



Participant Information Pack 2019



Please read this information pack in full before arriving at the event

When:

Saturday 9th March – Sunday 8th March 2019
From 1400.

Where:

The Event Site is the lawn in front of the Low Wood Bay Hotel, Windermere, Cumbria LA23 1LP.

Arriving on Foot:

When you arrive at the Low Wood Bay Hotel please go to the Low Wood Watersports Centre lake side of the A591. The Big Sleep Event Site and Registration area will be clearly signed for you.

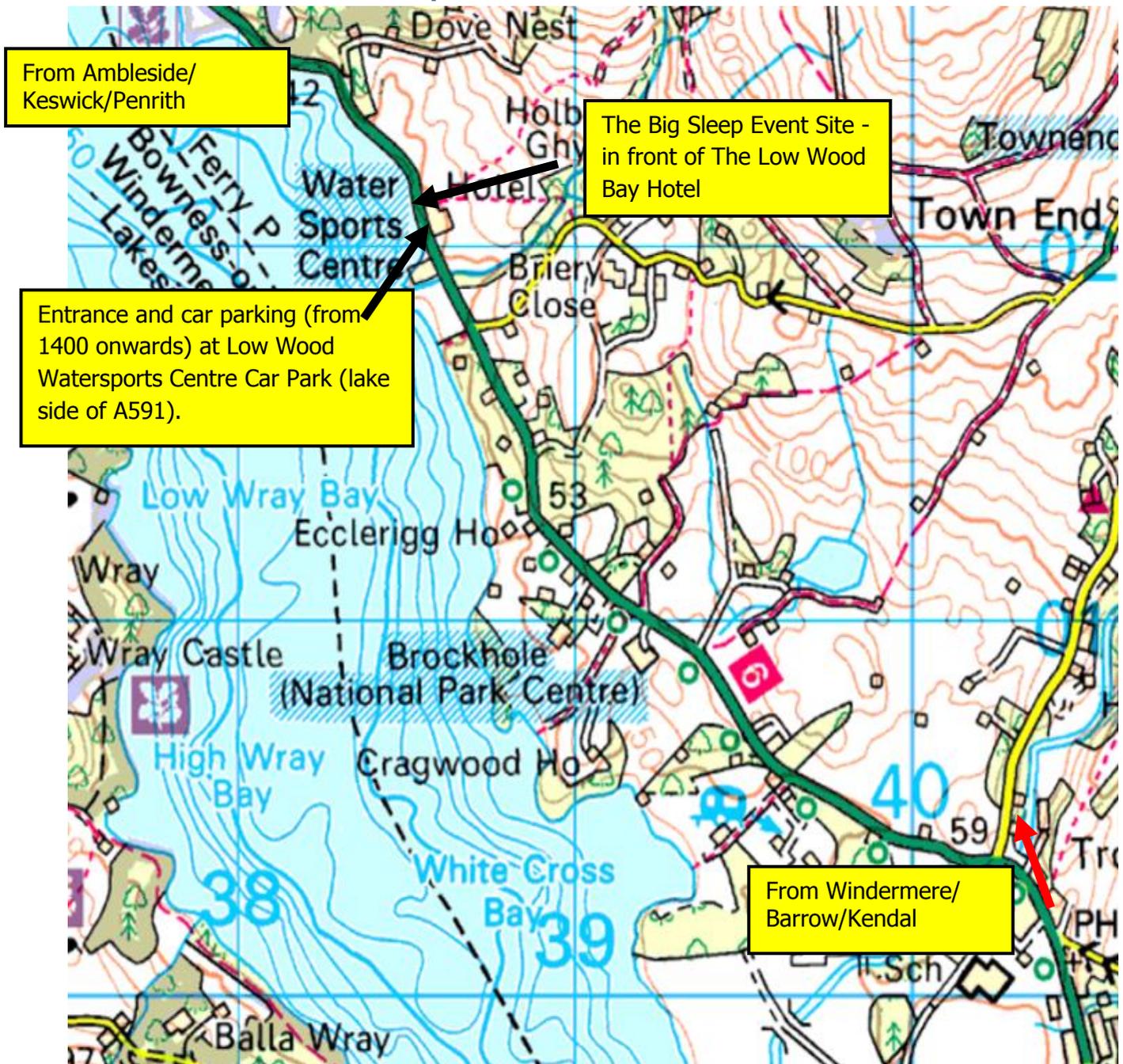
Arriving By Car:

Car parking will be in the Watersports Centre car park (entrance opposite the hotel). There will be **No Parking** available in the Hotel Car Park.

Parking:

When you drive in to the Watersports Centre car park, you will be directed to the car parking area. We will have volunteer marshals at the Watersports Centre entrance opposite the Low Wood Bay Hotel to direct you to the car parking area and assist you with any equipment which needs to be carried to the Big Sleep Event Site.

