



PFC SleepOut Challenge Rules and Guidelines

1. Be safe
2. Choose a date to SleepOut
3. Register your SleepOut at www.thepushforchange.com or marie@thepushforchange.com
4. By participating, you agree it is your responsibility to ensure you are healthy enough for sleeping out of your comfort zone
5. Choose a safe place to sleep that is out of your comfort zone – the more uncomfortable the better it is when reflecting on how it might feel to be homeless – examples:
 - a. your garage floor
 - b. at your office
 - c. moms & dads – sleep on your living room floor with young children
 - d. schools/colleges/universities – sleep in your gym, your football field
6. Be creative – make this *your* SleepOut!
7. If you are under 16, you have your parents consent to participate in the SleepOut and have signed the attached consent form
8. If sleeping outdoors, we strongly advise you to dress and plan appropriately for the weather
9. During your SleepOut, you are responsible for your own safety and security
10. Reflect and feel how being homeless would impact you
11. Take pictures and/or videos and share your experience on Social Media
12. Donate to the push for change- download our Fundraising checklist, create your fundraising page online at <https://chimp.net/campaigns/the-push-for-change-sleepout-challenge>
13. Challenge your friends and



14. Tune in to our live FaceBook video streams Nov 25, 2016, Mar 3 and 30, 2017 at 7:00 pm EST

PUSH FOR CHANGE SLEEPOUT CHALLENGE CONSENT FORM FOR CHILDREN UNDER 16 yrs AGE

We give our consent to allow the named participant (hereinafter, "ChangeMaker") to participate in activities held at the Push for Change SleepOut Challenge coordinated by (group/club name)_____

We (group/club) agree to assure that appropriate supervision by an adult over the age of 21 is provided for all persons under the age of 18.

Participant/ChangeMaker's Name: _____

ChangeMaker's Age & Date of Birth: _____

Address: _____

Telephone: _____

ChangeMaker's Emergency Contact & Phone: _____

Supervising Adult at the Sleepout & Cell Number: _____

The undersigned hereby release The Push for Change Foundation, its "Community Champion" (group/club hosting SleepOut), volunteers and employees, from all actions, causes of action, damages, claims or demands which any of the undersigned may have against it for the undersigned's personal injuries or property damage, known or unknown, incurred by the undersigned while participating in PFC SleepOut. The undersigned agrees to immediately inspect the SleepOut location upon entering and warrant that their continued participation in PFC SleepOut constitutes an acknowledgement that he/she finds it safe and reasonably suited for the purpose of its use. If at any time the undersigned believe something is unsafe, he/she agrees to bring it to the attention of an event official, and will remove him/herself from the location and withdraw from the event. The undersigned also understand that appropriate behavior is expected at the PFC SleepOut and that if he/she exhibits inappropriate behavior he/she may be asked to leave the event. Any photographs, videotaping or other records of the undersigned at the PFC SleepOut may be used on social media and to promote future events and promotions of PFC SleepOut or the group/club events. This includes, but is not limited to, use of the undersigned's photograph and video on PFC and Community Champion web sites, television, brochures, newsletters or other promotional materials. I have read this release and understand all its terms. I execute it voluntarily and with full knowledge of its significance.

Signed: _____ (parent or guardian)

Date: _____