



*Festival  
of Sport*

A woman with curly hair tied up, wearing boxing gloves, is shown in a boxing stance. The entire image is overlaid with a blue tint and a subtle geometric pattern of overlapping squares.

# **Activity Host** *Guide*

# Welcome to I Am Team GB

**Thank you for joining I Am Team GB! We're so excited that you're helping the nation to #GetUpGetActive by becoming an Activity Host for this year's Festival of Sport.**

I Am Team GB started in 2016 after the record-breaking Rio 2016 Olympic Games. It celebrated the incredible feats of returning Team GB Olympians whilst also inspiring the nation to be more active. I Am Team GB is returning and aiming to continue to inspire more people to be active.

Inspired this year by Team GB's involvement at the Tokyo 2020 Olympics Games, our free Festival of Sport is taking place on **Saturday 14 & Sunday 15 August** and will be a fantastic celebration of movement in all its forms.

This campaign isn't just about sport, it's about getting the nation moving, having fun and all the physical and mental benefits that come with it. By putting on your activity for The Festival of Sport, you will be part of a nationwide community dedicated to getting – and keeping – the nation moving!

**This is your Activity Host Guide** – read on for plenty of useful tips to help you put on a fantastic activity for I Am Team GB's Festival of Sport.



# Planning your activity

You may have your activity planning down to a tee, so feel free to skip this section. Otherwise, here are some handy hints for how to get started on your Festival of Sport activity!

**1**

**Pick a time and date.** We would like as many activities as possible to take place on the official Festival of Sport weekend (Saturday 14 & Sunday 15 August) to join in celebrations post-Tokyo 2020 Olympics! However, you can arrange your activity for any time prior to this weekend to help the nation get up and get active throughout the summer.

**2**

**Choose a location.** If you aren't sure where to hold your activity yet, it can be a local park or hall, a sports club or leisure centre, or a space in a local business (many offer spaces to community groups – just ask!). Consider accessibility, how easy it is to find and transport links.

**3**

**Insurance.** If you are planning a larger-scale activity, you might want to think about insurance or risk assessment. More information about this will be on our website in due course or email us at [info@iamteamgb.com](mailto:info@iamteamgb.com) if you have any questions.

**4**

**Spread the word.** Activities need people to take part, so spread the word and let everyone know what your activity entails (more on this on the next page)!

**5**

**Enjoy your activity! Have fun with your friends, family, colleagues, or community – remember you've helped the nation get up and get active!**

# Spread the word

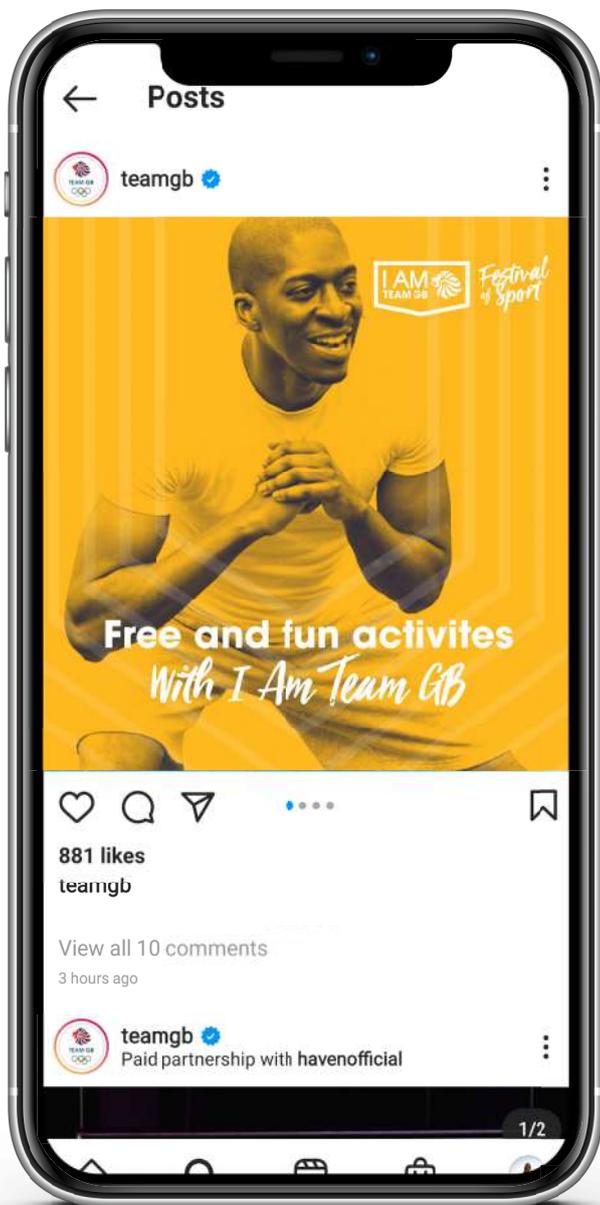
I Am Team GB's Festival of Sport is all about breaking down barriers to help the nation #GetUpGetActive, so here are some ways you can help spread the word about your activity.

