

## Taking Part Guide

We hope you enjoy your challenge and raise funds safely.

Anyone taking part in any strenuous activities should make sure they are fit enough to do so without causing themselves injury or illness.

If you have any health condition it will affect what you can reasonably expect to achieve. However, many activities can cater for people with mobility difficulties. You should check this to avoid disappointment.

On this page we suggest a few precautions to ensure you're fit enough to take part in challenges. Please read them carefully.

We want you to be safe, to enjoy yourself and raise lots of money to make it all worthwhile. We also give you hints and ideas about fundraising.

### Health

To take part in any strenuous sponsored event you must be in good health. If you have any medical condition which could be adversely affected by exercise, particularly a heart or mobility condition, consult your doctor first.

Whatever you do, make sure you keep topping up your liquid levels. Dehydration saps energy and can lead to many unpleasant after-effects.

### Fitness and Safety

Please make sure that you build up your fitness level in the weeks leading up to the event...

**Walks** If you're going to take part in a walk, have some gentle strolls daily to get yourself in trim. If it is a more challenging walk, you'll probably benefit from a little extra preparation and stamina development.

**Bike Rides** Firstly make sure your bike is well maintained – check the brakes, tyres and gears. Secondly, try to cycle at least 3 times a week before the event – to get your muscles used to the exercise. Thirdly, make sure you wear a helmet and take care of other road users – cars and pedestrians as well as other cyclists.

**Swims** Try to get in a bit of practice before the day of the event. For most swims you can decide how many lengths to do, so set yourself a realistic target. Remember you can always have a rest at the shallow end!

**Runs & Jogs** You don't need to run for miles for weeks if you are taking part in a fun run – but you will need to tone up your muscles to stop them aching. Some gentle jogging for a few weeks before the event should prevent any aching or stiffness.

**Overseas Experiences** These events are more demanding and may be energy sapping so make sure you prepare yourself well and follow all instructions about health matters, etc.

## Getting sponsorship

You can obtain sponsor forms from **Lindsey Lodge** to pass round to all your family, friends, colleagues and contacts or you can do it electronically...

- Want to spend more time training and less time collecting sponsorship money?
- Want to automatically reclaim income tax on each donation (Gift Aid) so that we receive more funds?
- Want to reach your target efficiently and with little effort?

We've teamed up with [www.justgiving.com](http://www.justgiving.com) so you can do just that.

- Build your online sponsorship page in minutes
- Personalise it with a photo
- Include a personal message to potential sponsors
- Update people with your progress
- Get friends, family and colleagues to sponsor you from anywhere in the world

Build your online sponsorship page for your **Lindsey Lodge** challenge in minutes. We need you to raise as much money as possible, so here are a few tips on who to ask and how to be successful.

**Think about who to ask:**

- Family and friends
- Colleagues
- Neighbours
- Local trades people
- Business contacts and suppliers
- Clubs and associations that you belong to
- Or even at the pub!

**To be successful...**

Be enthusiastic and informative – tell people exactly what you are doing and why. Plan well, be tactful and above all try to keep your morale high!

**The Final Golden Rule...**

Whatever else you do – have fun and enjoy yourself!

***Thank you for your support and for thinking of Lindsey Lodge***