



KNOT A
SPORTS DAY

Participation Pack





Knot a Sports Day

Venue: Staffordshire University
(Leek Road Campus, ST4 2DF)

Date: Friday 28th June 2024

Time: 9.30am – 3.30pm

Welcome!

Dear Participants

Welcome to Knot a Sports Day 2024!

We are delighted to have you join us at Staffordshire University for a day filled with fun, laughter, and friendly competition.

We bring together businesses and individuals from across the county to participate in a unique twist on the traditional sports day, all in the spirit of giving back to our community.

This event is not just about sports; it's about reconnecting with the joy of play, building team spirit, and creating lasting memories.

Whether you are here to compete, cheer on your colleagues, or simply enjoy the atmosphere, we have something for everyone, regardless of age, ability, or gender.

Our schedule is packed with exciting activities designed to challenge and entertain you. We encourage you to embrace the spirit of the day, don your team's custom t-shirts, and dive into the fun.

Thank you for being part of this inaugural event. Your participation and enthusiasm is what makes events like this so special. We hope you have an unforgettable day filled with smiles, camaraderie, and a little bit of friendly rivalry.

Let the games begin!

The Knot a Sports Day Team

Proud to be delivered by:



Valentine Claws Ltd

WOOLCOOL*

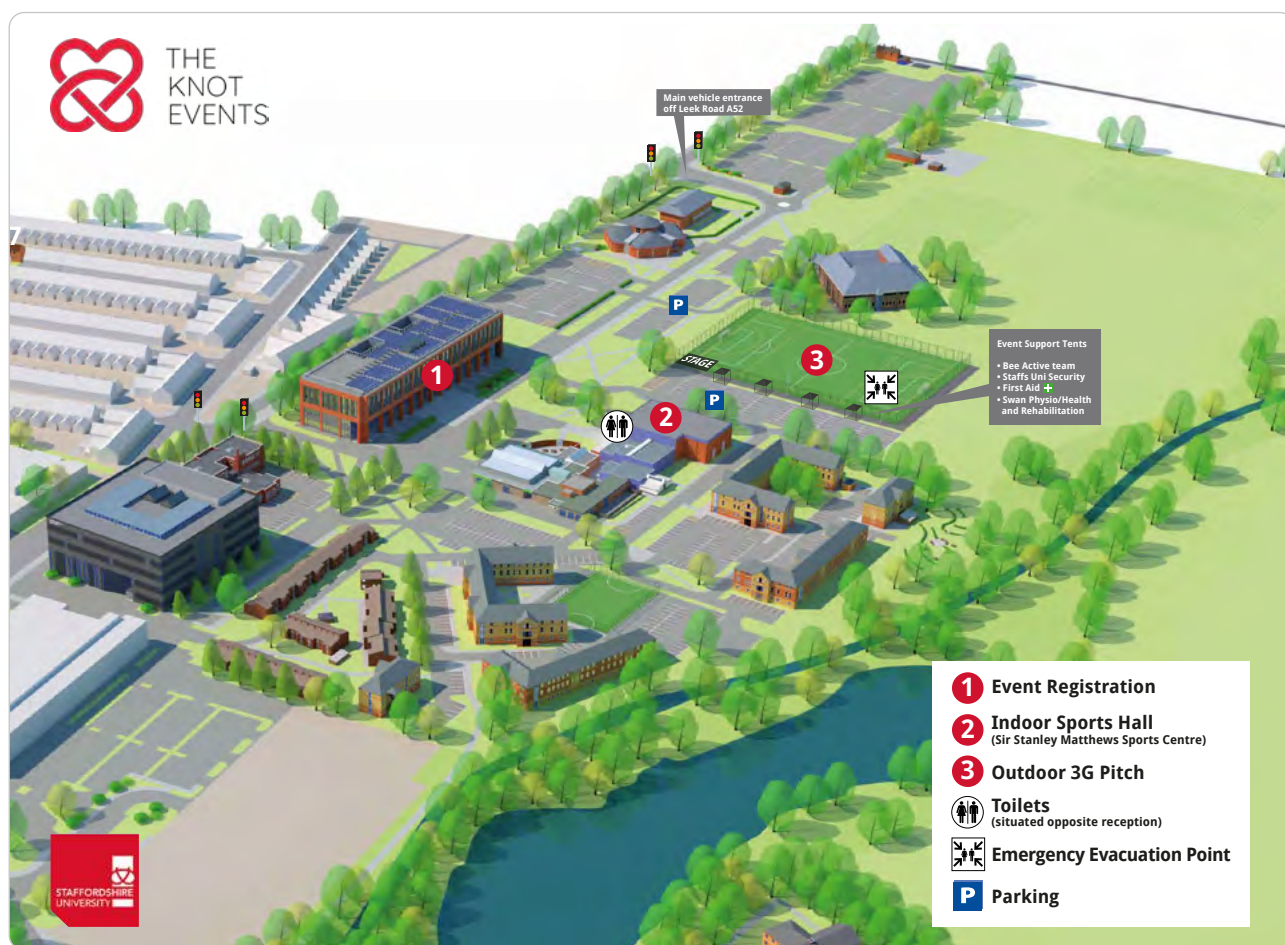
With support on the day from:





