



# Girls on the Run is for **EVERY** girl.

At Girls on the Run, **social-emotional learning** is the cornerstone of our research-based lessons. We support girls in identifying and processing their emotions, a skill that is critically important in today's world.

Despite uncertain school and activity schedules, GOTR is prepared to adjust to meet the needs of our community with alternate and flexible programming available. We are committed to fulfilling our mission of inspiring girls to be joyful, healthy and confident. Whether teams meet safely in-person or connect virtually, we are excited to kick-off the fall season.

## How we are preparing for FALL 2020

- Transitioning our 10-week season to an 8-week season (scheduled for September 8 to October 31).
- Flexible programming that can quickly and easily shift between in-person and virtual delivery
- Setting maximum team sizes to be 12 girls per team
- Create curriculum modifications to adhere to social distance guidelines and minimizing exposure
- Eliminating shared materials by providing individual cinch bags and materials for girls
- Looking for alternative locations to host programming such as community centers, churches, parks, neighborhoods, etc.
- Continuously evaluating end-of-season celebration options. Options could include in-person 5K event, district 5K, site specific 5K, virtual 5K, or Star Power Hour Event
- Adding additional coach training in COVID safety policies and virtual meeting space safety policies.

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