

## FAQs for Fall 2021 In-Person/Flexible Teams

### **When and how can I register for the program?**

Registration opens on Monday, August 2, 2021 at 9am and closes Thursday, September 9, 2021 at 5pm. Late registration will open at sites that still have capacity on Monday, September 13th at 9am. Online registration can be found at [www.gotrstl.org](http://www.gotrstl.org). You can register over the phone by calling our office at 314-862-6266.

### **Will there be a final 5K at the end of the season?**

Yes! The Fall 2021 GOTR 5K will be in-person at Forest Park on Saturday, November 13th, 2021. Teams will receive more information regarding the 5K throughout the season. While we are planning on (and excited for!) an in-person 5K, we will closely follow CDC and local public health guidelines and make adjustments, as necessary.

### **My school is hosting an in-person team, but I don't feel comfortable with my daughter participating in after-school activities. Can she still be a part of Girls on the Run?**

Yes! We have all-virtual community teams for ANY girl to join. Through this option, your daughter will be on a virtual team with girls from across our 23 county territory. Registration for all-virtual teams is available on the same registration form found at [www.gotrstl.org](http://www.gotrstl.org).

### **What will happen if school shifts to remote learning?**

We are prepared for this to happen! We have been working diligently to create a program that can work in-person and virtually, and can seamlessly transition between the two. Coaches are prepared to shift to virtual Girls on the Run at any point during the season, and your daughter will still be able to interact with her friends and remain engaged with the GOTR lessons for the remainder of the season.

### **If we have to go virtual, we don't have a computer at home. Can Girls on the Run practices be accessed via a tablet or smartphone?**

Yes, most virtual platforms have an app or are accessible via a smartphone or tablet. If there are issues accessing video, there is also an option to call into the audio of the session. We do, however, suggest that you use WiFi to connect vs. cellular data as it is typically a more reliable connection.

### **Is there a fee?**

Girls on the Run St. Louis offers site-based fees on a sliding scale, ranging from \$25/girl to \$175/girl. Regardless of the fee at your site, all girls are eligible to access financial assistance in the form of scholarships, payment plans, and sibling discounts. GOTR-STL is committed to accessibility, and we will never turn a girl away because of financial reasons.

Updated program fee information can be found [here](#).

### **What is included in registration?**

Registration includes 16 lessons led by trained GOTR/H&S coaches, Girls on the Run t-shirt and water bottle, 5K registration, a snack at in-person practices, and an activity journal to use during lessons.

### **Are in-person practices safe?**

Yes, extensive precautions and protocols to mitigate the risk of Covid-19 occur at each practice. You can read more about it [here](#). In both the Fall 2020 and Spring 2021 GOTR seasons, over 1,400 girls participated, and there was zero Covid-19 transmission/exposure at GOTR practices, thanks to diligent coaches and effective policies.

### **Can I get a refund if I cancel my girl's registration?**

It is your responsibility as a parent or guardian (not the coach) to contact the GOTR-STL office if your girl is dropping from the program. GOTR-STL will issue a full refund if a girl drops by the end of the 2nd week of practice. A 50% refund will be issued during the 3rd week of practice. No refunds will be issued after the 3rd week of practice.

**Will I be refunded if in-person Girls on the Run has to switch to virtual?**

Program fees will not be refunded for transitioning to virtual programming. We understand that nothing replaces meeting together as a team. However, most of Girls on the Run's costs are incurred before the first team meeting – everything from curriculum and activity materials to background checks and coach training. In addition, we have invested in developing a robust remote learning option.

**If we switch to virtual, I don't want to participate in Girls on the Run. Can I get a refund?**

We will not provide refunds after the third week of our program, even if programming switches from in-person to virtual.