

In aid of



Ready, set... Fund Race

Your taking part guide

Thank you for joining the thousands of schools and groups across the UK who are taking part in Fund Race - an inclusive sports day challenge to raise awareness and fundraise in support of people with sight loss.

What we do

Guide Dogs is here to help people with sight loss live the life they choose.

We provide a wide range of services for children, young people and adults living with sight loss and their friends and family.

We offer specialist advice to professionals and parents and our services equip children with a vision impairment with the skills they need to live an independent and active life.

Working alongside you, we can help pupils with sight loss to learn, play and achieve their potential.

guidedogs.org.uk/children



Download your free Fund Race pack from guidedogs.org.uk/FundRacePack

How to Fund Race

Take part in Fund Race using these simple steps:

- 1** Plan your assembly and sports day activities.
- 2** Tell people what you are doing.
- 3** Host your school assembly and activities.
- 4** Hold your sports day fundraiser.
- 5** Celebrate the success of your Fund Race.
- 6** Pay in your life-changing fundraising efforts at guidedogs.org.uk/payin





All school assembly

Use our key-stage specific assembly plans to hold a school assembly a couple of weeks before your sports day. This will give students a chance to understand why supporting people with sight loss is important and how they can be more inclusive and make the world more accessible.

Don't forget, you can also book a free trained Guide Dogs speaker to share their story and inspire students in preparation for Fund Race – you might even get to meet one of our dogs. Complete our short online form at guidedogs.org.uk/assembly

Your pack contains your assembly plan with detailed notes to guide you as well as a PowerPoint to display. The assemblies last around 20 to 30 minutes and are available in English or Welsh. They contain interactive activities to help children understand what it means to have a vision impairment and how we all see the world differently. The assembly will also introduce Guide Dogs and the work we do with thousands of children and families across the UK.

Part of the assembly is a video about a child who has vision impairment and this can be accessed at guidedogs.org.uk/FundRacePack. The video will show students that children with sight loss are just like them but sometimes they learn by doing things in a different way, such as by using larger letters or pictures, better descriptions, touch, sounds, textures, or with the support of an assistant or teacher. This will start important conversations about why inclusion is important and what we can do to be more inclusive and accessible. Children will then be ready to think about holding their very own Fund Race!