Supporting our Charities...

We are thrilled that this event will support 10 charities, each of which provide incredible work to support our community. Throughout the day, there will be numerous fundraising activities, including a raffle and various games, with top prizes up for grabs. We kindly ask all participants to bring along some spare change and generously take part in these efforts. Additionally, card machines will be available for your convenience. Your contributions will make a significant difference and help us support these amazing organisations.



Knot a Sports Day Site Map

Parking is free for all vehicles, for the duration of the day. If the designated parking area becomes full, you can use any other parking spaces on site as overflow.

Please note that there is a limited number of lockers in the Sports Centre, available on a first come, first served basis.

In the event of an emergency evacuation, please make your way to the Emergency Evacuation Point as indicated on the map as quickly as possible. Calmly gather with your team so that the event organisers can establish who is accounted for. Await further instructions from the emergency services or event organisers.





Timetable for the Day

09:30	Register
10:10	Captains Briefing
10:30	Activity Block 1
11:30	Activity Block 2
12:20	Mascot Race
12:30	Activity Block 3
13:30	Activity Block 4
14:30	Grand Finale Showdown
15:15	Awards Presentation
15:30	Close

Registration and Check-In

We kindly ask all participants to allow plenty of time to arrive at the event so that we can start promptly.

Upon arrival at Knot a Sports Day 2024, please make your way to the registration desk to sign yourself in and collect your event t-shirt. This is an important step to ensure that everyone is accounted for and ready to participate in the day's activities.

Team Captains will be given a captain's armband at the registration desk. Please make sure to wear it for the duration of the day to help identify you as the team leader.

If any team members drop out before the event, please contact the event organisers at the earliest opportunity at info@knot-events.co.uk. Should any unforeseen circumstances arise on the day, and a player cannot make it, please inform the Knot Events team at the registration desk as soon as possible.

*When re-entering the Catalyst building, please ensure that your footwear is clean after using the all-weather pitch, removing any rubber crumbs using the boot cleaners available.

Charity Donations

There will be many opportunities throughout the day to raise more money for our charities. Please look out for QR codes that will be used during the event to collect donations and entry to the Chinese raffle, along with other activities on the day.



On your marks, get-set... DONATE!

Or [click here](#)



Event Rules and Guidelines

We want to ensure your safety and enjoyment throughout the day.

The activities planned for this event involve a moderate level of physical activity, akin to day-to-day tasks such as running short distances, gentle swimming, and lifting light to moderate objects. While we aim for an enjoyable experience, we advise participants to be aware of their capabilities and raise any concerns with our organisers.

If you have any difficulty performing day-to-day activities or have a medical condition affecting your physical abilities, event organisers should be informed at the earliest opportunity. We will work with you to make necessary adjustments if feasible.

Participants must report any health and safety concerns immediately to our organising team.

It is essential to refrain from attempting activities beyond your capabilities. If unsure, withdraw or ask a suitable teammate to take your place.

We advise that participants remain hydrated throughout the event, wear suitable clothing and footwear, and conduct a thorough warm-up prior to participating in any events, which includes pulse-raising activities and stretching.

By taking part in this event, participants confirm the following:

- They are currently fit and well.
- None of the listed medical conditions below apply to them.
- They have not required long-term medication prescribed by a doctor in the last 12 months.
- They are not under the care of a doctor or hospital for investigation into any medical condition or symptoms.
- They have no undue difficulty with exercise, including walking, running for a bus, swimming, or lifting day-to-day objects.
- They have not undergone surgery or experienced a serious injury, including fractures, within the last 3 months.

