



Operational Guidelines

- Every club being encouraged to participate, either in their own community or combined Zones.
- Every club to report the length of their Walk and number of participants, with a combined distance travelled to exceed New Zealand's coastline perimeter (15,000 kms)
- Clubs encouraged to photograph or video their activity and post to Lions New Zealand Face Book, so that it gives the impression of a "relay around New Zealand"
- The "signature activity" will be a self-paced "low level" walk of varying distances as set in each location, but not exceeding 5 kms, with "time of day" also to suit local conditions where:
 - Families can push children in their stroller, kids can ride their bikes or skateboard etc.
 - Everyone can participate
 - Each participating Club or group to have its own "Baton or Mascot" to complete the journey (The opportunity to promote Fun plus Participation – maybe a prize for best theme).
 - All to Register before commencement, and to receive a simple 'Certificate of Achievement" on completion (format to be supplied) – PLUS all offered a complimentary "Diabetes Type 2 Self-Assessment Test"
 - Have "donation tins" firmly on display, with entry being a "Gold Coin" donation
 - Have a raffle (fresh fruit and vegie tray).
 - All funds raised on the day to be applied to Lions diabetes awareness
 - Encourage Clubs to seek donations/sponsorship before the event, and encourage Schools, Community Organisations, Sporting Clubs etc. to enter a Team
 - Partner with local Diabetes and other organisations/foundations to provide support/information booths/healthy cooking demonstrations/nutritionists/ Yoga/Tai Chi or other simple exercise regimes
 - Cold drinks (water or juice) – for sale
 - Food available for sale – sausage sizzle, snack pack of carrot & celery sticks

AND MOST IMPORTANTLY

Conduct a proactive Lions Awareness and Recruitment Display to attract and recruit new members.

Let's all have a fun day promoting a healthy lifestyle