



Tug-of-war competition for the Muscular Dystrophy Campaign

What is it?

- Get a group of people together and organise a tug-of-war competition between your colleagues.
- Two teams go against each other to pull the rope in a test of strength.
- Think about a theme for your tug-of-war event, whether it's departments, distribution centres, stores, existing work or social teams.

How to play/the rules

- Have an equal number of people on both sides of the rope, usually in teams of eight.
- Measurements are crucial the rope needs to be marked with a "centre line" and two markings four meters either side of the center line.
- To start - the rope's centre line directly above a line marked on the ground, and once the 'pull' has commenced, the teams must attempt to pull the other team such that the marking on the rope closest to their opponent crosses the centre line.
- You can arrange different heats running up to the two remaining teams competing to be named the tug-of-war champions of your depot/store.
- Tip - put the strongest person at the back as an anchor to try and prevent the rope being pulled by the opposition.

What you'll need

- Decide on a suitable date and time for the tug-of-war.
- Write the details of the event on your blank poster found in your fundraising pack. To order more through the **Tesco Hotline 0845 872 9058**.
- Willing volunteers to participate and help you organise the running of the tug-of-war it's up to you if you want to involve your friends and family in the competition as well.
- Rope – speak to your local builders merchants and hardware stores to see if they can donate a rope to be used in the tug-of-war don't forget to mark the centre of the rope so you can judge who has won.
- Charge a fee for team entry, you could run a sweepstake or take bets on which team will win.

For further help and advice call the Tesco Hotline on 0845 872 9058 or check out www.muscular-dystrophy.org/tesco

- Advise teams that they can use paper or online sponsorship forms to raise even more funds. For information on sponsorship forms call the **Tesco Hotline 0845 8729058**.
- A treasurer or a safe place to keep the money throughout the event.
- A venue for the competition – you will need to find a local park or playing field that you can use to carry out the competition and ensure you gain permission to use the land and always consider health and safety of your participants.
- A prize. Why not see if you can get a local company to donate a trophy/cup which can be presented to the winners as the prize.
- Why not sell refreshments at the event to boost the funds raised, charge 50p for a cup of squash and £1 for a cup of coffee.
- Update everyone on how much you or your team raised and who won the competition by displaying the amount on one of the blank posters.
- ***Before you start any fundraising activity please check with your line manager first**

How long it will take...

- Allow a few weeks to draw up a plan for your event, and then publicise the event to your colleagues. This should be done at least a couple of months prior to the event.
- Allow at least 5-6 weeks to advertise the event.
- The more notice you give people of the date the more people will be able to participate and come to the event.
- The length of the tug-of-war event will depend on how many teams are taking part and the length of the rounds!
- Allow plenty of time for setting up and clearing up on the day.

Top tips

- Tell as many people as possible what you're doing to generate interest.
- Recruit as many people as possible to take part.
- Advertise the event and the need for spectators to come attend.
- Ask your manager to remind people at any team meetings in the run up to the event.
- Put posters up in staff areas to let people know what you're doing, include your contact details
- Put details on your staff intranet or tell people at your staff team meeting.

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- Try and generate publicity for your store/depot by contacting One Team or the local press to see if they will feature a story and photo of your event.
- Consult the publicity section of the fundraising pack for more details or call the **Tesco Hotline on 0845 872 9058**.

Show me the money!

- Participating in the event is dependent on paying the tug-of-war Competition.
- £5 is the standard suggested amount per person participating.
- Give people sponsor forms early so that participants can get sponsored and collect their sponsor money as soon as possible after the event.
- Encourage everyone to set up an online sponsorship page or set up just one page for the whole group/depot or store.
- Ask people to sponsor you. Set yourself and your team of participants fundraising targets.
- Try and get your prizes donated by suppliers to save money and run a raffle if at all possible during the day.
- Increase your donation to The Muscular Dystrophy Campaign by adding Gift Aid*.
- Please ask your sponsors to include their full name, home address and postcode on the sponsor sheets, as without it, Muscular Dystrophy Campaign cannot claim back any tax paid.
- Please note: we do NOT add your sponsors, details to any mailing lists.
- Bank the money for information about how you should bank the money please refer to page 7 of your fundraising pack, consult your designated charity champion or call the **Tesco Hotline 0845 872 9058**
- Bank the money. All money raised should be banked in cash reports till number 702.
- 702 for Share A Smile events.
- Update everyone on how much you or your team raised by displaying the amount on one of the blank posters.

*Gift Aid is a government scheme which allows us to increase your sponsorship at no extra cost to you. For every pound you give we can get an extra 28p (25p from April 1st 2008) from the Inland Revenue.

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