

**WEAR IT
PURPLE**



ACTIVITY GUIDE

The Colour Run

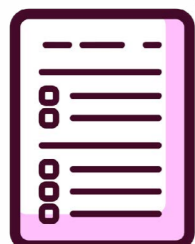
A guide to running a Wear It Purple
Colour Run at your School

BEFORE YOU START

Seek approval from your school executive. Using the included risk assessment should ease concerns about the potential risks and how you can best manage them.

THINGS YOU NEED:

PERMISSION NOTES



Using your schools permission note proforma, create a descriptive variation to routine that outlines what the event is, what it's for, how much it will cost per student, what students will need

to bring and contingencies for asthmatic/ breathing impaired students. Ensure these activities are "opt in".

OBSTACLES (OPTIONAL)

If this is your first colour run, you may want to avoid including obstacles. If you have organised a colour run before, obstacles are a great way to gain



student engagement/interest. You can use:

- o Old gymnastics equipment you don't mind getting powder on (beams, crash mats etc)
- o Old tyres placed flat on the ground forming an agility run for students to zig zag through.
- o Netting (could be old volleyball nets or soccer nets) for students to army crawl under. Just be mindful of students with grass allergies and allow for "walk around obstacle" option.

Some schools have also hired inflatable obstacle courses from "Party hire" companies to add to student enjoyment. Ensure you check with the company if they are ok with being part of a colour run event, as some powder will end up on the inflatable (whether thrown or that has fallen off students). This will also increase the cost of your colour run.



THE COURSE

A course for students to run - many schools use the Cross Country course (if you run it on site). Otherwise create a map that outlines where students will run, and checkpoints where colour powder will be

thrown from. You can use other teachers, senior students or your schools GSA (gender and sexuality alliance) members as responsible powder throwers.

COLOUR POWDER

Wear it Purple is proud to partner with Quality Coloured Powder (<https://www.qualitycolouredpowder.com.au/>) who will give schools a 15% discount if they order colour powder from here to use for Wear it Purple Day. QCP is owned and operated by teachers who understand the potential issues faced in schools when attempting to organise Colour Runs. They will assist you with deciding how much powder you will need based on your student participation numbers.

We suggest ordering powder in "all the colours of the rainbow" for solidarity with your LGBTQ+ students. Some schools also like to keep the purple powder for a photo at the end of the event. The choice is yours, and the possibilities are endless.



WHITE CLOTHING

Students will be required to bring a change of clothes for the event. Obviously the powder shows up best on white, so we recommend students wear at least a white t-shirt. The powder is food-based and washes out easily.



Wear it Purple Day Colour Run at Colo High School (Annual WIPD "Purple Powder Photo")

THINGS TO CONSIDER:

EYE WEAR

Many students choose to wear either glasses/ sunglasses or goggles as occasionally wayward powder can end up in students eyes. We suggest encouraging students to bring these.



DUST MASKS

We highly recommend having these available for students with asthma or other breathing issues. Quality masks that will protect against powder in the air are available from hardware stores e.g. Bunnings. Alternatively, your schools Industrial Arts faculty may be able to assist.



WEAR IT PURPLE DAY COLOUR RUN RISK MANAGEMENT PLAN

Name of School: _____ **Number in group:** _____
Principal: _____ **Name of excursion coordinator:** _____
Description and location of excursion: _____ **Contact Number:** _____
Date(s) of excursion: _____ **Accompanying Staff:** _____
Group/Class: _____ **Accompanying Parents:** _____

Activity	Hazard Identification Type/Cause	Risk Assessment Use Matrix	Elimination or Control Measure	Who	When
Participation in activities during colour run.	Illness or injury during event	4	Students notified of need for:- Enclosed footwear. Option for students who have a respiratory illness to wear a face mask Suitable clothing for cold/wet weather. Sunscreen/ and hat. Out of bounds areas. Staff trained in CPR/Emergency Care. First aid and Asthma kits available. All activities will be carefully supervised Teachers and parents will be responsible for the throwing of coloured powder. Powders to be placed on the participants with respiratory illness (as opposed to thrown at) to avoid the coloured smoke effect Student with food colour allergy will wet participants with water pistols, thus keep him involved but distanced from the powder	Principal via permission note All staff	Prior to day Prior to day On day
Walking the course	Lost Child	6	Students will be with the classroom teacher and with other teachers and parents supervising	Teacher	Before and during
	Uneven surface	4	Teachers will inspect the course prior to the event and ensure that any uneven surface is clearly marked.	Teacher	
	Fall over	4	First aid kit	Teacher	During + before departure
	Asthma attack	1-6	Bring medication & asthma plan (Copies in office) Students to have own asthma spray on their person. Students with Asthma will be given the option to wear breathable face masks.	Teacher Students	During During

Activity	Hazard Identification Type/Cause	Risk Assessment Use Matrix	Elimination or Control Measure	Who	When
Crossing the road	Accident with vehicle	3	Students to cross the road with the aid of their teachers and staff managing the road.	Teacher	During
All activities	*Anaphylaxis	1	* Bring medical bag and emergency numbers	Teacher	During
(Optional) Obstacle Course: • Tyre Jump • Hurdles • Vault climb • Army Crawl • Balance beam • Sand crawl	Injury to participants e.g. broken bones, twists, cuts, slips caused from: • Jewellery/clothing becoming caught • Walking into obstacles • Trapping body parts • Slipping off obstacles • Poor lifting techniques • Falling from small height • Incorrectly dismounting obstacles • Hard contact with objects • Grass/sand allergy	4	• Watches, bracelets, rings and dangly earrings should be removed (if possible, if not taped over) to prevent them getting caught on obstacles • Each obstacle will be explained and risks discussed prior to use • Obstacles are checked visually prior to each use • Each obstacle is generally used separately from the adjoining obstacles, except where one obstacle has a minimal risk and does not require direct supervision • A sensible pace for the conditions / obstacle is encouraged • Teacher is available to spot as necessary. Only one participant per teacher on the obstacle at a time • Immediate access to a first aid kit by a teacher at all times • Mobile phone is required to be taken to the site of activity by the I/C teacher • Demonstrate / explain how to dismount safely	Teacher	Before + During
Inflatable Obstacles	See separate Risk Assess provided by hire company				

Venue and safety information reviewed and attached: Yes No

Plan prepared by: _____ **Position:** _____

Date: _____

Communicated to: _____

Monitor + Review: Monitor the effectiveness of controls and change if necessary. Review the risk assessment if an incident or a significant change occurs.

WEAR IT PURPLE

Wear It Purple acknowledges the Traditional Owners of country throughout Australia, their diversity, histories, knowledge and their continuing connections to land and community. We pay our respects to all Australian Indigenous Peoples and their cultures, and to Elders of past, present and emerging.



Wear It Purple Incorporated is an ACNC registered charity ABN 39 634 641 162. WIP believes the information in this document is correct at the time of issue, but no warranty of accuracy or reliability is given and no responsibility arising in any way for errors or omissions. This guidebook is aimed at building awareness about Wear It Purple and the LGBTQ+ Community.
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