Event Site Plan for Participants:



Registration:

Event registration will take place in the marquee located at the entrance to the Big Sleep Event Site.

Saturday 9th March: 1400 – 2000

Registration is open in the marquee for all participants throughout the afternoon to sign in. Please ensure that you register (and sign out on the Sunday morning) so that we have a record of everyone on site.

Tent Pitch: 1400 – 1800

Although we are encouraging participants to sleep out under the stars, we understand that the weather conditions may not be ideal, so we suggest that participants should bring and pitch a tent as a precautionary measure. Limited space will also be available in the main marquee should you require additional shelter during the night!

We suggest pitching your tent between 1400 – 1600 to make the most of the daylight hours.

Food/Drink:

All Big Sleep participants will be provided with filled baked potatoes and a hot drink between 1830 – 1930 on the Saturday evening along with a breakfast roll and a hot drink from 0600 – 0800 on the Sunday morning, all food courtesy of English Lakes Hotels and Bells of Lazonby.

This year there will also be snacks available for a reasonable donation so please bring cash with you to keep hunger at bay. Please be aware there are no cash machines on site.

Water Access:

Hot water will be available for participants throughout the event. Tea, coffee, hot chocolate etc. will be available for a cash donation. We will also have coffee cup cosies available for an additional donation.

Toilets:

Toilet facilities are available at the Watersports Centre on site. Please leave them in the condition you would expect to find them. Please **do not use** the hotel's lawn as an open air toilet! Please note that there are no disabled toilet facilities on site.

Litter:

Although there will be some rubbish bags available, to save us a lot of litter-picking, please take **all** your litter home with you if you can, and please do not leave it on the site. We suggest hanging on to your coffee cups and reusing them as a way of reducing site litter and the impact on the environment.

First Aid:

Medical support will be on site during the event thanks to Kendal Event Medics. Event staff will be checking participants' welfare throughout the event.

Bags:

Bags can be stored within the event marquee at the owner's risk, or all bags/equipment can be stored in your tent.

Security:

All activities will take place within the marquee and the front lawn which is fenced off from the general public. Big Sleep team members will be on duty throughout the night, making regular patrols and ensuring the safety of the site.

Entertainment: 1500 – 1830

Storytelling and shadow puppetry with Ian Douglas: 1500-1730

An open workshop for young people and their families to take part in a magical event designed to enable all participants to tell their stories. At the end of the event all participants will be encouraged to gather around the shadow screen to take part in a telling and showing experience and participants will be free to take their puppets home as a reminder of their time together.

Quiz: 1730 – 1830

There will be a Big Sleep quiz with prizes for the winners.

Welcome: 1930

Our Chief Executive, Andy Beeforth, will welcome everyone. We will then draw the raffle and quiz winners announced.

Film Showing: 2000 - 2135

The film Peter Rabbit, which is suitable for the whole family, will be shown inside the marquee during the evening.

Surprises:

We have a couple of surprises up our sleeves, so don't forget to bring some change with you as we hope to raise additional funds on the night! If you are feeling lucky, we will have raffle tickets on sale for some exciting prizes.

Fundraising:

We encourage everyone taking part to fundraise and help raise as much money for the Winter Warmth Appeal as possible, as the entry fee only covers the cost of putting on the event.

For more information, please download the [Fundraising Guide](#), available on our website.

Big Sleep Kit List

Owing to the nature of the event and the likely cold weather conditions participants are going to endure, it is vital that ALL participants bring the kit listed below.

Essentials

- ✓ Sleeping bag and blankets
- ✓ Sleeping mat
- ✓ Pillow(s)
- ✓ Plenty of warm clothes (hats, scarves, thermals etc)
- ✓ Camping/fold up chair (if you wish to sit outside/inside your tent)
- ✓ Wellington boots/walking boots
- ✓ Waterproof jacket and preferably trousers
- ✓ A small tent and groundsheet or a bivi bag/survival bag (plastic) *
- ✓ Torch and spare batteries

** Please note: if using a plastic survival bag please sleep on top of and not in the bag as they can generate significant amounts of condensation inside them. The ground is likely to be wet, so an additional ground sheet under your tent, or a roll matt may deter the moisture from rising too much!*

Optional

- Flask, tea, coffee etc
- Blankets
- Boards games/cards

- Teddy bears

NB Please note that for health and safety reasons no naked flames are permitted on site. Please therefore refrain from bringing any flame-dependent equipment e.g. camp stove.

Also please note that we ask you not to bring alcohol on to the site. Alcohol reduces the body's resistance to the cold and presents a health and safety risk.