Relevant Medical Conditions List:

- Heart attack within the last 6 months
- Angina/chest pain
- High blood pressure not well controlled with medication
- Joint problems inhibiting exercise due to pain
- Replacement joint (e.g., hip or knee)
- Exercise-induced asthma not well controlled with medication
- Pregnancy

If any of the above applies, you should seek advice from your doctor regarding exercise suitability prior to participating.

Thank you for your attention to these important matters. Your safety and wellbeing are our top priorities.

Let's have a fantastic Knot a Sports Day event together!

Sportsmanship and Conduct

While we encourage everyone to aim for victory, it is crucial that all participants play in the spirit of friendly competition. The safety of all participants is our top priority, and we expect everyone to adhere to the activity rules and maintain good sportsmanship. Event organisers will issue sanctions for any flagrant disregard of activity rules, unsafe behaviour, or unsporting conduct. Such actions could result in individuals or entire teams being dismissed from the event.

Alcohol is banned from the event, and anyone found bringing alcohol or suspected to be under the influence of alcohol or drugs will be asked to leave. Smoking is not permitted within 5m of any building on site.

Activity Safety Briefings

All participants will be briefed by the Bee Active Coach prior to each activity regarding rules and important safety information. It is critical that all team members taking part in that activity are present and concentrating on the information provided. At the end of each explanation, athletes will be given the opportunity to ask any questions they may have.

Event Details

Teams will compete in 4 activity carousels to win as many points as possible for their team. But don't worry if you are not in the top spot at the end of the activities—you can still take gold by winning the GRAND FINALE Showdown, the ultimate test of teamwork and strategy!

Your Team's Group and activity schedule will be provided to you on the day.

Grand Finale Showdown

Teams will face off in a heart-pounding challenge that combines elements of endurance, athleticism, and mental agility. The starting positions for each team will be determined by their performance in the previous activities, with the top-scoring teams earning valuable time advantages.

Each team's starting time will be staggered, with the highest-ranking team getting a head start, followed by subsequent teams at intervals.

As the tension builds, teams will receive their instructions for the challenge. Prior to the event, it is worthwhile to download the **WhatThreeWords app** on mobile phones to save valuable time for your team on the day.

In this high-stakes event, teams must rely on their collective skills and quick thinking to navigate through the challenges and emerge victorious.

The first team to crack the code to the safe will be crowned the Knot-a-Sports Day Champions, receiving celebratory Prosecco, a team building session at Love Clay and lifting the coveted trophy.

So, gather your team, download the app, and get ready for an unforgettable finale that will push your limits and test your teamwork like never before!

Teams and Participation

It is up to each team to decide which members they would like to participate in each event. However, it is important to ensure that all players get an opportunity to represent their team. If players from teams are not participating, they must stay clear of the activity area and give lots of encouragement for their team!

Prizes and Awards

As soon as the Grand Finale has been solved, you will hear a loud klaxon. This is your sign to make your way over to the large screen where we will announce the overall winners of the event and present the Knot a Sports Day 2024 winner's trophy and participant medals.



First Aid

If you become injured during the day or feel unwell, please let an event organiser know immediately so that we can direct you to the medical support team.

First Aid for the event is kindly being provided by Staffordshire University and located immediately outside of the All Weather Arena.

Wellbeing Support

On the day, Swan Physio is offering free sports massages, free injury advice, and free health and wellbeing advice (well... for a charitable donation, of course!).

In addition, visit their socials for lots of pre-event tips to get you into tiptop shape! swanphysio.co.uk

For any post-event enquiries, you can contact Swan Physio at enquiries@swanphysio.co.uk or call **01782 405500**

Food and Drink

It is important to stay well hydrated during the event. If you would like to fill up empty water bottles, please head to the water fountain in the Sports Centre or the Catalyst Building at any point during the day. Snacks and a bottle of water will be provided on the day, in addition the Catalyst Deli will open for breakfast and lunch, with hot and cold drinks available to purchase. Please be respectful of the venue and help keep the grounds clean and tidy by putting all litter into the many bins provided on site.



With Thanks to our Wonderful Sponsors

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Silver Sponsors



Bronze Sponsors



Mascot sponsor



Staffordshire





Contact Information

We encourage you to share your photos and memorable moments from the day with the Knot-Events team using **#KnotEvents** Whether it's on LinkedIn, Facebook, or Instagram, we would love to see your experiences and highlights. Don't forget to tag us and spread the joy of Knot-a-sports day with your friends and followers!

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