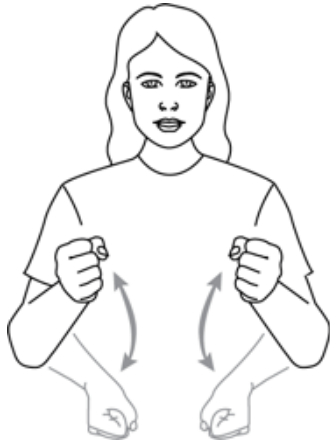


# parkrun



**Park**

Hold both fists at sides of body. Move hands, arms and body in slight swinging motion.



**Run**

Move fists in alternate forward circles, as if running. (Natural gesture - mime the action).



**is Good**

Extend dominant thumb, close rest of fingers into fist, thumb pointing up, move forward with stress. (Natural gesture).



**Fun.**

Extend and crook index finger of dominant hand, palm facing away from body. Tap index finger against cheek, twice.

# parkrun



Everybody can

You - Point extended dominant index finger towards person or people. (Natural gesture).



Come to

Bend dominant hand at third knuckles, palm toward body, several times. Same for 'come here'. (Natural gesture).



Park

Hold both fists at sides of body. Move hands, arms and body in slight swinging motion.



Run.

Move fists in alternate forward circles, as if running. (Natural gesture - mime the action).

# parkrun



Lots of

Many -Bend fingers of both hands, palms facing body, quickly hit second joints of each hand together, twice.



Friendly

Clasp non-dominant fist with dominant hand and rock formation, backward and forward slightly, twice.



People

Extend dominant index finger. Brush formation down tip of nose, twice.



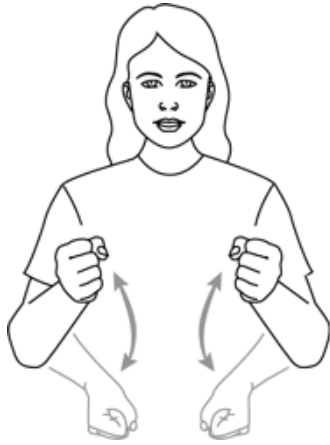
will clap



for you.

Point extended dominant index finger towards person or people. (Natural gesture).

# parkrun



At Park

Hold both fists at sides of body. Move hands, arms and body in slight swinging motion.



Run

Move fists in alternate forward circles, as if running. (Natural gesture - mime the action).



you can

Yes - Move dominant fist, palm down, up and down from the wrist, twice.



Walk,

“Walk” extended dominant index and middle fingers along palm of open non-dominant hand.

# parkrun



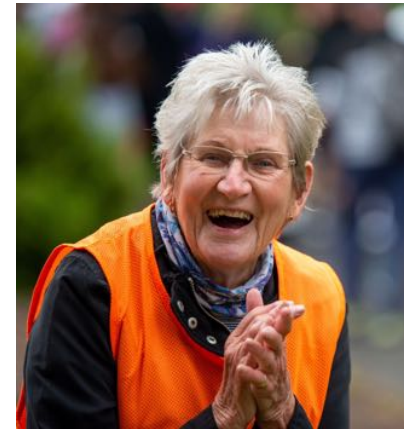
Run,

Move fists in alternate forward circles, as if running.  
(Natural gesture - mime the action).



Help or

Place dominant hand bent at third knuckles, palm down, onto non-dominant palm. Or may place dominant hand onto non-dominant hand, palms together. Move formation forward. \* With directionality.



clap people.



You can Walk or

“Walk” extended dominant index and middle fingers along palm of open non-dominant hand.



Run

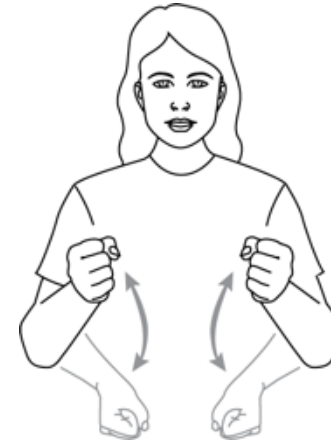
Move fists in alternate forward circles, as if running.  
(Natural gesture - mime the action).

