

Sorell Relay For Life

Community Fundraiser for Cancer Council Tasmania



2024 Sorell Relay For Life Participant Information Guide

Entry

Due to Insurance regulations everyone who enters the site on Saturday must be registered. If you have not registered, you will be unable to enter the site. The registration fee also covers Cancer Council's administrative costs of organising Relay For Life events as well as the cost of the branded shirts and other kit items.

We will have limited people dedicated to registering people on the day so please try and register online before 11.59pm on Friday 4th October 2024 to make it easier on our volunteers.

Parking/Team Sites

We encourage you to carpool to reduce the number of cars on site, we will have parking around both the senior oval and junior oval. We are prioritising to fill the perimeter of the senior oval first.

Each team can have a 5x5 metre unpowered site. Please bring your own items for your site e.g. chairs, gazebo, picnic blankets etc. The Opening Ceremony begins at 11:00am with gates opening to set up for teams from 10:00am and all vendors and services to set up from 8:00am.

Due to Council ground requirements, all tents must be secured by water/sand weights and NO tent pegs are permitted. Thank you for your cooperation.

The location of team areas will be first in best dressed on the oval, pitch a site that you are comfortable with, and all set up and pack up managed by team members. We will not be able to extend our limited volunteer support and committee members to assist with team site set up.

Survivors and Carers Morning Tea

The Survivors and Carers Lap and Morning Tea is complimentary and for Survivors and Carers ONLY. Registrations can be done in advance online until 11:59pm on Friday 4th October 2024 or on the day at the Registration Tent.

You will be able to collect your survivors or carer sash from the Registration Tent from 10am onwards. The Morning Tea has been proudly supported by the Lions Club of Sorell, Copping Community Care and Tabatha Badger MP and will be available from 11:30am to 12:30pm.

Merchandise

Merchandise will be available for sale from 10:30am to 3:00pm in the Cancer Council Tasmania tent, kindly facilitated by the wonderful team at Cancer Council Tasmania. There is limited stock so get in quick! We would prefer people to not pay with cash, please keep this in mind if possible.

Activities, Novelty Laps and Awards

Activities:

- Conga Lap
- Kath and Kim Lap
- Glow Stick Lap
- T2T Car Lap
- Kids Activities (colouring books) and Face Painting (\$5.00 each)
- Write Messages of Hope on the HOPE sign
- Sorell Fire Brigade on-site
- Foot Massages by Dave Cusick, Tas Sports Physio – gold coin donation

Novelty Laps:

- Wig Walk
- Mad Hatters Walk
- BraVO for Breast Cancer Walk
- Boxers for Prostate Cancer Walk
- Beanies for Brain Cancer Walk

Awards:

- Best Team Theme
- Best Team Baton
- Spirit of Relay
- One Wig Walk
- T2T Car Lap
- Mad Hatters Hap

DON'T FORGET TO BRING:

A crazy hat, baton, wig, decorated bra, glow sticks, beanie, cardboard T2T car and don't forget about a Team Theme!

All laps will be subject to on-the-day participation

Fundraising at the Event

There is a "rule of thumb" around fundraising on the day – you can fundraise, but it must be restricted to your team's own site and no canvassing/sale approaches around the track. Please do not bring food or drink to sell as we would like to make sure our food vendors are strongly supported on the day.

Your Fundraising Page

Every day, over 10 Tasmanian's are receiving a cancer diagnosis, but you can help ease the burden. Your Relay For Life fundraising dollars go directly to help those affected by cancer by providing support services such as counselling, wigs, accommodation and transport services to access treatment. You are an integral part of our mission to reduce the burden of cancer across Tasmania. It's only with your support and dedication, that we can continue offering these essential services. Don't forget to share your team or individual fundraising page. There is a wide range of resources to help with your fundraising and you can find these when you login to www.relayforlife.org.au.

Candlelight Ceremony

- To limit single use plastics, please bring a can of food to weigh down your candle bag instead of the usual plastic cup and sand weight. Cans will be collected and donated to local charity after the Relay.
- Candle bags will be collected after the Closing Ceremony. If you wish to keep yours, please take it home with you.
- Candles and candle bags will be sold from the Cancer Council Tasmania tent for \$3.00.

