

HOW TO ORGANISE...

A BIG BOUNCE

VENUE

Are you going to have a friends and family event in your garden, are you going to involve your local gym, school or hire out the village hall, or are you thinking bigger? The larger, more unusual or quirky your venue the more likely you are to attract bouncers. Location ideas include bridges, parks, gardens, shopping centres, grand driveways to houses and castles, racecourses, seafronts, dis-used railways etc. Don't forget keep it safe; no bouncing off piers allowed!

PERMISSION

If the venue is in a public place you will need to approach the council, or if it's private property, the owners, for permission. They will inform you of any requirements for the event such as maximum numbers, hire costs (if any) and health and safety issues. The Trust can provide knee and elbow pads as well as helmets if required.



BOUNCING

How are you going to bounce? On space hoppers, trampolines, bouncy castles, pogo sticks, with balls, swing ball, jumping, skipping, the list is endless! Maybe you could have a hopathon or a bounceathon?



RAISING MONEY

How will you raise money? Is it a challenge to bounce a certain distance, is it a relay race or an assault course, maybe it's a sports day which requires space hoppers for all events? Are you going to request that participants raise sponsorship or pay an entry fee? Will there be other fundraising activities at the event other than bouncing, perhaps a BBQ, raffle or a bring and buy stall?

Perhaps the challenge is to bounce for ½ hour on a trampoline without stopping in fancy dress, maybe it's to bounce for 24 hours with a team of 10 bouncers on a trampoline or bouncy castle, is it to bounce 50 times on a pogo stick or to host a bounce aerobics class? An even bigger challenge would be to bounce the distance of a marathon.

Perhaps your event could be fancy dress or themed around the time of year; an Easter bunny bounce, a Santa suited and booted bounce, a romantic red bounce, funky footwear bounce. The only limit is your imagination.



www.cftrust.org.uk

11 London Road Bromley Kent BR1 1BY Tel: 020 8464 7211 Fax: 020 8313 0472 events@cftrust.org.uk

Patron: HRH Princess Alexandra, the Hon. Lady Ogilvy, KG, GCVO President: Duncan Bluck CBE
 Cystic Fibrosis Trust registered as a charity in England and Wales (1079049) and in Scotland (SC40196)
 A company limited by guarantee registered in England and Wales number 3880213
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Maybe you'd like to break a world record? There are a number of bouncing records to be beaten:

- The fastest mile bounced on a space hopper is 15 minutes 3 seconds.
- The most bounces of a tennis ball on the edge of a tennis racket is 215.
- The largest number of space hoppers bouncing at the same time is 600 on London's Millenium Bridge
- Most consecutive bounces on a pogo stick is 212,434 in 19 hours 45 seconds.

If you want to attempt to beat one of these records please contact the Guinness Book of World Records at www.guinnessworldrecords.com, and let the CF Trust know about your plans.

PROMOTION OF YOUR BOUNCE

Contact local companies to see if they would like to sponsor the event, particularly those associated with activity, they may be able to supply equipment and/or refreshments. It would also be great if they can involve their employees and help spread the word of the event.

Contact your local newspaper and let them know when the event is taking place to ensure publicity before and after, produce posters/leaflets to spread around the community, set up a justgiving.com page, involve family and friends, let the Cystic Fibrosis Trust know about the event and we can promote it on our website.

'Bounce Away' and see off **cf today!**



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