

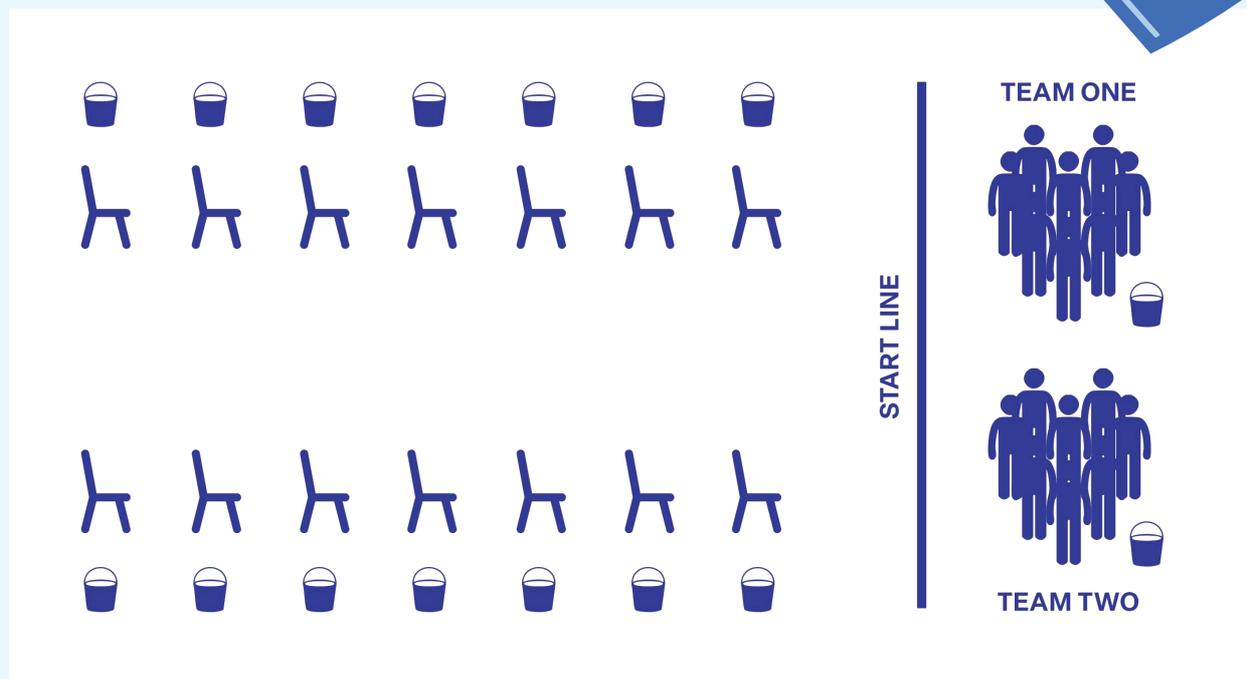
YOUR GUIDE TO RUNNING AN ICE-BUCKET RELAY



TEAM UP WITH FIGHTMIND.

