

The Daily Mile: A free, safe program to keep kids fit while adhering to social distancing guidelines

Dear School Leaders and Decision-Makers,

As more schools begin the process of re-opening, we would like to extend a warm welcome back and hope that we can support you. These are challenging times, but children everywhere will be pleased to be back at school and eager to see their friends and teachers.

It's also clear that a large proportion of children will be returning with poorer physical and mental health than when they entered lockdown. We believe that The Daily Mile will be able to help schools to rebuild their children's fitness and improve their emotional and mental health.

The Daily Mile is a free physical activity and is very simple to start in any school as it requires no staff training or equipment. The children get fit while running and jogging outdoors, at their own pace for only 15 minutes.

We have prepared a few easy ways for you to use The Daily Mile so the children can be outdoors every day and physically active while still maintaining social distance. The ideas are simple, and you can fit them easily into the school day.

Hopefully you will find these ideas helpful and will adapt them, as necessary, to suit your own setting - all of them are ready to go when you are.

There are thousands of schools and nurseries around the world who have already signed up for The Daily Mile - that's over 2 million children enjoying being outdoors and improving their health and wellbeing - physically and mentally - while having fun. You can find out more and sign up to join The Daily Mile's growing global community on our website.

Please get in touch with The Daily Mile Foundation and let us know how you are getting on. We would love to hear from you via team@thedailymile.us or social media.

Thank you and stay safe,



Elaine Wyllie MBE
Founder of The Daily Mile



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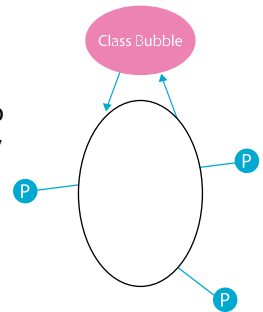
The #DailyMile
#ChildrenFitForLife

Social Distancing during The Daily Mile

Time spent outside in the fresh air is good for children – now more than ever. The Daily Mile always happens outdoors and, while social distancing restrictions are in place, can help schools to keep children active and improve their health and wellbeing. During the 15 minutes it takes, children should be encouraged, as appropriate, to run or jog for most of the time and keep walking to a minimum. Your settings will all be different so on the four diagrams that follow, the 'class bubble' is simply the place where you have decided the children will start and finish their Daily Mile. You can set them off at about five-second intervals or so.

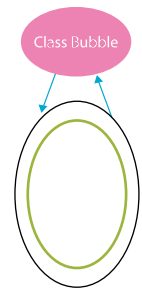
Idea #1 – Using pitstops

As the children run around the route as usual, from time to time some of them may need to stop and catch their breath. Using any convenient marker, you can create a number of 'pitstops' every so often – six-feet to the side of the route – where a child can go and stand for a few seconds before catching their breath and setting off again.



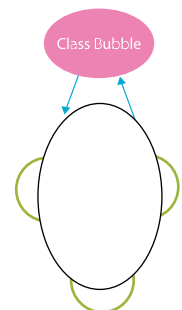
Idea #2 – Pairs running in parallel

This route consists of two separate, roughly concentric paths that are set out six-feet apart using any convenient markers. This will allow the children to run round in pairs at about the same speed. It means they can chat to one another as they run round the route together. As the children run around the route, from time to time a pair may need to stop and catch their breath. They can either step six-feet away from the path they are on and wait until the next pair pass them or you can designate a few pitstops along the way where they can stand apart, for a few seconds, catch their breath then start up again. If they run at different speeds, of course, they may separate.



Idea #3 – Passing places

If a child is catching up with someone in front of them and needs to overtake, they have to jog along behind and wait until there is a designated passing place, which they can use. The passing place will be about 32-feet long and six-feet away from the runner being overtaken. Although our diagram shows only three passing places, you may need more and can decide how many of them you actually want. Any children who need a moment to catch their breath can walk briefly on the route for a while and the others can run past in the passing places.



Idea #4 – Two separate routes

This 'bubble' has two separate routes going away from it in different directions. Any children who need a moment to catch their breath can either step six-feet off to the side of the route before re-joining it or they can go into the 'class bubble zone' and have a short break before setting off again. They can decide to go over to the other route if you feel that is appropriate. There are various ways you can decide how these can be used. You can decide to set them up as a 'long' route, a 'short' route, a 'fast' route, a 'slow' route or even a 'run and jog' route or a 'jog and walk' route – or just make them identical. You decide!

