TOP TIPS FOR ORGANISING YOUR OWN SPORTS DAY

Here are our 4 simple steps to organising a great day of fun for all!

1. FIX THE DATE, TIME AND PLACE

First things first, fix the finer details – when, where and at what time.

You may wish to make the most of the longer days in June, tie your day in with the Tokyo Olympics at the end of July or choose a day with the most forecasted sunshine. Consider starting early so you have more time to enjoy a day full of fun. Additionally, ensure you have a space big enough for everyone to take part safely – this may be in a local park or if you want to guarantee your spot you could book a space at a leisure centre. Finally, let everyone know so they can get it in their diary too!

2. PLAN YOUR ACTIVITIES

Decide what activities you are going to go for! How about the sports day classics with a 100m sprint, relay race and tug of war for the competitive colleagues; a boot camp full of burpees, squats and jumping jacks for the fitness fanatics; or a fun-filled day packed with the family favourites including a three-legged race, sack race and not forgetting the classic egg and spoon race!

Don't forget to account for those all-important supporting roles – marshalls, umpires, drinks dispensers and cheerleaders which are great options for people who prefer supporting than sporting.

3. DON'T FORGET THE EXTRAS

Whichever activities you decide to go for, you'll be expending lots of energy so don't forget to take plenty of drinks! If the sun is shining, you might want to consider packing sunscreen too.

Now for the fun part – think about any additional things you might want to make the day memorable. You could consider decorations so everyone knows you're holding an event and trophies for the race winners. How about hosting a BBQ so everyone can buy burgers and snacks, or holding a raffle at the event to raise more money. Really go for it and make it a key date in everyone's diary this summer!

4. HAVE FUN AND PLAY SAFE

With restrictions on social contact easing, make this a day to have fun, laugh a lot and reconnect with colleagues, friends and family – all whilst improving your own mental health and that of everyone supported by Mental Health UK!

You must ensure that you are following current Government guidance to stay safe. You know the drill – wash your hands, stay two metres apart and make it a safe day for everyone. For up-to-date information, visit www.gov.uk/coronavirus

Mental Health UK

For more support with organising your day, get in touch with the Events team at events@mentalhealth-uk.org