# parkrun



at your own speed.

Time - Extend dominant thumb and index finger. Place dominant thumb in palm of non-dominant hand and swivel formation to palm down.



Park

Hold both fists at sides of body. Move hands, arms and body in slight swinging motion.



Run is

Move fists in alternate forward circles, as if running. (Natural gesture - mime the action).



not a

Shake dominant fist, palm down, sideways in front of body.

# parkrun



**Race**

Fast - Extend index fingers of both hands. Quickly tap index finger of dominant hand onto index finger of non-dominant hand.



**and Nobody comes last.**

last - Extend little fingers of both hands in front of body, non-dominant hand above dominant. Move dominant hand upwards, so little fingers meet and pass.



**At Park**

Hold both fists at sides of body. Move hands, arms and body in slight swinging motion.



**Run there are**

Move fists in alternate forward circles, as if running. (Natural gesture - mime the action).

# parkrun



**lots of**

Many - Bend fingers of both hands, palms facing body, quickly hit second joints of each hand together, twice.



**Fun**

Extend and crook index finger of dominant hand, palm facing away from body. Tap index finger against cheek, twice



**Ways to Help.**

Place dominant hand bent at third knuckles, palm down, onto non-dominant palm. Or may place dominant hand onto non-dominant hand, palms together. Move formation forward. \* With directionality.



**People will say**

Extend dominant index finger. Brush formation down tip of nose, twice.



# parkrun



**Thank You for**

Move fingertips of open dominant hand, palm towards body, forward from chin, once.

\* May use two hands.



**Helping.**

Place dominant hand bent at third knuckles, palm down, onto non-dominant palm. Or may place dominant hand onto non-dominant hand, palms together. Move formation forward. \* With directionality.



**Everyone feels happy**

Happy - Clap heels of open cupped hands together twice, hands moving in small outward circles.



**to have taken part.**

Help - Place dominant hand bent at third knuckles, palm down, onto non-dominant palm. Or may place dominant hand onto non-dominant hand, palms together. Move formation forward. \* With directionality.

# parkrun



If you have a question?

Question- Form a circle with pointer finger and thumb. Place extended pointer finger of other hand through circle, resting on thumb. Move hand shape forward.



Please ask a volunteer.

Helper- Place dominant hand bent at third knuckles, palm down, onto non-dominant palm. Or may place dominant hand onto non-dominant hand, palms together. Move formation forward. \* With directionality.



If you are worried,

Extend and crook dominant index finger. Twist this formation near temple of same side.



please talk to a volunteer.

Helper - Place dominant hand bent at third knuckles, palm down, onto non-dominant palm. Or may place dominant hand onto non-dominant hand, palms together. Move formation forward. \* With directionality.

# parkrun



**Your**

**Dominant hand in fist, palm out. Move forward towards person or object.**



**Name and**

**Place extended dominant index and middle fingers on ball of thumb. Place tips of this formation on temple then move formation forward, turning palm away from body. NAME (Specific) Finger spell initial letter, (see Finger Spelling Alphabet) or use Name Sign.**



**Park Run Number**

**Place dominant fist on palm of non-dominant hand. Slide dominant fist to non-dominant finger tips.**



**are printed on your barcode.**



**Pass - Extend index fingers and thumbs of both hands, place together in front of body. Move hands apart and close index fingers onto thumbs, as though drawing a rectangle in the air.**

# parkrun



**Please**

Move open dominant hand straight forward from chin, while closing into a fist. May use “thanks”



**Bring**

Place clenched fists in front of body, move fists towards body at waist height. (Natural gesture).



**Your Barcode**

Pass - Extend index fingers and thumbs of both hands, place together in front of body. Move hands apart and close index fingers onto thumbs, as though drawing a rectangle in the air.



**to Park**

Hold both fists at sides of body. Move hands, arms and body in slight swinging motion.



**Run.**

Move fists in alternate forward circles, as if running. (Natural gesture - mime the action).