Assembly guides



Assembly PowerPoint presentations



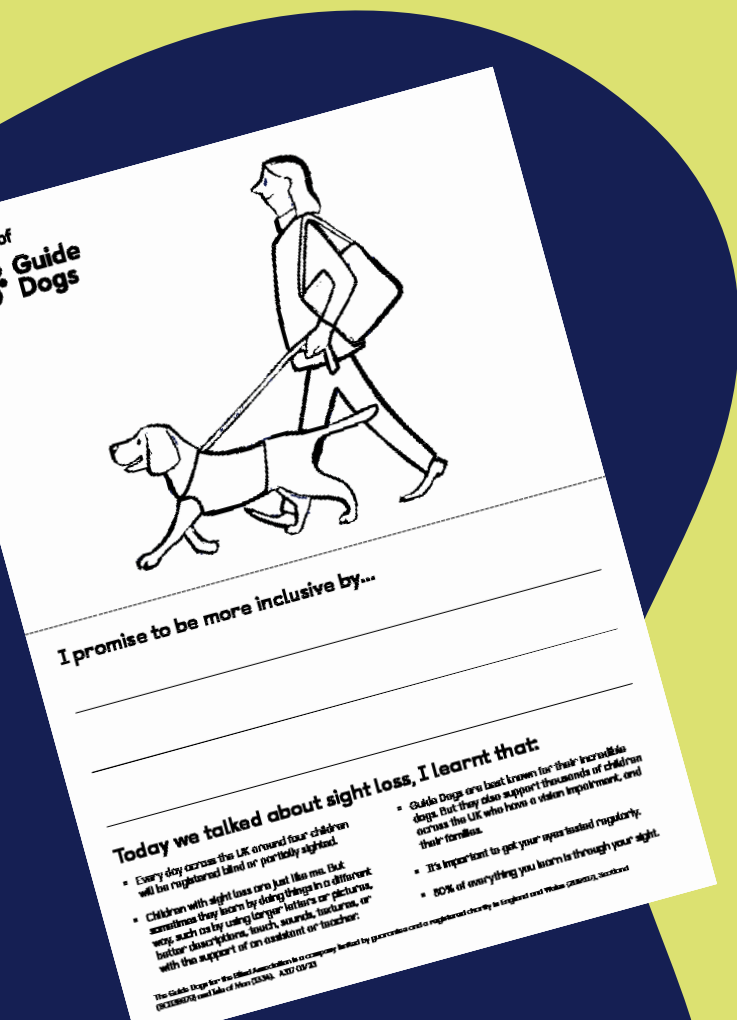
Assembly videos

Learning opportunities

Make your own blindfold

In preparation for your sports day you could hold a blindfold creating session.

Use our blindfold template to cut out and make your own blindfolds. Ask your students to write a pledge on their blindfold, using their learning from the assembly to say how they will try to be more inclusive. They can then use their blindfold during sports day.



Postcards

Use the postcards in your pack to share with families the children's learning about Guide Dogs.

Ask the children to write a pledge on the postcard then get them to take them home to show their family. The postcard also reminds parents and guardians to make sure their child has their eyes tested regularly (sometimes parents/guardians think children get their eyes tested at school).

Your sports day activity and fundraiser



Work with your students to plan their sports day activities and fundraising.

As part of your sports day you could do two events:

1: A guided rope race

Set up a series of ropes between stakes on your school running track and run a rubber quoit or cardboard tube (toilet/kitchen/foil roll or plastic tube) along each rope.

Each child or young person can then run the rope blindfolded, by holding onto the tube as their guide. The fastest wins!

Make sure you check out our advice for the race on page 10 too.



Equipment checklist:

- Ropes
- Stakes
- Quoit or cardboard/plastic tubes
- Blindfolds or fabric eye coverings.



Top tip:

These obstacle courses work well as pay-to-enter mini blindfolded challenges to boost your fundraising totals.

2: An obstacle course

Set up a simple obstacle course for your participants to complete whilst blindfolded.

Use your existing sporting equipment to create a path or challenges. Working in pairs, ask one person in the pair to wear a blindfold. Participants could follow a rope through a series of obstacles, complete tasks such as throw a beanbag into a bucket or kick a ball to score a goal. Emphasise the point that each sighted member of the pairing needs to keep their partner safe.

Equipment checklist:

- Hoops
- Chairs
- Bean bags
- Blindfolds or fabric eye coverings.



Safety

- These activities need to be supervised by an adult and you'll need to carry out your own risk assessment ahead of the event.
- Ensure everyone involved is comfortable with the activity.
- Make sure all the equipment you use is fit for purpose, clean and not worn in any places and checked before and after each race.
- Check your school or group's insurance policy is up-to-date and covers all your sports day activities and participants.
- Make sure that you have appropriate first aid support in place.

Raising funds for Guide Dogs

Every day around four children are registered blind or partially sighted.

In the UK today there are 28,000 children who have a vision impairment.

Every pound raised by Fund Race will make a difference for children and young people with sight loss.

£20

Could pay towards a buddy dog bundle for a child with sight loss – each bundle includes a bag of food, collar, lead and buddy dog jacket.

£48

Could buy a child a custom-made, large-print book so they can read a paper book just like their friends.

£237

Could buy a child an iPad so they can learn how to use technology to explore different activities.



As part of your sports day plans you could:



Pay to race – ask students and parents for a suggested donation to enter the race.



Set up a JustGiving page and ask for donations sponsoring the race. Use a JustGiving QR code to display around school so you can take cashless donations – people can access your fundraising page instantly using the camera on their phone. **[justgiving.com/campaign/FundRace](https://www.justgiving.com/campaign/FundRace)**



Create a fundraising committee to include pupil voice and/or the wider community – a supply of extra ideas and hands to help with the event!



