

**ALMONDSBURY PRIMARY SCHOOL PARENTS  
ASSOCIATION PRESENTS**

**CHILDREN'S  
COLOUR  
FUN RUN**

**SATURDAY 30TH OF SEPTEMBER 2023**

**OPEN FROM 9.30AM TO 12.30PM**

**AT ALMONDSBURY SCHOOL**

**£7.50 PER TICKET**

**TICKET SALES CLOSE 15TH OF SEPTEMBER 2023**

**BOOK TICKETS VIA [WWW.PTA-EVENTS.CO.UK/ALMONDSBURYPA](http://WWW.PTA-EVENTS.CO.UK/ALMONDSBURYPA) OR SCAN THE QR CODE**

**STALLS, GAMES, REFRESHMENTS, GLITTER AND MORE**



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# RECEPTION & PARENT FUN RUN

10AM TO 10.20AM

WARM UP BEFORE COMPLETING THE FUN RUN COURSE AROUND THE FIELD WITH FOUR COLOUR STATIONS, ADULT REQUIRED TO RUN WITH BOOKED CHILDREN. PRE SCHOOL SIBLINGS WELCOME TO BOOK TICKETS FOR THIS COURSE.

## KS1 COURSE

10.30AM TO 11AM

WARM UP BEFORE COMPLETING FOUR OBSTACLE STATIONS SITUATED ON THE FIELD WITH ADDITIONAL COLOUR STATIONS. CHILD ONLY RACE

## KS2 COURSE

11.15AM TO 11.45AM

WARM UP BEFORE COMPLETING FOUR OBSTACLE STATIONS SITUATED ON THE FIELD WITH ADDITIONAL COLOUR STATIONS. CHILD ONLY RACE

9.30AM TO 12.30PM

GLITTER, INFLATABLES, REFRESHMENTS, STALLS, GAMES,  
CHARGEABLE EXTRAS

COLOUR FUN RUN MERCHANDISE SOLD SEPERATELY

PICTURES WILL BE TAKEN AT THE EVENT

TIMES MAY CHANGE SLIGHTLY DUE TO NUMBER OF PARTICIPANTS

ADULT NOT REQUIRED TO PURCHASE TICKET. PAINT WILL BE DIRECTED AT CHILD. NO OBSTACLES INVOLVED.

WE CAN MAKE ACCOMMODATION FOR CHILDREN WHO NEED ADDITIONAL SUPPORT,  
PLEASE EMAIL US BEFORE THE EVENT TO MAKE ARRANGEMENTS. [ALMONDSBURYSCHOOLPAINT@GMAIL.COM](mailto:ALMONDSBURYSCHOOLPAINT@GMAIL.COM)



# COLOUR FUN RUN HEALTH AND SAFETY INFORMATION



**Whilst we aim to make this event as safe as possible, there are certain health risks that we want to make you aware of.**

We **do not** advise runners who suffer from the following medical conditions to take part in the event, however you may take part at your own risk:

·Any Respiratory Condition [such as asthma, allergies], ·Any Heart Condition, ·Any Allergies to Powder |Dust, ·Any form of Sensitive Skin.

For those who still wish to take part considering the above information, we advise runners to take the following precautions for the relevant conditions:

·Wear a dust mask | scarf | buff over the mouth, ·Ensure all skin is covered, ·Wear glasses/goggles to protect eyes, ·Run in the centre of Colour Stations, ·Avoid Colour Stations.

The paint powder used in this Colour Run is Non-Toxic. We recommend the following measures in the event of irritation:

## **Measures:**

Skin Contact: Wash in mild soap and water. Generally, the product does not irritate the skin. Seek medical advice if irritation occurs | persists.

Eye Contact: Rinse opened eyes for several minutes under running water. Seek medical attention if irritation persists.

Ingestion: Wash mouth with water, seek medical attention if symptoms occur.

Ears: Wash ears with water being careful not to push powder further into the ears, seek medical attention if symptoms occur.

Respiratory Inhalation: Bring drinking water for first aid requirements, if you need medical attention, please speak to a teacher/adult, there will be first aid provisions at the event.

Move to an area of fresh air. Keep warm and at rest. Seek medical attention as soon as possible.

## **Safety and Cleaning**

How to throw the colour powder safely?

We recommend that the powder is thrown in an upward trajectory so that the powder comes down onto the participants rather than into the faces of the runners.

Goggles, sunglasses can be worn to offer extra protection if participants wish, however this is not a requirement.

## **Is Ministry of Colours Holi colour powder safe?**

In a word, yes. Our colour powder is non-toxic. It is the safest colour powder currently available on the UK market. We work with our UK based supplier to ensure the quality of our colour powder. It is created in a factory in England, using vegetable starch and natural dyes to ensure the safest product possible.

## **Does the colour powder stain clothing?**

Like any other colour powder, Ministry of Colours colour powder can stain clothing. Please be aware of this when using the colour powder and advise participants to wear clothing they don't mind having more colours on them after the event than before!

## **How do I fix the colour powder to my T-Shirt?**

1. Do not shake off any excess colour powder on the T-Shirt .
2. Carefully remove T-Shirt (the more you move, the more powder will fall off)
3. Put T-Shirt into a bag to keep it safe, until you can .
4. Lay your T-Shirt flat and soak with white vinegar - use spray bottle and generously spray T-Shirt (note, colours may bleed together as the fabric becomes wet).
5. Dry your T-Shirt flat.
6. Iron the T-Shirt to set the colour.
7. Put the T-Shirt In the tumble dryer for about 10 minutes on high to further set the colours.

## **Can I wash colour powder out of my hair?**

Yes you can! Brush your hair to remove excess powder, Rinse your hair with cool water, Wash using a good quality shampoo, Rinse and repeat if required, Condition and follow your normal hair care steps, Your hair should now be free of colour powder

You can also use a conditioner/oil before the event. Apply liberally to your hair and leave in for the event. This helps create a barrier between the colour powder and your hair. Alternatively, wear a hat, scarf or even a shower cap to protect your hair. We think the wackier the better!!

## **Does the colour powder wash off floors, buildings and plants?**

It sure does! Our colour powder washes away in the rain, and because it's made from corn starch and natural vegetable, cosmetic or food-grade dyes, it's safe for the environment and doesn't cause any risk to wildlife. If, however, you are keen to clean up after an event, we recommend using a jet wash to clean the powder from concrete, tarmac, tiles and other hard floor surfaces. Please note, colour powder is corn starch based and so can be very slippery on smooth surfaces. Please wear suitable footwear for your colour event.

## **How is your Holi colour powder made?**

Our colour powder is made the traditional way, just vegetable starch, and natural vegetable, cosmetic or food-grade dyes. We have however gone that extra step to ensure our colour powder is safe and non-toxic. We thought this was essential to make our product perfect for the modern marketplace.

## **Is colour powder safe for children to use?**

Ministry of Colours colour powder is safe for everyone to use. However, we do recommend that younger children are not left alone to play with colour powder.