Colour Run.

My child \_\_\_\_\_ of Year \_\_\_\_\_ is **NOT allowed** to participate in the Ambarvale



## Health and Safety Directorate ‘Colour Run’ a Principal Endorsed Activity



### Introduction

‘Colour Run’ activities are to be managed as a Principal Endorsed Activity. It is an open-air event conducted by an external provider engaged by the school.

Colour runs involve students racing along one or more ‘Colour Run’ routes with pre-determined colour throwing stations.

The material thrown should contain non-toxic colour powder comprised only of corn starch, baking soda and FD&C or D&C grade dyes.

### Principal Endorsed Activities:

In relation to colour run activities, schools have the discretion under the department’s Principal Endorsed Procedures to run events providing they conduct a health and safety risk assessment in relation to that activity.

Before any activity outside the standard school curriculum can be considered the procedures relating to Principal Endorsed Activities should be viewed at [https://education.nsw.gov.au/inside-the-department/health-and-safety/media/documents/risk-management/GUID004\\_Principal-Endorsed-Activity\\_V4.pdf](https://education.nsw.gov.au/inside-the-department/health-and-safety/media/documents/risk-management/GUID004_Principal-Endorsed-Activity_V4.pdf) and a risk assessment completed. To assist with the risk assessment, the schools’ WHS consultant can be contacted [here](#).

The risk assessment for a colour run activity should address personal protective equipment such as masks for all participants and ensure that students with health conditions such as asthma have appropriate plans in place to enable them to participate safely.

Providers should give schools their risk management plan as part of any engagement, and schools can use this to inform their own planning activities.

### General safety guidelines:

Providers need to have appropriate safety guidelines in place including:

- Participants must produce a signed liability waiver.
- The powder is released in open, well-ventilated areas.
- Powder is not thrown near open flames (grills) or near high heat sources (stage lights, electronic equipment).
- A water or dry chemical fire extinguisher is required to be on site in case there are outside dust fires. A CO<sub>2</sub> (carbon dioxide) extinguisher is not needed.
- Only hand-thrown, powder form colour may be used – not a spray powder.
- Colour powder should be thrown in the designated areas towards the runner’s shirt or lower apparel and not towards the face.
- In case of an emergency, the first responder should have on-site a Safety Data Sheet for the colour powder.

### Safety considerations for participants:

Students must have or do the following to participate:

- Wear enclosed shoes.
- Wear sunglasses or goggles for eye protection.
- Wear a P2 or P3 mask if they have an underlying respiratory condition, or wear a bandana to cover their face.
- Place their electronic equipment in a plastic bag or wrap in plastic.
- Apply hair conditioner or coconut or olive oil to their hair if they have light colored hair.



## Health considerations as part of the risk assessment:

- Breathing in small particles such as corn flour over a long period can cause health problems.

To cover this, the risk assessment should address PPE including use of a P2 or P3 masks for students with an underlying respiratory condition, or a bandana for others.

- Inhalation of any airborne particles may trigger symptoms in students with a pre-existing respiratory condition due to irritation.
- In students with allergic sensitisation to an ingredient of the dust (e.g. corn) allergic inflammation in the lungs can also cause breathing difficulty.

To address this:

- Students with known corn allergy should not participate.
- PPE should be worn as above, individual health care plans to address emergency response and first aid should be available.
- Students who are unwell and experiencing asthma symptoms before the activity commences should avoid participation.
- On the day of the activity, other environmental factors such as pollen count, wind, and thunderstorm activity should be considered when assessing the potential risks.
- Students diagnosed at risk of anaphylaxis, or with asthma, should have appropriate health care plans in place, including emergency response arrangements (such as provision of an EpiPen or reliever asthma medication) which have been communicated to staff.
- Appropriate first aid equipment should be readily available and staff trained in emergency response.

## Parental consent:

For any Principal Endorsed Activity, including the 'colour run' activity, consent is required from the parent or carer for all students wishing to attend.

To enable an informed decision to be reached, a copy of this Factsheet should accompany the consent form sent home to the parent or carer.

## Further information

Please contact the WHS hotline on 1800 811 523 (option 6) if you would like assistance from a WHS Consultant.

Also refer to information at the following link:

[<Inside the department>](#)