



The School Run

COLOUR CHALLENGE – ULTIMATE GUIDE

We recognise that organising a colour run can seem a daunting task which might raise lots of questions. This is where we can help! We will be with you every step of the way, on hand to answer your questions and guide you through every step. To help, we've put together answers to the most common questions asked. However, if you want to find out more, please email us at support@ukschoolrun.com

How much powder do I need?

We recommend you need 400g of powder per person to run a great challenge. Our powder comes in 5KG bags so we recommend you multiply the number of participants by 0.4 to work out how much you need! Alternatively, check out our fundraising packages which does that for you. [Click here](#) to find out more.

Do I need sunglasses?

We strongly recommend that your participants wear glasses. We sell them in bright colours or you might like to ask runners to bring their own.

How should I start my colour challenge?

You can mark the start with some flags or cones. It is always fun to have some music to keep participants who are waiting entertained and to provide motivation. The idea of a colour challenge is to have all the runners covered with powder at the finish. For this reason, it is best to make the participants leave the start in batches of 30-50. Therefore, if you are a school, why not send them off in classes so the children complete the challenge with their friends and even their teacher? We sell hand cannons which are great way to start your challenge with an explosion of colour powder!

What is a colour cloud?

This is something that you might want to consider for the end of your challenge. Give each participant a small 100g pouch of colour and ask them stand closer together in a group. Everyone throws their colour into the air and it creates a great finale to your challenge. A great photo opportunity too!

How many colour stations should I have?

The most common number of colour stations is between 3 and 5. It very much depends on the size of your field and how far you want your participants to run. We recommend that your last station is very close to the finish of your course. The most popular colours for colour stations are: Green, Pink, Yellow, Orange and Blue but we also have Red and Purple.

How do I set up my colour stations?

At the colour stations you will need some volunteers to throw the powder at the passing runners. Two to four people per station is sufficient. This depends a little on the total number of participants passing in one go. Each colour station should have one or two colours. Your powder will come in bags, but we recommend that you empty into buckets for ease of access at the stations. The throwing of the powder is best done with plastic cups, hands or small shovels. The beakers you often find in school kitchens are great!

Can this be a fundraising event?

Absolutely, and it can make a lot of money! Check out our fundraising packages to work out just how much you can make on an entry fee. [Click here](#) to find out more. Many schools and groups also ask participants to collect sponsorship from family and friends for taking part in the event. What's more, approaching local businesses and organisations to sponsor the whole event is a great way of raising funds, thus enabling more funds to be raised through entry fees

Does the colour powder stain clothing?

Like any other colour powder, ours can stain clothing. Please be aware of this when using the colour powder and advise participants to wear clothing they don't mind having more colours on them after the event than before! We recommend participants wear a plain white t-shirt and we are happy to provide these for you if you are interested.

Can I wash colour powder out of my hair?

Yes you can! Rinse your hair with cold water first to remove as much as possible, then wash using a good quality shampoo. You can also use a conditioner/oil before the event - apply liberally to your hair and leave in for the event. This helps create a barrier between the colour powder and your hair. Alternatively, wear a hat or fun wig!

Does the colour powder wash off floors, buildings and plants?

More colour powder will be found at the colour stations and finish so perhaps consider putting down plastic sheeting in these areas? However, Mother Nature should rid all areas of the colour powder after it rains and our colour powder does not contain anything harmful to the environment. Perhaps consider using a leaf blower to collect together excess powder post event. A jet wash is also a great way to clean any unwanted powder away quickly. If you haven't got these then the colour will disappear over time.

How is the colour powder made?

Our colour powder is made the traditional way, just corn starch and natural vegetable or food-grade dyes. We have however gone that extra step to ensure our colour powder is non-flammable and non-toxic. We thought this was essential to make our product perfect for the modern marketplace and use by children.

Is colour powder safe for children to use?

Our colour powder is safe for everyone to use. However, we do recommend that younger children are supervised at all times. It is very important that all participants wear glasses to stop the powder from irritating eyes. Participants can bring their own or we can provide them for you.

Do I need a risk assessment?

Yes! We advise you have a risk assessment in place and we can help with this. [Click here](#) to view our safety sheet which tells you how to store and handle the powder and the health and safety considerations you need to have in place. We are more than happy to advise further on this as we have plenty of experience!

If you have any other questions, please contact us via email – support@ukschoolrun.com