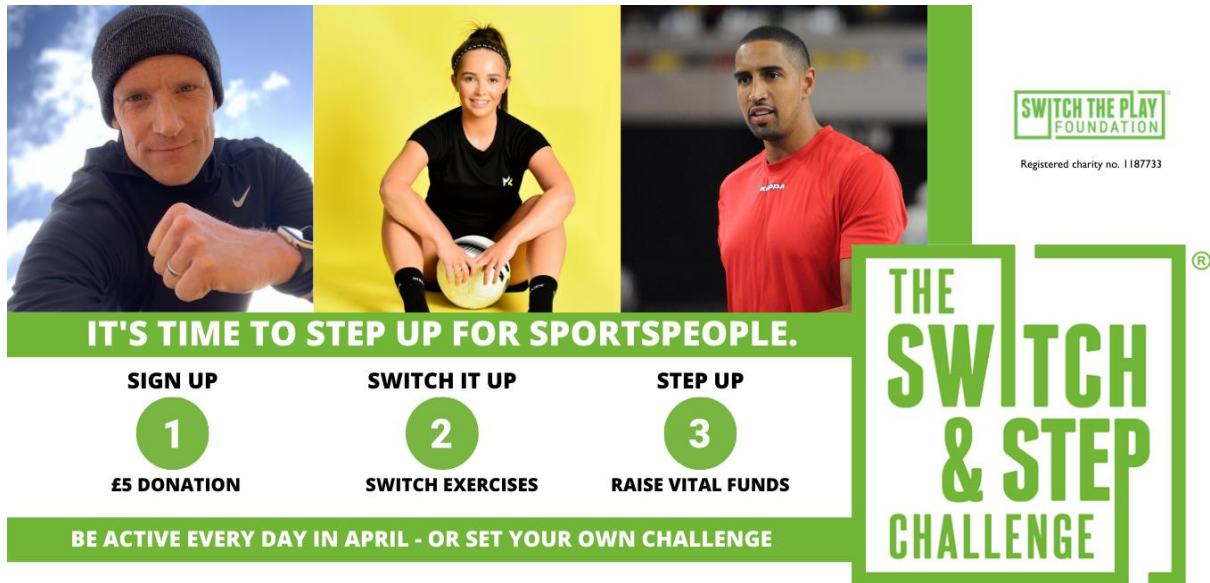


Frequently Asked Questions



IT'S TIME TO STEP UP FOR SPORTSPEOPLE.

SIGN UP
1
 £5 DONATION

SWITCH IT UP
2
 SWITCH EXERCISES

STEP UP
3
 RAISE VITAL FUNDS

BE ACTIVE EVERY DAY IN APRIL - OR SET YOUR OWN CHALLENGE

THE SWITCH & STEP CHALLENGE

SWITCH THE PLAY FOUNDATION
 Registered charity no. 1187733

General questions

What is the #SwitchAndStep challenge?

#SwitchAndStep is a virtual fundraising challenge taking place throughout April – National Stress Awareness Month – in support of Switch the Play Foundation. When you #SwitchAndStep in April, you will be raising vital funds to help Switch the Play provide vital wellbeing support for sportspeople leaving a life in sport, helping them to successfully transition into the next chapter of their lives.

How do I take part?

Visit the donation and events platform, Enthuse and our Switch & Step Challenge, [here](#), to find out more and register.

Do I have to be active every day?

We are encouraging people to be active every day in April – but you choose how. Whether that's by getting outside and walking every day, or by setting your own distance, steps or home workout challenge.

Can I take part in a team?

Yes! When you register via Enthuse, you will be given the option to create or join a team during the registration process. Get a group of friends together and allocate a team captain who will set up your team fundraising page. You can invite teammates to join you at a later stage via your fundraising page.

Do I have to set a distance challenge and use Strava to log my distance?

Setting a distance target to complete in April is completely optional. If you do choose to log and track your distance, ensure you either manually upload the kilometres you cover onto your Enthuse fundraising page, or use the Strava app which can do this for you (ensure your visibility settings in Strava are set to 'everyone' (not 'private') from 1st April.

Fundraising

What is Enthuse?

Enthuse is a digital donation, fundraising and events registration technology provider. The platform works with over 4,000 charities and is our platform of choice for #SwitchAndStep. It's free, quick and easy to set up an account on Enthuse and to register your details. You can learn more about Enthuse, [here](#).

Why is there an entry 'fee'?

Your £5 donation goes straight to Switch the Play Foundation via Enthuse and helps cover the small costs associated with delivering the #SwitchAndStep challenge. Once you are registered, you will also receive one entry into our prize draw, where you can win one of several prizes including money-can't-buy sporting goodies!

How much money do I need to raise?

We are encouraging everyone who takes part to raise a minimum of £50 for Switch the Play Foundation via Enthuse. However, there are two suggested fundraising options per person – the minimum £50, and £250.

Everyone who raises £250 or above will receive an additional entry into our #SwitchAndStep prize draw – doubling your chance of winning a prize!

How will the money raised be used?

The money you raise for Switch the Play Foundation will help us to empower sportspeople to be their best through and beyond sport, by providing person-centred training, wellbeing and transition support. At what is a particularly challenging time for many sportspeople, because of the impact of COVID-19, your support will make a real difference.

£50 – your minimum fundraising target – is how much it costs Switch the Play to provide a valuable coaching session for a sportsperson in need.

£250 is how much it costs Switch the Play to provide one year of support, through our TEAMmate emotional support service, for a sportsperson in need.

What is gift aid?

Gift Aid is a government scheme that allows donors who are UK taxpayers to increase their donation by an extra 25% without incurring any extra cost themselves.

My question hasn't been answered

Contact **Charlie, Fundraising Manager at Switch the Play Foundation** who will be happy to help: charlie.belbin@switchtheplay.com or +44 (0)7719 109548.

