

Participant and Parent/Guardian Expectations

Attendance

Participation is a twice a week commitment. Please do not register if your girl cannot attend both days. The content of the program is more than just running, so attendance is very important to the integrity of the experience for ALL the participants. If a participant is absent more than 4 lessons, Girls on the Run of Gaston County reserves the right to dismiss the participant from the program with no refund of program fees. Absences due to illness or family emergencies are excused.

Transportation

Participants must be picked up by a parent/guardian within 10 minutes of the close of each practice session. If the participant is identified as a 'walker' by the school on a normal school day, they may walk home from practice.

5k Running Buddy Policy

Parents/Guardians are expected to locate a responsible adult (16+ years old) to participate in the end of season 5k alongside their participant. This adult may be a parent, guardian, family member, family friend, or another adult deemed responsible by the parent/guardian. Coaches may serve as a running buddy for up to 2 girls on their team. The running buddy will need to register and pay a separate fee to participate in the Girls on the Run of Gaston County 5k.

Behavior

Girls on the Run strives to provide a safe and uplifting environment for all participants. In accordance with the Girls on the Run mission, vision and core values, all program participants are expected to interact with responsibility, connectedness, gratitude, optimism, joy, intentionality, compassion and an open-heart. Girls on the Run of Gaston County does not tolerate bullying behavior. Bullying behavior is defined as an action that is intentionally done to hurt another person. These actions include physical, social/emotional or verbal bullying. Coaches will follow our Behavior Management Plan to address any inappropriate behavior.