

GOTR IN PORTAGE PUBLIC SCHOOLS – SPRING 2023 CONSIDERATIONS FOR FAMILIES

Girls on the Run has approval from the district to host GOTR in Spring 2023 under the following guidelines. Please take note of these considerations in preparation for the spring season:

- **Teams will practice outdoors whenever possible!**
 - Please make sure your girl wears layers/clothing appropriate for the weather on GOTR days. Hats, gloves, and coats are a great idea, especially during the first few weeks of the season!
- Access to specific indoor building space is permitted only in the case of inclement weather, an emergency, or to use the restroom.
- Because indoor building access is very limited, your participant should do the following on GOTR days:
 - Wear comfortable clothes and appropriate athletic shoes to school.
 - Fill up her water bottle before exiting the school for GOTR.
 - Use the restroom if needed before exiting the school for GOTR.
- If teams need to move practice indoors due to inclement weather, GOTR will have a small designated space to conduct a modified practice.
 - Please note, indoor practices will not include running, as running in the hallways is not permitted by the district. Coaches will instead guide girls through fun alternative movement activities when meeting indoors.
- Your girl will receive a cinch sack with a GOTR journal and water bottle on the first day of practice. Your girl's coaches will let you know whether they will bring these supplies to each practice or whether your girl needs to bring these items back and forth to practices.
- While we hope to run the season as seamlessly as possible, due to the unpredictability of Michigan weather and limits to indoor building space, GOTR practice may occasionally be cancelled.
 - Families will be notified with as much advanced notice as possible in these instances.
 - Please note, prorated refunds will **not** be issued as a result of one or multiple cancelled practices.