

## **HEALTHY KIDS RUNNING SERIES**

### **RACE DAY CODE OF CONDUCT**

HKRS adheres to a strict Race Day Participant & Parent Code of Conduct, driven by our vision, mission and core values.

#### **Vision:**

Healthy Kids Running Series' vision is to become an international, inclusive and fun youth running program led by dedicated, local coordinators, where all kids celebrate their success and develop an active healthy lifestyle. Our vision is supported by our mission.

#### **Mission:**

The Healthy Kids Running Series' mission is to serve communities and families by providing an inclusive, youth running experience, inspiring kids to believe in themselves and lead an active healthy lifestyle.

#### **Core Values:**

Our mission is supported by HKRS' five core values that embody our passion to get all kids moving. They guide every decision we make:

##### **FAMILY FIRST**

(family means our staff, coordinators and participants)

##### **CRAWL, WALK, RUN**

(decisions that impact today but more importantly tomorrow)

##### **BE KIND**

(treat others the way they want to be treated)

##### **MAKE AN IMPACT**

(wanting to return for the next race and season)

##### **LIVE THE HEALTHY LIFE**

(believe, and inspire others to believe)

#### **Unsportsmanlike Conduct:**

Acts including, but not limited to pushing, shoving, kicking, cheating & verbal abuse will not be tolerated. The following rules of conduct have been developed.

- Never try to hurt your opponent.
- Applaud and respect your opponents
- Bullying and verbal/physical abuse of other runners will not be tolerated
- Do not use foul language
- Never cut the course; run around the outside of course markers to ensure participants run the full distance of the racecourse
- Win with humility and lose with dignity.

Parents and guardians set a good example of sportsmanship and your kids will follow.

#### **Grade Level Registration:**

- The placement of a child in the correct race is the responsibility of the parent/guardian, not Healthy Kids Running Series. Per the guidelines below, participants running in the wrong race are ineligible to receive greater than one participation point for the week.
- Register their child in the **grade level** in which the child is enrolled during the five-week season. The only HKRS race determined by age are the Pre-K races.
  - 50-Yard Dash: Pre-K Kids ages 2-3 as of the series start date.
  - 75-Yard Dash: Pre-K Kids ages 4-5 as of the series start date. This race is for five-year-old's who are still enrolled in Pre-K. Five-year-old kids enrolled in Kindergarten during the season are required to run the ¼ mile race to earn points.
    - Pre-K Notes: If the child is or will be enrolled in Pre-K (or Pre-School), they will race in either the 50 or 75-yard dash based on their age at the date of the first race of the season. If the child is or will be attending Kindergarten during the series, they are to run the ¼ mile race (even if they are five years old). The Pre-K 75-yard dash is for four and five-year old enrolled in preschool, not five-year-old enrolled in Kindergarten. Those enrolled in Kindergarten have matured to the ¼ mile race and are required to run the ¼ mile race, not in the 75-yard dash race.
  - ¼ Mile – Kindergarten & 1<sup>st</sup> Grade
  - ½ Mile – 2<sup>nd</sup> & 3<sup>rd</sup> Grade
  - 1 Mile – 4<sup>th</sup> & 5<sup>th</sup> Grade
  - 1 Mile – 6<sup>th</sup> – 8<sup>th</sup> Grade

### **No Pacing Policy**

Pacing is not permitted. Pacing is defined as parents, guardians, spectators or other adults running alongside one or more runners in race. There are to be no adult parents, guardians or spectators in the race, on the course, or running alongside the course during the race due to safety reasons.

Be supportive of all runners. Be Kind. Inspire.

### **Application**

The Community Coordinator is expected to enforce the Code of Conduct. They retain the right to remove points from participants whom they feel are in violation of the Code of Conduct. HKRS encourages a one strike policy, meaning in instances that do not directly impact race results or scoring, HKRS will issue a warning to either the participant, family member, etc. For instances that directly affect race results, Community Coordinators are to remove points, saving one participation point, for those whose unsportsmanlike actions adversely affect the race.

For violations of an egregious nature, the Community Coordinator, with the approval of the HKRS National Director, has the right to remove violators for the rest of the Series.

### **Acknowledgement**

I have read and understand the code of conduct. By checking the box below, I agree that my child and I will abide by them. I also understand that if my child or I break any of these rules, the Community Coordinator may remove my child's points for the week. If we continue to disregard the rules, either myself or my child may be dismissed from Healthy Kids Running Series for the remainder of the series with no refund. Their future ability to run in the program will be determined by Healthy Kids Running Series' National Director.

### **Policy version and revision information**

Policy Authorized by: Jeff Long

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Policy Maintained by: Tamara Conan

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