The Big Sleep 2019 Timetable

Saturday 9th March

- Parking: **1400** onwards parking at Low Wood Bay Watersports car park
- Equipment drop off and tent pitch: **1400 – 1800** – Make the most of the daylight hours
- Registration: **1400 – 2000**
- Story telling/shadow puppetry: **1500 – 1730**
- Big Sleep Quiz: **1730 – 1830**
- Baked potatoes and hot drink: **1830 – 1930**
- Welcome by Andy Beeforth followed by drawing of raffle and quiz winners: **1930 - 2000**
- Film: Peter Rabbit **2000**

Sunday 8th March

- Breakfast butty and hot drink: **0600 – 0800**
- Site sign out: **0600 – 0900**
- Site clearance: **0900 onwards**

Contact Us:

If you have any issues or queries regarding the Big Sleep please do not hesitate to contact our events team via email at events@cumbriafoundation.org or via phone on 01900 825760 ahead of the event.

There is a dedicated contact number during the event should you need to speak with a member of staff. They are contactable from 14:00 on Saturday 9th March on 07976 621852.

Terms and Conditions of entry and participation in the Big Sleep event

“I” or “me” means I the entrant and proposed participant in the event.

“CCF” means the Cumbria Community Foundation Charity number 1075120.

“my group” means any other person whom I enter as a proposed participant in the event, whether under or over the age of 18 years.

“the event” means the event organised by CCF and called the Big Sleep presently scheduled to take place on the front lawn of the Low Wood Bay Hotel Windermere on 9th March 2019 with all participants sleeping outside in or out of tents.

I accept the following conditions:

1. I understand the nature of the event and the risk to my health safety and wellbeing of sleeping outside overnight in March.
2. I enter, and will participate, entirely at my own risk.
3. I am physically and mentally capable of participating. If before the event or during the event I find I am not physically or mentally able to cope with the event I will withdraw and I will inform CCF staff.
4. I am solely responsible for my own safety and wellbeing during the event.
5. I consent to receiving Big Sleep e-newsletters from CCF which will provide me with information necessary for my participation in the event.
6. The entry fee is purely a donation to CCF Winter Warmth Fund, and provides no insurance or other protection to me. It is non-refundable whether I actually participate in the event or not. It will not be refundable even if the event is cancelled by CCF owing to bad weather or any other circumstances whatsoever.
7. I will not hold CCF liable to me in negligence for any act or omission which happens at or in connection with the event.
8. I will not claim damages or loss from CCF if I suffer loss or damage during or as a consequence of the event or my participation in it.
9. I will indemnify CCF against any damage costs or loss I may cause or occasion to CCF or other participants in the event or to English Lakes Hotels Limited arising from my actions or defaults at or in connection with the event, or my non-observance of any of these terms and conditions
10. Any fees payable to third parties reasonably required to assist me in connection with any accident or illness befalling me or apparently befalling me, during or as a consequence of the event, I will pay.
11. I will provide and bring to the event for my use a waterproof tent, a sleeping bag with a comfort temperature rating under EN 13537 of -5 centigrade (or a Three Seasons sleeping bag), sleeping mat, blankets and the other items mentioned in the Big Sleep kit list and published on the CCF website for the Big Sleep. All that kit will be of suitable quality for the event and the forecast temperature and weather conditions for the Big Sleep.
12. I am solely responsible for my personal possessions. CCF will not be liable to me for their loss or damage whether such loss or damage arises from the negligence of CCF or not.
13. I will read all pre-event information provided by CCF, whether on the CCF website or otherwise.
14. I will not bring alcohol to the event.

15. I will not bring any cooker or burner with a naked flame to the event.
16. I will report to CCF event control upon arrival at the site of the event and upon departure.
17. I will leave the event if I am requested to do so at any time by CCF whether or not for a given reason.
18. At the event I agree to being interviewed filmed photographed video recorded and for any such material to be used by CCF in its promotions and publicity
19. The event site is in front of the Low Wood Hotel. I understand that I am not entitled as a participant in the event to have access to any part of the Hotel or its grounds save for the designated event site.
20. I will ensure that all members of my group over the age of 18 years sign and agree to these terms before participating in the event, or have otherwise accepted these terms and conditions on the CCF website.
21. If any of my group will be under the age of 8 years at the time of the event, and/or my group will include more than two members under the age of 16, I will contact CCF with a view to agreeing how best to manage the risks involved. I will be personally responsible for the safety and wellbeing of each member of my group under the age of 18 and on their behalf and as their agent I agree to each of the above terms and conditions.
22. Any dog that I bring to the event site will be kept under control at all times and I will ensure that I clear up any dog fouling caused by my dog.
23. In the event of any of the above terms and conditions being found to be of no effect for any reason that will not affect the validity of any remaining terms and conditions
24. I understand the paramount objective of the event (and its challenge) is the health, warmth and safety of myself and all other participants. I will do what I can to further that objective. I will not do or omit to do anything which may harm or prejudice that objective.



Chief Executive: Andrew Beeforth OBE, Cumbria Community Foundation, Dovenby Hall, Dovenby, Cockermouth, CA13 0PN
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