



Garfield Track Stars Volunteer Guidelines



1st Recess - 30 minutes (10:30 - 10:55am)

- 6 volunteers needed per shift. We have 3 different volunteer responsibilities: 1 Run Coordinator, 2 Lap Markers and 3 Cheerleaders (distributed for safety & encouragement).
- Volunteer descriptions will be provided along with your scheduled volunteer time /date (s).
- Background checks must be completed for this volunteer position.

VOLUNTEER SHIFT SPECIFICS:

- Arrive no later than 10:30 am to meet the Day's Run Coordinator at the north end of the School, adjacent the field next to the stairs (by the computer lab, under the awning). Volunteers will be asked to wear a vest. ***We always meet at this location- rain or shine!**
- Students will pick up their lap cards in their classroom if they wish to participate. Each student's card is in a file box sorted alphabetically by last name.
- Students can walk, jog or run in a clockwise direction around the four backstops of the field. On rainy days- the students WALK ONLY clockwise around the school, with the Lap Markers and Run Coordinator staged in the covered play-shed on the SE side of the school.
- Four laps = 1 mile. Lap cards will be checked off by the Lap Marker volunteer for each lap completed. Each lap card goes up to 12 laps.
- If a lap card is completed, the Lap Marker or Run Coordinator will issue a new lap card to the student (write their name, teacher & grade # for them) and turn in the completed Lap Card to the Coordinator.
- At 10:45, Volunteers need to announce to the students it is the last lap. There is not any warning bell when recess is over.
- Students return their lap card to their classroom file folder box at the end of recess.

*** THANK YOU VOLUNTEERS. You keep our Track Stars moving!**

Garfield Track Stars "runs" on Tuesdays through Fridays.



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