

## Frequently Asked Questions



### **What is a Bubble Rush?**

The Bubble Rush is a fun run up to 5k that you can walk, jog or run! It is not about speed or winning, it's about having fun and enjoying the bubbles!

Participants run or walk the course which has four Bubble Stations each with a different coloured foam.

The route will be 2 laps so you get double the bubbles– you can choose to complete the route once if you have little ones or by going around twice and completing the full 5K.

### **Who can take part?**

The Bubble Rush is suitable for all ages! Anyone can take part including pushchairs and wheelchairs. The course is on grass so please bear this in mind when registering as there is areas of uneven ground. Children aged 16 years and under must take part alongside a paying adult and be accompanied throughout the event. School and youth groups who take part must have adequate supervision.

### **What should I wear?**

You will receive a Bubble Rush t-shirt on the day of the event. Other comfortable clothes and shoes are recommended – dress up if you'd like to! The bubbles will turn your white t-shirt different colours and will come out of your clothing but we advise wearing clothes you don't mind getting messy! We recommend that you change your clothes as soon as possible after the event, and that you don't wash them with anything else.

### **What do I receive when I register?**

Prior to the event, each participant will receive a fundraising pack with an individual participant number and sponsorship form. Please ensure you complete the contact information on the reverse and wear this number to the event. All participants must be accounted for throughout the route. These numbers are unique to you and therefore must not be swapped with other participants. This must be worn over your Bubble Rush t-shirt which will be given to you once registered on the day.

At the end of the event you will receive a medal and bottle of water.

### **Do I have to raise sponsorship money?**

We ask that you try and raise sponsorship for EACH, just £10 sponsorship per participant could help us raise £20,000 for EACH! Sponsor forms are included in your entry pack and must be returned as soon as possible after the Bubble Rush, along with all the fantastic funds you have raised.

Tick the Gift Aid box where applicable, so we can make your donations go 25% further for our patients. Imagine how much more funds the hospice would receive (at no extra cost to you).

To create an online fundraising page through Virgin Money please visit

[www.virginmoneygiving.com/charities/each](http://www.virginmoneygiving.com/charities/each)

We ask that all sponsorship and donations are returned to East Anglia's Children's Hospice two weeks after the event. By doing so, EACH can make sure that we are on target to achieve best possible care to those who need it. You can return your funds via cheque made payable to "EACH", along with your sponsorship form to Bubble Rush, Unit 18, First Floor, Manor Farm Barns, Fox Road, Framingham Pigot, Norwich, NR14 7PZ.

All funds raised by your participation in events in support of EACH are raised for the sole purpose and benefit of EACH (registered charity no. 1069284) and those who receive the support from its services.

### **About the foam**

The foam mixture is completely natural and safe. The coloured foam is made from food dye and is water soluble as well as environmentally friendly.

Upon running through the Bubble Stations, all children must be accompanied by an adult who will be responsible for their safety at this point. Small children may need to be lifted through some parts of the bubble stations, and we recommend they wear sunglasses/swimming goggles to protect their eyes.

There is a chance that this foam may stain some lighter coloured clothes and push chairs, so please be aware of this before you come to the event. You can always leave the push chair at the side of the bubbles while you go through. To be safe we would also advise to bring towels to sit on in the car on your journey home to avoid any grumpy dads!

### **How will I know which way to run?**

We'll have signs and a route map at registration, not to mention marshals at various points to direct you.

### **Can I bring my dog?**

You can bring your dog to the event but unfortunately dogs cannot take part in this event so they will need to be left with a friend or family member who is not taking part. Dogs have a different pH level to humans so the foam may affect their skin and eyes.

### **Are there toilets?**

There will be portable or fixed toilets at every Bubble Rush.

### **What about water, coffee etc?**

Bottled water will be available at the end – but we advise you to bring some of your own as well. There will also be food and refreshments on sale, as well as other stalls and entertainment.

### **What about personal belongings?**

We recommend that you bring an old towel, spare clothes or bin bags to put your bubbly running clothes in. Please do not leave anything valuable on show in your car. There will not be allocated areas to leave your personal belongings, so please only bring essential items or arrange to leave them with a family member or friend. EACH cannot be held responsible for any loss or damage to vehicles, public transport or personal belongings.

### **Will there be photos of the day?**

EACH and our media partners will have photographers on site on the day taking photos. We would love to see your photos from the day - share them with us on our Facebook Bubble Rush page or via Twitter. If you bring your own camera or smartphone be sure you cover them well to protect them from the foam.

### **Where can I see my friend/family run?**

There are some great places to watch and cheer on your family and friends throughout the park. As it's a 2 lap course a good spot to watch is near a bubble station as you can see the participants pass through twice.

We would love to have that part of the route lined with supporters to welcome runners home through the finish line!

**No smoking**

Please note this is a no-smoking/vaping event throughout.

**Lost child?**

Please notify a member of EACH staff as soon as possible if you find a lost child or parent looking for a child. We have processes in place to help reunite parents and children. A good meeting point for friends is at the EACH gazebo.

**Where can I get help for illness or injury?**

If help is needed for illness or injury, please go to (or send someone to) the nearest marshal/member of staff who will arrange for First Aid to attend. All marshals and EACH staff will be in high vis jackets. There will be a qualified first aid team on site.

**What if it rains on the day?**

That won't stop us! Be prepared!