- We have created a bank of resources to help you promote your activity, including social media graphics, printable posters, invites and more. Check out what's on offer by visiting: [IAmTeamGB.com/resources](https://www.IAmTeamGB.com/resources)
- Reach out to groups in the local community who you and your friends or colleagues might not know, such as a local youth group, a cultural centre, or a rival sports team!
- Use mixed spaces: places where you tend to see people from all sorts of backgrounds, like your local park, schools or places of leisure.
- Create a Facebook Group to provide more information, promote your activity and keep in touch afterwards. Not only will it help you plan a great activity, it will also grow a sense of community.



# Let's get social

The [Resources page](#) contains plenty of social media graphics you can download and share on Facebook, Twitter, Instagram and Instagram Stories. Here are a couple of example posts to accompany the social media graphics provided, just to get you started:



“Get up and get active with us as part of I Am Team GB’s Festival of Sport! We are organising **(Your Activity)** at **(Location)** on **(Date)** – it’s free to come along and everyone is welcome! Visit [IAmTeamGB.com](http://IAmTeamGB.com) today to sign up and be part of the fun **#GetUpGetActive**”

“We’ve partnered with I Am Team GB and their free Festival of Sport this summer! We’re so excited to be hosting **(Your Activity)** at **(Location)** on **(Date)**. All you need to do is sign up to participate in this activity on [www.IAmTeamGB.com](http://www.IAmTeamGB.com) and you’re ready to go! **#GetUpGetActive**”

## #GetUpGetActive

# Key checklist

There are a few simple but important checks that we would encourage you to undertake prior to your activity commencing. These checks will reduce the health and safety risks associated with the activity. Please note this should be used as a guide only and will vary according to your chosen activity. Please adhere to your local government guidelines in relation to COVID-19.

Activity: ..... Date: .....

Location: .....

Name of Activity Host (completing the check list): .....

Area/Item		Action	Complete (please tick)
1	Activity Area <ul style="list-style-type: none"> <li>Sharp items on the ground</li> <li>Trip hazards</li> <li>People inside the activity area</li> <li>Slip hazards</li> </ul>	<ul style="list-style-type: none"> <li>Check over the activity area and remove any litter/debris that might cause injury.</li> <li>Identify trip hazards and if they can't be removed, highlight them to ensure they are visible</li> <li>Ensure that your activity area is free of the general public if this may cause a hazard</li> <li>Check area isn't overly slippery for the activity</li> </ul>	
2	Check equipment	<ul style="list-style-type: none"> <li>Check that any equipment being used is in full working order – remove any broken or faulty equipment</li> </ul>	
3	Appropriate clothing	<ul style="list-style-type: none"> <li>Check footwear is suitable for sports activity</li> <li>Remove any loose/hanging jewellery</li> </ul>	
4	Participants	<ul style="list-style-type: none"> <li>Confirm that your participants are in good health &amp; as far as they are aware are fit enough to participate in the activity</li> <li>Injured participants should not take part</li> <li>Ensure all participants have signed a waiver</li> </ul>	
5	Emergency incident	<ul style="list-style-type: none"> <li>Participants to familiarise themselves with the venue, including entrance/exit points</li> <li>In the event of an emergency please contact the emergency services</li> </ul>	
6	First aid <ul style="list-style-type: none"> <li>Injury or illness</li> </ul>	<ul style="list-style-type: none"> <li>It is recommended that Activity host carry a first aid kit with them to their activity</li> <li>In the event of injury or emergency please seek medical attention from your local Dr or contact the emergency services</li> </ul>	
7	Weather	<ul style="list-style-type: none"> <li>Activity Hosts are encouraged to check the weather before commencing their activity. In the event of electrical storms the activity should be cancelled/postponed.</li> <li>Provide sunscreen where required</li> <li>Weather temperature should be monitored and activity should be cancelled or stopped if too hot or too cold</li> </ul>	

# Our partners

This event wouldn't be possible without the support of our incredible partners, who will be bringing their magic to The Festival of Sport.

To find out more about our partners, visit: [www.IAmTeamGB.com/partners](http://www.IAmTeamGB.com/partners)

## Presenting Partner

# TOYOTA

## Official Partners



## Activity Providers



## Our fundraising partner

The British Red Cross is the official charity partner of Team GB. After a year defined by isolation for so many, we're working in partnership to inspire people to come together as one community and look out for each other.



Whether it's a Team GB athlete relying on their coach's support, or someone turning to a Red Cross volunteer to get them through a tough time – connections and relationships are vital. From the front line to the finish line, we can achieve so much more when we work together.

You can support British Red Cross to help them be there for people who need it most across the UK. Find out more at [redcross.org.uk/IATGB](https://redcross.org.uk/IATGB)



# Stay in touch

For all the latest news, ideas and inspiration, visit our website:

[www.IAmTeamGB.com](http://www.IAmTeamGB.com)

If you have any queries, please get in touch with us at:

[info@IAmTeamGB.com](mailto:info@IAmTeamGB.com)

We're so excited to have you as an I Am Team GB Activity Host for the 2021 Festival of Sport! Happy planning and let's help the nation get up and get active!

## I Am Team GB



*Stay connected with us*

**f** [Facebook.com/TeamGB](https://www.facebook.com/TeamGB)

**t** [@TeamGB](https://twitter.com/TeamGB)

**ig** [@TeamGB](https://www.instagram.com/TeamGB)

**globe** [IAmTeamGB.com](http://IAmTeamGB.com)

#GetUpGetActive

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PRESENTING PARTNER