**Memorial Stadium Sleep Out**

**Friday 6th March 2020**

**Frequently Asked Questions**

**Are there any age restrictions?**

The minimum age to enter the event is 18. There is no upper age limit but it is your responsibility to ensure that you are healthy enough for sleeping out overnight. If in doubt, please take advice from your medical practitioner.

**What should I bring?**

It's going to be cold as you will be sleeping in stands area, although undercover it is in the open air. We suggest bringing lots of layers and a sleeping bag. We also suggest bringing a sheet of cardboard to have on the floor or roll matt. We recommend that you bring extra warm clothes including a couple of pairs of socks, hat and gloves. You don't need to bring any money with you for the event, but there will of course be opportunities to donate more to support our work if you would like to.

**Where will I be sleeping?**

You will be sleeping on the concrete floor in the seated area of the West Stand. The upper level is sheltered from any wind/rain, however the lower levels are more exposed - you can choose where to sleep. If you are unable to sleep there is a break out area indoors where you can talk and get refreshments.

**Do I have to be fit to take part in the event?**

If you have pre-existing medical conditions that you think might affect your ability to complete this challenge then we strongly recommend that you seek medical advice before registering. There will be fully qualified first aiders on site at all times if there are any problems.

**Will there be food and drink available?**

There will be soup and a roll available during the evening and bacon rolls in the morning, as well as hot drinks throughout the night. We advise you to eat a meal before you arrive and you are welcome to bring cold snacks and bottled water with you for the evening. The event will be a dry event and so therefore we respectfully ask that you do not bring alcohol with you. Anyone found to be under the influence of alcohol or with alcohol on them will be asked to leave the event.

**How long does it last?**

Registration takes place between 7.30-8.30pm. Doors will shut at 8.35.pm. Participants will then be able to listen to several brief talks around homelessness from Caring in Bristol and people who have experienced homelessness. These will begin at 9pm. People will make their way to the sleeping areas around 10.30pm. Bacon Rolls will be served from 6am and everyone will need to have left the venue by 7am.

**What about fundraising?**

To take part in the event you need to pay a registration fee of £25 that will support the charity work of Bristol Rovers Community Trust. Each registered participant will be provided a standing ticket for Bristol Rovers V Sunderland on Tuesday 10th March.

We then ask you to aim to raise a minimum of £150 which will provide vital support for some of Bristol’s most vulnerable people. This money could go towards helping provide shelter for 13 people at Caring in Bristol’s 365 Shelter. You have until 5th March 2020 to reach your fundraising target.

We ask you to set up up a **Just Giving fundraising page** at <https://www.justgiving.com/caringinbristol>

**Who will be there?**

Lots of people, the event is open to anyone that would like to fundraise and sleep out for Caring in Bristol and Bristol Rovers Community Trust. People will be entering in teams, as well as individuals and it is a great place to meet like-minded people. You will be able to sleep in the same area as anyone that you are coming with, and if you're coming alone we will also have an area for solo participants.

**Where is the event taking place?**

The event is taking place at the Memorial Stadium, Filton Avenue, Bristol, BS7 0BF

**Is there parking at the event?**

We are able to offer parking for the event for all participants at the Memorial Stadium

**Can I bring animals to the event?**

No animals or pets may be brought to the event, with the exception of guide dogs.

**Will there be a place to leave my belongings?**

We’ll ask people to leave large items in a designated area so we have enough space for seating during the entertainment. These areas will be manned by volunteers; however, we strongly advise you not to bring valuables to the event.