

The Team Unbreakable Youth Running Therapy Program

Participant Rules:

(Review on Day 1 in the introductory meeting. Everyone should get a copy and if possible a copy should be kept posted in the meeting room. If there are any unique things pertaining to your specific location please add them)

We run as per schedule no matter what the weather conditions ~ the exception is thunder storms. We will otherwise run in sun, cloudy, rain, snow and in hot and cold conditions. We will learn how to run in these conditions safely.

No one gets left behind. As we run naturally there will be runners whose pace is faster than others. We will practice looping to keep the group together. This is not a race.

We will run on sidewalks and park pathways. If there are opportunities to run on roads where there are run/bike lanes we always run towards traffic. We will always obey the rules of the road stopping for stop signs and traffic lights always looking out for each other and for traffic

We will wear reflective clothing when running at night.

You should be able to talk and run at the same time. If you can't talk while running, slow down, you're running too fast.

Burping, passing gas, and spitting are okay and in fact expected ~ just be careful in which direction these things are going.