Collect donations as people enter the event with buckets on the gates. Use your Guide Dogs bucket labels and ask for family/staff volunteers to help.



Why not get pupils, staff or volunteers to run a refreshment stall selling cakes and drinks to boost your totals. Let people know where their money is going with our Guide Dogs bunting.



Run mini games that involve using a blindfold for a small charge.

Tell people what you are doing

When you share your sports day date, let families know this year is extra special.

Use the pack resources to share your plans in your newsletter, website, or on social media. Our downloads can help you explain the importance of Guide Dogs services and how their donations could help.

☐

Put up the posters included in your pack around the school where children and parents will see them.

Or get children to design their own persuasive poster for a literacy/art link.

☐

Spread the word on social media or in your school newsletter using the resources provided in your online pack.

☐

Set up a page on [justgiving.com/campaign/FundRace](https://www.justgiving.com/campaign/FundRace) and include this fundraising collection link on your website/social media posts or QR codes around school.

☐

Make sure you let everyone know how they can support your fundraising for Guide Dogs.

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Children will need permission from parents and carers to fundraise and ask for donations.





Ready, set... Fund Race

Yay, it's sports day! Make sure you have your risk assessment and insurance details to hand.

Advice for the race:

- Provide enough paper blindfolds (use template with pledges) or pieces of cloth (only used by the same child).
- Your running lines need to be at waist height and should be longer than the course length the students will run, so they can cross the line at speed and not come to a sudden stop. Keep the line taut at all times.
- Use an auditory signal, such as informing each of your participants by name as they cross the line, so they know to slow to a stop. Additionally, for each race, you can have a tactile signal with a second cardboard tube or a cone on the running line rope, positioned at the finish line where you want children to stop running. Children will feel they have hit this piece of equipment with their own guiding tube and know to slow down before the end of the rope.
- Let your participants know they can stop at any time if they feel uncomfortable and can remove the blindfold.
- Check the cardboard tubes before and after each race for any signs of wear.
- Make sure all the equipment you use is fit for purpose, clean and not worn in any places and checked before and after each race.
- Have your sports day first aiders on hand.
- Get your refreshments ready - running is thirsty work!
- Position your collection buckets, ready for life-changing donations!

Celebrate your success

Share your school's success on your social media pages and in your school newsletter.

You could even share details of the event with your local paper. Give each child their sticker and certificate, and once we receive the funds you've raised, we'll send you a Guide Dogs Champion for Active Inclusion accreditation showing your school is inclusive.



Let us know

Tell us how you did, share your pictures and stories with us, so we can tell people how your children are campaigning and fundraising to make the world more inclusive.

#GuideDogs
fundrace@guidedogs.org.uk

Paying in your funds

You can pay in the funds you raised online at guidedogs.org.uk/payin



By card

Call us on **0800 953 0113**. Don't forget to quote **FundRace** and your fundraising reference number.



By cheque

Send a cheque made payable to 'Guide Dogs' to **Guide Dogs, Hillfields, Burghfield Common, Reading, RG7 3YG**.

Don't forget to include your details on the back of the cheque with the code **FundRace** so that we can send a thank you letter.



At the bank

Take your pay in slip within your fundraising pack to your local Barclays bank. Lost your slip? Let us know and we'll provide you with everything you need.



Fundraising page

Set up an online fundraising page at justgiving.com/campaign/FundRace or facebook.com/fund/guidedogsuk. The money you raise will then automatically come to us.

Use the funds you raised to start your Name a Puppy journey

What name would you choose? Find out more at guidedogs.org.uk/nameapuppy

Thank you

so much for taking part in Fund Race for Guide Dogs. We really appreciate your support.

Keeping it safe and legal

We want all our supporters to stay safe and legal when fundraising for Guide Dogs. Find out more at: guidedogs.org.uk/how-you-can-help/fundraise

For more information and help and support please contact us at: fundrace@guidedogs.org.uk
0345 143 0192



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