

Foundations For Living

3rd Annual

SleepOut 2018



This information sheet is designed to give you an idea of what Foundations For Living's SleepOut is about and what to expect if you choose to participate.

PURPOSE: FFL SleepOut has been organized to increase awareness of homelessness in Waupaca County, to give participants an opportunity to experience (at least in part) what it is like to be homeless, and to raise funds for Foundations and our programs.

GENERAL INFORMATION: The SleepOut will take place in Waupaca's Town Square right in front of the Library and will run from 6pm on Friday 21st through 8am September 22nd.

The SleepOut will involve sleeping outside with only minimal protection from the weather. **It is your responsibility to provide warm clothing, sleeping bag, card board boxes etc.** for you and any children under 18 for whom you are responsible. **NOTE: for safety reasons, participants will not be allowed to sleep in their cars. NO TENTS WILL BE ALLOWED.** Please ensure that you have made suitable arrangements to get home in the morning, bearing in mind you may be cold and tired.

Food and beverages will be available between the hours of 7:30pm and 8:00pm; and between 6am and 7:30am. **Participants will not be allowed to bring in food and beverages of their own.** Toilet facilities will be provided in the form of Port-a-Potties.

REGISTRATION: Please **REGISTER BEFORE THE EVENT** with the official registration form (available online or at FFL office). Please bring to the event ALL completed forms for yourself and for each child under 18 for whom you are taking responsibility. Registration is open **ONLY** from 6:00pm—10:00pm. **ALL PARTICIPANTS MUST COMPLETE A REGISTRATION FORM AND LIABILITY WAIVER.**

CHILDREN: We welcome children 10 years and older to participate, however for health and safety reasons, all participants under 14 years old **MUST** be accompanied by a responsible adult who is **at least 19 years old. Please complete a separate registration form for each child.** All participants under 18 must have a signed parent/guardian permission slip to participate.

FEES AND SPONSORSHIPS: There is no charge to participate in the SleepOut but we do ask that you raise money for Foundations For Living by getting sponsors. Foundations For Living is a non-profit and therefore relies on donations to continue to make a difference in the lives of many people by providing them with a hope for the future. Get as many sponsor as you are able. All participants who raise at least \$20 from sponsors will be given an event t-shirt. Prizes will be awarded to the 2 participants. One in the 14-19 age group and one for those 19 and older who raise the most money. Checks should be payable to 'Foundations For Living'. All monies raised are tax-deductible. PLEASE be sure all pledges are collected before the event. Pledge forms are available online at www.foundationsforlivingwaupaca.com.

BEFORE THE EVENT: Please remember that you will be sleeping outside during the night in September and that the weather could be cold, so you will want to be prepared both physically and mentally. Use the check list below as a guide to what you will need to bring with you in order to protect yourself from the weather. Your clothing should be warm and waterproof – several thin layers of clothing are better than one thick layer. A sleeping bag will be essential. **It is highly recommended that you bring a large cardboard box as protection from the wind, preferably large enough to actually sleep inside. NO TENTS ARE ALLOWED. No person will be allowed to sleep in their vehicles.** Recommended Check list for the night:

- ◆ Sleeping bag
- ◆ Plastic groundsheet
- ◆ Thick newspaper or insulated mat
- ◆ Cardboard box
- ◆ Blanket
- ◆ Medication, in it's original container
- ◆ Bag for garbage
- ◆ Warm clothes
- ◆ Hat
- ◆ Gloves
- ◆ Flashlight

NIGHT OF THE EVENT: Check in will begin at 6pm and will be open until 10pm. On arrival at the site please sign in at the registration desk and give your registration documents, sponsorship forms, and any funds raised to the registration person. **NO PERSONS WILL BE ALLOWED INTO THE SLEEPOUT AREA WITHOUT A SIGNED REGISTRATION AND LIABILITY FORM. NO YOUTH UNDER THE AGE OF 18 WILL BE ALLOWED IN WITHOUT A SIGNED PARENT/ GUARDIAN PERMISSION SLIP. YOUTH UNDER 14 WILL NOT BE ALLOWED IN WITHOUT AN ADULT 19 YEARS OR OLDER.** You will be given a wristband that allows you entrance into the SleepOut Area. All participants are asked to stay within the SleepOut area. In order to get the full experience of homelessness, we encourage you to stay all night, but you may leave the at any time. However, **once you leave the roped SleepOut area, you will not be permitted to re-enter. Please notify the person in charge if you intend to leave.**

**NO SMOKING, ALCOHOL, or ILLEGAL DRUGS WILL BE ALLOWED
ON THE GROUNDS**

PARKING: Parking is available in the Library Parking Lot, on the street between the library and 1st National Bank and in the 1st National Bank Parking Lots.

ALL VEHICLES MUST HAVE A PARKING PERMIT. Vehicles without parking permits will be open to parking violations. Parking permits will be provided for you at registration. **AFTER THE EVENT: YOU ARE RESPONSILBE TO REMOVE ALL YOUR SLEEPING MATERIAL.** All participants **MUST** vacate the SleepOut grounds **BY 8:00am.**

IMPORTANT NOTES: Participants take part in the SleepOut at their own risk. Foundations For Living will not be held responsible for loss or damage to personal effects, for personal accidents, for injury or loss to third parties. **No non-prescription or illegal drugs are allowed on the site. If these items are found on your person, you will be asked to leave and the police will be informed. No alcohol is to be brought onto the site.** The site must be vacated by 8am. Please remove all belongings and trash including cardboard boxes.

While we will not be able to replicate the realities of sleeping outside on a regular basis, we can increase awareness within our local community. Remember that although you are giving up a warm bed for the night, **YOU** are part of the solution to homelessness here in Waupaca.

Thank you for SleepingOut so others can SleepIn

For more information contact Foundations for Living in one of the following ways:

- Website: www.foundationsforlivingwaupaca.com
- Phone: 715-942-2725
- Email: info@foundationsforlivingwaupaca.com
- Physical Address: 1421 Churchill Street, Waupaca WI 54981
- Mailing Address: P.O. Box 564, Waupaca, WI 54981

SCHEDULE

5:00pm—6:00pm—SETUP—VOLUNTEERS WELCOME

6:00pm—7:00pm—REGISTRATIONS

7:00pm—7:30pm—SPEAKER

7:30pm—8:00pm—SNACKS—Granola bars, cookies, and water

8:00pm—8:30pm—SPEAKER

8:30pm—10:00pm—MUSIC AND PREP FOR BED

10:00pm—10:30pm—BEDTIME STORY

10:30pm—5:30am—LIGHTS OUT—SLEEP

5:30am—6:00am—SETUP FOR BREAKFAST—VOLUNTEERS WELCOME

6:00am—7:30am—BREAKFAST— Oatmeal and water

7:30am—8:00am—CLEAN UP—ALL PARTICIPANTS ARE RESPONSIBLE FOR REMOVING ALL OF THEIR SLEEPING MATERIAL

8:00am - HOME