

# Cystic Fibrosis

## why we're bouncing



## 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 or school, hire out the village hall, or are you thinking bigger? The larger, more unusual or quirky your venue the more likely you will be to attract bouncers. Location ideas include bridges, parks, gardens, shopping centres, grand driveways to houses and castles, racecourses, seafronts, disused railways etc. Don't forget to 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.

#### 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 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 that 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, perhaps a BBQ, raffle or a bring-and-buy stall?

Think about asking local suppliers if they will sponsor your event with the items you'd like to bounce on.

Perhaps the challenge is to bounce for half an hour in fancy dress on a trampoline without stopping, maybe it's to bounce for 24 hours with a team of 10 on a trampoline or bouncy castle. Is it to bounce 50 times on a pogo stick or 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.

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 13 minutes flat.
- The most hits of a tennis ball with a tennis racket handle in one minute is 185 in 2008
- The largest number of space hoppers bouncing at the same time is 1,505 at the Street Performance World Championship in Ireland in 2010.
- The fastest mile on a pogo stick was 12 min 16 sec in Oxford in 2001.

If you want to attempt to beat one of these records please contact the Guinness Book of World Records at [www.guinnessworldrecords.com](http://www.guinnessworldrecords.com), and let us know about your plans.

## Promoting 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 could involve their employees and help spread 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 [virginmoneygiving.com](http://virginmoneygiving.com) page, involve family and friends, and let the Cystic Fibrosis Trust know about the event and we can promote it on our website.

