

ACS Relay For Life Do's & Don'ts Code of Conduct



Do's

- Always follow the Spirit of Relay! Always always always do the right thing!
- Bring your friends and family!
- Invite anyone and everyone you know!
- Team members need to sign a waiver form – turn them in at Bank Nights
- Youth Waivers and Chaperone forms are required for all youth
- Remember that the park is closed to non-Relay participants after 1:00am
- Invite as many cancer survivors as you know
- Remember those you have lost and those who are battling cancer with luminaria!
- Bring lots of food to share with your team
- Make sure your team drinks lots of water and doesn't get dehydrated!
- Wear sunscreen, hats, and sunglasses as protection from the sun. Let's be role models when it comes to skin cancer prevention!
- Participate in (and encourage all those you know to) learn about cancer prevention and early detection
- Prepare for a chilly night (layers are good) – Relay is an overnight event! Rain or shine – We Relay!
- Bring a flashlight and other essentials to get you thru the night!
- Make others feel welcome – Relay is meant to have a "BIG FAMILY" feel – if you see someone without a team or looking for help, make them feel at home
- Take care of your survivors – Survivors sometimes don't have the endurance to stay the night – that's ok – make sure they are taken care of and have a way to and from the event
- Have someone on the track at all times – we relay in honor of those who have cancer! Since they have cancer 24 hours a day, we symbolically walk for the whole time we are at Relay For Life
- Mark the name of your team on your campsite
- Team Captains – be accountable for the behavior of your team – make it clear to them that being disrespectful or destructive may result in their immediate expulsion from Relay For Life
- Supervise all youth, teens and anyone younger who is at Relay For Life – all teams 18 and younger must have at least 2 adults with them at all times – if you see destructive behavior, please try to stop it, or come find someone who can
- Have a ton of fun!

Don'ts

- Don't violate the Spirit Of Relay - do the right thing!
- No alcohol – we're a family event!
- **No tobacco** of any kind on the grounds of Relay For Life or surroundings
- Don't leave children unattended! Relay For Life is a family-friendly event, but be a responsible parent/guardian/chaperone and keep tabs on your children at all times.
- Don't bring roller blades, roller skates, bicycles, scooters or skateboards - they are NOT allowed! The skate park will be locked again this year.
- Don't bring your pets, please – they are NOT allowed! (Pets on leashes are a hazard to participants and to the pet themselves, pet doo-doo is not fun to step in! etc.
- Don't leave a mess – pick up after yourself so your event committee (who has worked so hard planning the event) doesn't have to stay after the event for hours cleaning up your mess!
- And most importantly - Don't forget why we are here – for our survivors!