

RELAY FOR LIFE



Canadian
Cancer
Society

presented by



Desjardins

PARTICIPANT TOOLKIT

2023





WE RELAY TO TRANSFORM THE FUTURE OF CANCER ONE COLLECTIVE STRIDE AT A TIME.

Relay For Life is more than a single step in the right direction. It's the starting line to ignite a movement that begins within the walls of schools across the country. A movement that inspires the next generation of student leaders eager to take action to create change.

At Relay we walk so those living with cancer and those remembering the ones they've lost

never have to walk alone. We fundraise so those working tirelessly to improve cancer outcomes can continue to make the future bright.

When we unite with student leaders and schools we become unstoppable. The Canadian Cancer Society unites and inspires Canadians to take control of cancer and Relay For Life is about being bold enough to take action.





WHAT TO EXPECT

Our Relay For Life Committee has put together an exciting event to celebrate and remember those whose lives have been affected by cancer. We are excited for you to participate in the elements of Relay that we love, including:

- Opening Ceremony
- Survivor recognition
- Luminary Ceremony
- Closing Ceremony



PREPARING FOR EVENT DAY

1. Check out our school's Relay For Life Youth Event website:

Log into your fundraising centre to share your fundraising link with family, friends, co-workers, etc., to collect donations.

2. Choose a team name and theme.

3. Make sure that you are signed up for our event, as either a team captain or team member.

4. Personalize your fundraising pages by adding a picture and your "Why I Relay" story. People are more likely to donate to your page if you have taken the time to personalize it!

5. Earn badges for your team by achieving the goals that are set on the left hand side of your fundraising pages.

ON EVENT DAY

1. Head to the sign-up table located here:
2. BRING YOUR RELAY SPIRIT!
3. Find your team site, store your belongings, etc.
4. Have fun!





START FUNDRAISING

1. **Set a fundraising goal.** The higher your goal, the more support you'll receive from your family, friends, neighbours, and colleagues.
2. **Personalize your individual and team pages.** Add a photo and motivational story. Teams and individuals who personalize their pages are more successful with their fundraising efforts and reaching their goal.
3. **Start with a personal donation.** To kickstart your fundraising, make a self-donation or donate to your team page.
4. **Use your tools.** Utilize your fundraising link to your personal fundraising page. Post it on social media, share with family and friends via email, text message, etc.

NEED FUNDRAISING IDEAS?



10 for 10

Ask ten people for a \$10 donation.

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Do or Dare

Challenge teachers or school officials to a head shaving or fun competition. Eg., if you raise \$200 as a participant, then Mr. Smith will take a pie to the face. Or if you raise \$200 as a team, Ms. Chung will throw a pizza party!

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Get Social

Post your fundraising links on social media outlets.

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Bake Sale/Garage Sale

Find a local venue or friends' home and sell some baked goods or old belongings to friends, family, and neighbours.

QUESTIONS?

Contact your school's Relay For Life committee.

Learn more and get connected:



relayyouth@cancer.ca



[@youthrelay](https://www.instagram.com/youthrelay)

