

BECOME A TEAM CAPTAIN

As a team captain, your role is to recruit, motivate and inform your Relay Team. A team captain's three key tasks are to:

- 1. RECRUIT:** Aim to build a team of 10-18 people to help plan and take turns walking around the track during the 18-hour event.
- 2. MOTIVATE:** Guide your team to plan and create goals. Set realistic fundraising goals and come up with fun campsite themes and decorations, and onsite fundraising activities.
- 3. INFORM:** Communicate regularly, attend team captain meetings, share and delegate tasks to your team. Forward important information to your team to keep them in the loop.

NOTE: Each Participant is asked to raise a minimum of \$100, and will receive a 2024 Relay For Life, thank you gift.

Teams are encouraged to hold fundraising events leading up to Relay, and host fundraising activities at the Relay event.



EVENT REGISTRATION

Here is what you need to know about registering for Relay For Life of Bermuda:

- Team Captains register teams ONLINE ONLY at: www.bermudarelay.bm/register
- Registration is \$10 per person, \$15 after Aprilth
- Registration closes on April 30th.
- Face-to-face appointments can be made with our Relay committee to help with registration.

BermudaRelay.bm

EVERY
Every
CANCER
Life

Celebrate.

Remember.

Fight Back.

HOW TO GET INVOLVED

Join a Team: Find 10-18 friends, family and colleagues and register a team. It's easier than you think! bermudarelay.bm/register

Sponsor the Event: Make a financial donation or donate goods or services. For more information, visit: bermudarelay.bm/sponsor

Volunteer: It takes hundreds of volunteers to make the event a success. Volunteer on a committee or on event day. For more information, visit:

bermudarelay.bm/volunteer

Celebrate Survivors: All cancer survivors are invited to participate in the survivors' lap. For more information, Visit:

bermudarelay.bm/survivors

General Admission

\$15 at the gate to gain entry to the event.

Ages: 5-12 and 65+ \$5. Children under 5 are FREE.

****CHILDREN UNDER 16YRS, MUST BE ACCOMPANIED BY AN ADULT****

Bring additional cash to take part in team games, raffles and to purchase refreshments.

Visit: bermudarelay.bm



ABOUT THE EVENT

It is an **18 hour event** packed with fun activities, on stage entertainment and contests!

Volunteer run and **team-based** event to raise awareness and funds to support cancer prevention, detection and radiation therapy treatment available at BCHC.

Camp out overnight - we encourage you to pack your tent and stay the night to support all the walkers.

Food and beverages available for purchase during the 18 hour event. But we recommend bringing your own food for your team.

Special ceremonies will be held throughout the 18 hour period to...

Celebrate those who have overcome cancer.

Remember those who have lost their battle.

Fight Back against cancer in Bermuda.

Celebrate. Remember. Fight Back.

Mission Statement

The mission of Relay For Life of Bermuda is to raise awareness and funds to support cancer prevention, detection and radiation therapy treatment available at Bermuda Cancer and Health Centre.

Equal Access to Services

Equal Access Fund provides residents, regardless of their level of health insurance or ability to pay, access to services provided by Bermuda Cancer and Health Centre.

Services

Bermuda Cancer and Health Centre provides:

- Digital Mammography
- Ultrasound
- Bone Densitometry
- Breast Biopsies
- Radiation Therapy
- Cancer Prevention Programmes

REDUCE YOUR CANCER RISK



HEALTHY DIET

Eat more fruits & vegetables, and more food with low sugar & salt contents



REGULAR EXERCISE

Exercise at least 30 minutes per day and 5 times a week



QUIT SMOKING/ LIMIT ALCOHOL

Every cigarette and alcoholic drink damages your health

236-1001 | relayforlife@chc.bm



EVERY *Every* CANCER Life

RELAY FOR LIFE 2024 **MAY 10-11** NATIONAL SPORTS CENTRE NORTH FIELD



Team Registration Deadline: **APRIL 30, 2024**

PLATINUM SPONSOR **CG | INSURANCE**

To learn more email relayforlife@chc.bm or visit **BermudaRelay.bm**

Funds raised support cancer prevention, education, detection and radiation treatment available at Bermuda Cancer and Health Centre