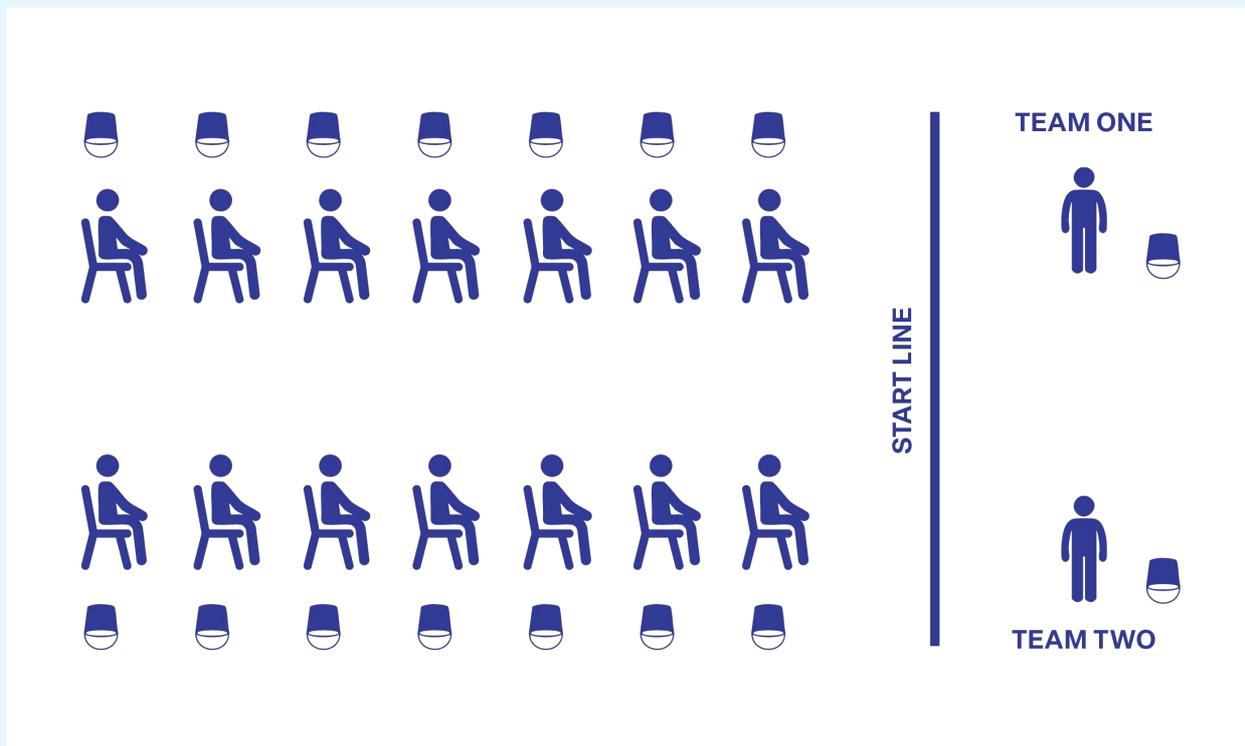
WHAT YOU WILL NEED

- 1 Buckets
- 2 Ice and water
- 3 Chairs
- 4 A great crowd – atmosphere is everything



SET UP

- 1 Create at least two teams, with an even number of people in each (as an example these instructions are based on teams of eight people).
- 2 Set up two lines of chairs, with one less chair than the total number of players in each team. Place chairs at a safe distance apart.
- 3 Set your start line. Ideally, it will be at least 5m away from the first chair.
- 4 Fill one bucket per person with ice and water. Place one bucket next to every chair and one at the start line for the final racer.



THE RACE

- 1 All team members start behind the start/finish line.
- 2 When the MC starts the race, Person One races to the first seat in the line and sits down.
- 3 Once Person One is seated, Person Two races to Person One and pours the bucket of icy water on them. Person Two then sits down on the second seat in the line.
- 4 Once Person Two is seated, Person Three races to Person Two and pours the bucket of icy water on them. Then Person Three sits down on the third seat in the line.
- 5 Repeat step four until all seats are taken. The final racer will pour the bucket of icy water on the last person to sit down, before racing back to the start line and pouring a bucket of icy water on themselves.
- 6 The first team to empty the final bucket of icy water wins the race.

TIPS FOR ORGANISING

- 1 Team up with your school, workplace or sports club to host your ice bucket relay. This will help you get a crowd along and bring in donations.
- 2 The energy of your crowd is the heart of the relay. A pumped-up audience makes the event feel bigger, boosts laughter, builds momentum and drives more donations. Encourage supporters to gather close, cheer loudly and get involved.
- 3 Organise a volunteer to MC the relay. This will help build excitement, keep your audience engaged and they can guide your participants through the race as needed.
- 4 Keep it fun and entertaining by dressing up to take on the challenge.