

# Rain Plan

---

Each site must have a pre-determined indoor location. Let the girls know at the first meeting where they should go if it is raining and inform the guardians with the location of the alternative site.

Girls on the Run will be held rain or shine; outside whenever possible or inside at the approved indoor location.

Exceptions to this policy include:

- School closing due to inclement weather
- Power outages
- Dangerous road conditions

Coaches must make every effort to contact guardians or caregivers of participants at least four hours prior to the Girls on the Run starting time if the session is to be cancelled. Please try all phone numbers/e-mail addresses provided.

If you are not be able to perform the activities as planned in the space provided, try to adapt the lesson in such a way that the activities might be appropriate for indoors. For example, instead of running have the girls do walking lunges single file around the room, or perform calisthenics in place. After you have exhausted those resources, call upon the girls to share with you some of their favorite indoor games. If you need to fill in time you could also try some of the following activities:

- Playing games like 7-up, Operator, Duck–Duck–Goose, etc.
- Singing and teaching favorite camp songs.

- Playing the game Change-Up. Put the girls in pairs. They will both look at one another for a minute or so, and then one of the girls will shut her eyes. While her partner's eyes are shut, the other girl will change 3-5 things about her appearance (i.e. putting her watch on the other wrist). When she is finished her partner will open her eyes and try to guess what is different. Allow time for both girls to play each role.
- Writing down a Love List. A love list is where each girl will write down a list of 20 activities that she enjoys. Next to each activity they will note four things:
  - 1.) if they do it alone (A) or with other people (P)
  - 2.) if it requires money (\$) or not
  - 3.) if it is done indoors (I) or outdoors (O)
  - 4.) when they do it

Writing down this list should help the girls to understand a little bit more about themselves and the kinds of things that they enjoy doing. After everyone has finished, have the girls go around a circle and say which five are their favorites.