



st margaret's big night out

registration form

By completing the form below you are agreeing to participate in **st margaret's big night out**, and invite sponsorship to support your efforts, via www.mydonate.bt.com/charities/stmargaretsatcliffeparishchurch and/or physical sponsorship form.

st margaret's big night out is a sleep-out event to take place on **Friday 23rd March 2018**, from **7pm into the following day**. It will take place on **The Green down in St Margaret's Bay**.

You are encouraged to think about what you will need to keep you as warm and dry as possible throughout the event – we need to balance doing something hard for good causes, versus unnecessary masochism! We would suggest plenty of cardboard and insulation to sleep on (you lose more heat through the ground than into the air), or to build your own shelter, but please feel free to bring a bivvy or small tent if that suits you and the weather. Whatever you bring, you will still be spending a night outdoors away from the comfort of your own bed, so don't think you are somehow 'cheating' if you don't just sleep in a bin bag!

Please bring flasks of hot drink, soup, etc., to keep you fortified, and of course, dress in plenty of warm comfortable layers. Do take care not to wear socks that are too tight, as they reduce the circulation in your feet and you will get cold. There will be access to the public toilets in the Bay for the duration of the event. By participating you are agreeing to abide by the Code of Conduct outlined below:

- Only registered participants over the age of 18 may take part in the sleep-out in St Margaret's Bay
- STMBNO is on public land, be aware that there may be other members of the public around some of the time, and behave accordingly.
- No alcohol or drugs are allowed during this event. Should the stewards suspect intoxication, you will be required to leave and the police called if necessary.
- No naked flames, eg bonfires, or sources of combustion allowed – torches and lanterns should be battery powered only.
- Whilst the event will be marshalled and first aid on hand, all participants are responsible for their own welfare and that of those around them, and to confirm they are healthy enough to sleep out.
- You are responsible for the safety and security of your personal belongings.

- Instructions from stewards are to be followed at all times.
- Everything brought to the site must be removed from the site at the end of the event.
- Well-behaved dogs on leads are permitted, but please bear in mind they will need to be kept warm and dry as well as yourself. All dog mess to be immediately removed and disposed of in the bins provided.
- St Margaret's PCC reserve the right to cancel or alter the event without notice should need arise.



st margaret's big night out – registration form

Friday 23rd March 2018, from 7pm

The Green in St Margaret's Bay

I [print name]	<input type="text"/>
email	<input type="text"/>
phone	<input type="text"/>

wish to participate in this event, and agree to pursue sponsorship via www.mydonate.bt.com/charities/stmargaretsatcliffeparishchurch and/or physical sponsorship form, as per the goals of the event.

I confirm that I am over 18 years of age.

I confirm that I am fit and healthy to safely take part in this event.

I confirm that I have read, and will abide by, the Code of Conduct.

Signed

Date

Please return this form:

by email to outreach@stmargaretsbenefice.org.uk

by putting it in the box in the porch of St Margaret's Church

by dropping it in to 11 Royston Gardens, St Margaret's-at-Cliffe

