



Participant Policies Girls on the Run of NOVA

1. Age Policy: Girls on the Run serves girls in grades 3-5 (and grades 3-6 in Fairfax County). Heart & Sole serves girls in grades 6-8.
2. Registration: Because our program is curriculum-based and every lesson is important, no additional girls will be allowed to join a team after the second week of the season. There are no exceptions to this policy.
3. Lottery for Over-Subscribed Programs: Registering does not guarantee a slot in the program. At sites where more than 20 girls register online (or 15 girls for Heart & Sole), we use a lottery system to select 20 participants at random for each program. Because our program requires a minimum of 8 participants, programs with fewer than 8 participants registering online will be canceled for the season. Your credit card will only be charged if your daughter enters the program.
4. Other Cancellations: Teams may also be canceled if there are fewer than 2 coaches for Heart & Sole teams, and fewer than 3 coaches for Girls on the Run teams.
5. Discounted Registrations: Scholarships are available for those qualified registrants who can demonstrate eligibility based on financial need. To qualify, you must mail a copy of one of the following to the GOTR NOVA office:
 - a. Free and Reduced Meals (FARMS) Form
 - b. Supplemental Nutrition Assistance Program (SNAP) Approval Letter
 - c. Temporary Assistance for Need Families (TANF) Approval Letter
 - d. WIC (Special Supplemental program for Women, Infants and Children) Program Approval Letter
 - e. Letter from your school principal or administrator stating that you receive FARMS benefits

We also offer discounts to parents who have more than one daughter participating in Girls on the Run programs in the same season, and discounts for active and retired military members.

6. Dress Code: Girls should dress in comfortable clothes suitable for running. Running shoes or sneakers are recommended. Shoes such as flip flops, sandals and clogs that could cause injury while running are not allowed. Any girl wearing inappropriate shoes must walk or watch. Bare feet are not allowed.
7. Threatening or Uncooperative Behavior: Any girl who engages in behavior that threatens the health or welfare of other participants or coaches will be removed from the program. Threatening behavior may include, but is not limited to: physical injury, emotional maltreatment, misuse of prescription or use of illegal drugs, use of alcohol, carrying firearms or other dangerous items or using any item in a dangerous way, or any other activity determined by a coach or administrator to be threatening to another's health or well being. A girl who is consistently not cooperating with her coach may also be asked to leave the program.



8. Insurance: The Girls on the Run program fee includes insurance for the registered participants and coaches during the designated season dates and program times, for the official program site, and for the 5K events. GOTR NOVA is not liable for injuries to non-registered participants, non-registered coaches, and any other observers. Please note that junior coaches must be at least 16 years old before the season begins and must be registered to be fully covered by our insurance policy.

9. Communication: From time to time GOTR NOVA may find it valuable or necessary to communicate directly with participant parents/guardians to convey important program or 5K run information. We do not share or sell your information to any third parties.
10. 5K Buddy Runners: For the end-of-season 5K, GOTR NOVA recommends each girl be accompanied by a running buddy over the age of 14. A running buddy is typically a parent, older sibling, or friend who runs the 5K with the girl. Parents are responsible for knowing who is running with their daughter in the 5K. Contact your GOTR NOVA Coach if you need assistance finding a running buddy for your girl. GOTR NOVA works with coaches to find volunteer community runners to accompany girls who do not have a family member or friend to run with them on race day.
11. Refunds: Parents may request a 100% refund (minus a \$6 processing fee) in writing through the first two days of the late registration period. Refunds for 50% of the program fee (minus a \$6 processing fee) will be issued from the following day through the last Thursday before the late registration period ends.

If a registrant is injured within the 50% refund window and they are unable to participate in the program, they are eligible for a full refund provided they offer a physician's verification. Prior to agreeing to the refund, however, registrants are encouraged to:

- a. Defer their registration for the following season, or
- b. Participate in the program and withhold from doing the physical aspects of the program (still participating in the lessons, cheering, participating in the impact project, etc.) /

Parents have 30 days from the close of the 50% refund period to submit a doctor's note to verify a participant's injury. Refunds will be processed only after a doctor's note has been received. After the 50% refund period ends, no refunds will be offered even in the case of injury. All refund requests must be made in writing to our HR and Operations Administrator, Jaimi Taylor, via email (jtaylor@gotrnova.org) to be considered.

12. Transportation and Pick-Up From Practice: Girls on the Run is committed to the safety of every child. Guardians are responsible for arranging/providing transportation for their child(ren) to and from weekly practices. Program participants will be released only to those people listed as Parent/Guardians, Secondary/Emergency Contacts, or Authorized Individuals.

Coaches and other volunteers are not allowed to transport any child, outside of their immediate family, when acting in the role of volunteer for Girls on the Run, unless a transportation waiver is signed.

Children may be designated a "walker" if the child's walking distance is 1.5 miles or less. Children whose walking destination is more than 1.5 miles away must be released to a Guardian or



Authorized Individual.

You can add a new person to the Authorized Individual list by sending a handwritten note or electronic message (email or text) to the Program Volunteer or Council Staff. Changes involving walkers must be communicated at least 24 hours in advance.

Parents are responsible for dropping off and picking up their daughters on time for the program. If a parent is excessively late (>15 minutes) for pick-up 3 times in a season, his/her daughter may be removed from the team for the remainder of the season.

13. Covid-19: Regularly monitoring your child's personal health status prior to practice and keeping them at home if a fever or symptoms consistent with any respiratory infection or COVID-19 exists.