



# Robinvale College

*“Great Learning for a Thriving Community”*

## **THE COLOUR - IS IT SAFE FOR EVERYONE AND THE ENVIRONMENT?**

### **What about the environmental impact?**

The color on your fields will disappear the first time the sprinklers run. Any color on sidewalks/pavement can be washed away in minutes with a hose (power washers are a quick fix).

### **Will the color wash off skin/out of hair?**

Yes! The easiest way to get it off is while it's still dry (shake, wiggle, jump up and down, vacuum). After that, soap and water, with a little rinse and repeat action will do the trick.

### **What if it gets our eyes?**

We encourage you to wear sunglasses because the weather will be perfect so you should anyways, you can wear goggles if you wish but it will look a little strange. Never fear though, the color is non-toxic. A simple rinse with water will take care of any that finds its way into your lookers.

### **Can we eat the colors?**

Not recommended. It is corn starch, but will taste about like colored dirt. You know how dry Milo is when you have a spoon full straight from the tin, well this is worse, and it tastes like coloured dirt. Unless you're a wombat, don't eat it. We recommend wearing it, not ingesting it.

### **Are the colors safe?**

Our vibrant colors are made up of Corn starch and FD&C and/or D&C colors. Color safety information: Approved for use in foods, cosmetics and/or drugs. These products are not considered hazardous, 29 CFR 1910-1200.

Helpful tips for the run.

**Preparation:**

- \* Oil your hair – This will help the colour to wash out (blondes you have be warned!) We recommend: leave in conditioner, coconut oil, moroccan oil or similar to coat your hair prior to the run!
- \* Cover up – Get creative cover your hair with a wig, hat, shower cap or bandana especially if you're blonde and do not want any colour in your hair post event (it may take up to 14 days to get all of the colour out)
- \* Cover your seats – Pack an old towel or garbage bags to sit on for the trip home
- \* Slip, Slop, Slap – coat yourself in sun cream and a lip balm with SPF in it. Not only will it protect you from the sun, it will help the colour slide off when you're done
- \* Shield your eyes – Wear sunnies, goggles or similar to avoid any irritation
- \* Leave your favourites at home – while the colour will eventually wash out of everything we suggest leaving your expensive strollers or running shoes at home (just in case)

**Afterwards:**

- \* Dust off as much of the dry powder as you can before adding any water
- \* When you get home shower as normal and add baking soda to your body wash for any stubborn spots
- \* Washing your hair – Anti-dandruff shampoo is best for helping remove any colour patches, and if it needs something a little extra add baking soda to your shampoo to form a paste. May be helpful.
- \* Clothing – Dust off all excess colour and wash items separately in cold water, Napisan or similar products will help work wonders

What is the colour made from?

- \* The coloured powder we use is made from corn-starch and natural plant based food dyes. It will wash out of your clothes, however leave your designer gear at home! Only wear what you're willing to get colourful

How do I preserve those precious colours in my shirt?!

- \* If you would like to preserve the colour in your running shirt, spray it with vinegar, let it dry and then iron it. But if you wash it....it eventually will come out.

Does the colour affect runner vision? Or breathing?

\* The Colour your Run powder is basically food grade cornstarch and is 100% natural and SAFE. As with any substance, you want to keep it out of your eyes and our colour throwers make sure to aim low as you pass by. Some Colour Runners opt to wear glasses or goggles for their eyes and use a bandana or dust mask for their mouths. Or participants can avoid the colour station if you are worried about the impact.