# **24 Hour Sport Events**

## **Getting ready for the event**

1. **Select a Venue:** Book a location on campus and get a date in the diary
2. **Gather Resources:** Make sure you have the equipment needed for your sport of choice i.e. static bike machines, squash rackets or use of a swimming pool!
3. **Gather Participants:** Speak to your participants taking part and get them to contact all of their friends, housemates and society/sports club members to take part.
4. **Gather volunteers:** Set up a doodle poll for participants to select the time slot they want to take part in.
	* Ensure you have volunteers to monitor the event throughout the 24 hour period to keep it running smoothly
5. **Advertise your Event** - Advertise the event on social media, encourage participants to invite everybody they and know and advertise too and make posters to put up around the venue with the date and info on

## **What you’ll need**

* Venue and date
* Appropriate sporting equipment
* MRF bucket(s)
* Doodle poll set up to check who is taking part at what time
* A prize for the winner
* Volunteers to monitor the event for the full 24 hour period
* Enough participants taking part to cover the 24 hour period

## **On the day**

Make sure the event is set up before the start time with the equipment you need, a bucket for collecting donations and a phone so you can post updates on social media throughout the day. Make sure to thank all of your volunteers and encourage them to share on social media too!

## **Post event**

Make sure to thank everyone who donated and took part. Post totals of the distance travelled/other stats and the total raised. Bank the money and split it with your team.

## **Top tips**

* Maximise donations by also running something else alongside this, such as selling cakes (or ‘protein flapjacks’ if your event is taking place in the gym!).
* The team can use this as an opportunity to get donations from friends and family, and the money raised from general donations / selling cakes can be split between everyone who took part.
* See if you can raise the profile of this event by asking various sports societies to take part (you could have a prize for the fastest individual or further overall distance cycled by a society as a whole).