

## Instructions for Field Day at Double Rock

**PLEASE SAVE THE FOLLOWING INSTRUCTIONS TO GO OVER WITH YOUR CHILDREN THE NIGHT BEFORE FIELD DAY:**

- 1. Students must bring a bag lunch. NO LUNCH DELIVERIES WILL BE PERMITTED.** Lunches must be in a bag marked with name and homeroom. Lunches should be placed on assigned tables, upon arriving at the park. We suggest frozen drink boxes instead of a thermos, this way lunches will stay cool and all lunch items may be thrown away after lunch. This will also speed up dismissal time. The children will not have to run back to the tables to retrieve lunch boxes. No lunches will be allowed in the games area.
- 2. No individual sport equipment will be allowed at Field Day.**
- 3. The following types of equipment will not be allowed on the fields: spikes, batting gloves, skateboards, soccer balls, etc.**
- 4. Bicycles are not permitted in the games area.**
- 5. Students may not leave the games or luncheon areas. Playing on the playground equipment is not permitted** until after the children are dismissed from the Field Day activities (AFTER 12:45 P.M.).
- 6. “Clean-Up” begins immediately after lunch.** After clean-up is complete, the Tug-O-War games will commence. Students may not leave the park until dismissed by the supervising teachers. Students will only be dismissed to the responsible adult listed on the permission slip.
- 7. Parents who come to Field Day should stand behind the children participating in and viewing the games and stay out of the games areas.** In the past, parents watching the events from up close positions have blocked the view of the students, as well as interfered with the judges. This interference is not fair to your child and others. We also ask that you do not allow younger children to play with and carry off our equipment. The equipment needs to be readily available for the beginning of the games.
- 8. Judges have been chosen from a list of volunteers.** They will be judging fairly and accurately. **THE JUDGES’ DECISION IS FINAL.** This day is an activity fun filled day. Even with the competition, the emphasis is enjoying the outdoors in a physically active way.
- 9. NOTE to parents of younger children (PK – 2).** It may be a good idea to attach some kind of identification to your child’s clothing, (maybe inside the shirt or waistband of pants). NAME, SCHOOL, HOMEROOM, AND EMERGENCY

PHONE NUMBER. No one has ever been lost before; however, with the large number of people attending Field Day, it is better to be safe than sorry.

**10. DRESS CODE FOR FIELD DAY:** We recommend comfortable attire suitable for athletic competition. Shorts (**no short shorts**), sweats, T-shirts, tennis shoes, hat, and jacket, if necessary. Waistbands must be worn at the waist, NO crop tops, NO halter-tops, and NO clothing with improper sayings or decals. ANYONE WEARING UNACCEPTABLE ATTIRE WILL NOT BE ALLOWED TO PARTICIPATE IN THE FIELD DAY ACTIVITIES.

**11. CARPOOLING IS HIGHLY RECOMMENDED.** Due to the size of our student enrollment and the lack of parking facilities at Double Rock, we suggest that you carpool with others. Since no one will be at school, you may wish to meet others and leave your cars at our school lot or the church lot (**DO NOT PARK ON ST. JOHN'S LOT**) and ride together to the park.

**12. LAST REMINDER:** Don't forget to apply a good SUN SCREEN to the children before they get dressed. Don't forget ears, necks, and noses!