Rules

- Gas BBQ's and gas heaters are not permitted.
- No dogs or pets allowed. Assistance
- No inappropriate footwear, this includes thongs, ugg boots, bare feet, socks only etc. Please tell all your team members about this.
- No glass containers on the actual track.
- No chewing gum.
- No ballons as decorations. Streamers, bunting ok etc.
- No smoking OR vaping.
- Dogs are permitted BUT must be on a leash at all times. Please pick up their litter.
- Offensive language will not be tolerated.
- Please ensure you drinks water regularly. Reusable Relay For Life drink bottles are available for purchase at the merchandise tent.
- Ensure you are SunSmart at the event – hats (to purchase) and complimentary sunscreen will be available on the day BUT please bring extra sunscreen.
- No Bikes, scooters or roller blades/skates.
- Do not bring fundraising money that you want to bank (please bank any money prior to the event or next business day after Relay).
- No alcohol or other drugs are permitted.
- No Gas BBQs or heaters

The Sorell Organising Committee have worked incredibly hard to bring this inaugural event together, we request the cooperation and respect of all participants. We will not tolerate any abusive or threatening behaviour towards our volunteers and committee. Please obey all rules and announcements on the day.

Noise Curfew

A noise curfew will be in place at 9:00pm at the event, after this time all music will be played quietly. During this time, we encourage participants to talk amongst themselves or listen to their favourite tunes with headphones. The curfew will lift for around 20 minutes at 10:30pm for the Closing Ceremony.

What to bring

- Campsite decorations and team banners.
- Hat, sunglasses, sunscreen and lip balm.
- Your Relay For Life top (available on the day if you don't have).
- Comfortable walking shoes
- Warm clothing (pants, jackets, beanies, gloves etc.)
- Wet weather gear (raincoat, poncho, umbrella etc.)
- Torch and spare batteries
- Team costumes
- Spending money and loose change (to purchase food, a candle bag, merchandise, or an activity).
- Camera to capture those special moments.
- Can of food to weigh down candle bag
- Items listed in the Activities section (e.g bra, glow sticks, t2t car etc).

Ceremonies

- Opening Ceremony (Celebrate) – 11:00am
- Candlelight Ceremony (Remember) – 8:00pm
- Closing Ceremony (Fight Back) – 10:30pm

Occupational Health and Safety

We are committed to providing a Relay For Life where everyone can feel safe and we hope that all participants stay "well" throughout the event. In the event of an Emergency Evacuation on the day of the event, please follow all instructions from our committee. We have applied a range of procedures and precautions to keep you safe on the day.

- First Aid is being provided by Frontline Care Comes First. If you require medical attention, please alert a committee member or head to the First Aid site.
- Footwear, reminder again to wear appropriate footwear to avoid blisters.
- Dehydration is another issue; please ensure you drink water regularly. Take use of our TasWater Filtered Water Stations and bring your own refillable water bottle.
- Reminder, Be SunSmart

Security

- Please take care of your own belongings on the day, we are not responsible in the event of theft or damage.
- We haven't engaged a security company; Tasmania Police will be present at some stage on the day.
- Please alert a committee member to any incident.

Food

We encourage all participants to support our food vendors because they've supported us by attending. Options include:

- Lions Club of Sorell – BBQ
- Jasmine Kitchen Tasmania (GF options)
- Robbie's Woodfired Pizzas – available from 4:00pm
- Blue Sage Patisserie – Coffee
- Lickalicious Icecream

Onsite Contact

Emergency Contact: Rick Birch – 0427 598 556

Media/General Enquiries: Joe Birch – 0456 555 258

We encourage you to ask a committee member any relevant questions, they can be identified in their bright yellow shirts or at the Registration Tent.

Keep up to Date

You can stay up to date with everything Sorell Relay For Life through the following channels:

Facebook: <https://www.facebook.com/profile.php?id=61558107616933>

Facebook Event: <https://www.facebook.com/share/g7xKQpBALMSac5PN/>

Instagram: @sorellrelayforlife

Share your Experience

Please take LOTS of photos and share them to Facebook or Instagram tagging us

@sorellrelayforlife and use the Hashtags: #SorellRelayForLife #SorellRFL2024 #CancerTas