



Factsheet

## Pandathlon

### Run for your Planet



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A Pandathlon is good fun and allows children and youths to contribute actively towards nature.

The goal of this fundraising race is to demonstrate to students that with the support of their relatives or friends along with a little physical effort they can make a difference concerning environmental issues. This can serve as a school or charity project and can be amended to any set up models.

### Concept

Runners have to find themselves sponsors within their social or family environment. The children/youths together with their sponsors define the amount of money for each accomplished km. At the end of the timed race, the total distance is calculated. The participants then receive a diploma stating the accomplished km. Herewith he/she is able to collect the money promised by the sponsors.

The more they run, the more they can invest in one of the several WWF conservation projects (to be selected before the event by the teachers and the students/pupils).

We are aware that some students are not willing to participate in a WWF event, and we do recommend that each teacher respects this and therefore not to sign them on. Students are also free to run without sponsoring.

### Event venue

The sponsored race can take place in various venues. It is often provided by the school itself (on their own premises) but can also be organized in a forest or on a public field such as a stadium, which will be secured and safely marked. The WWF race coordinator will take care of the logistics and ensure the place is available and meets health and safety sport regulations.

### Runner numbers pick up/sponsor list handover

An hour prior to the race teachers should collect their class running numbers, which need to be pinned on T-shirts, and return the filled in sponsors list to the race coordinator. In exchange they will receive the result sheet to be filled in for each student right after the race.

### Changing rooms/clothing

Depending on the venue, changing rooms availability may vary. Therefore, we advise teachers to arrive onsite with their students already dressed in sport gear. A pair of running shoes as well as sun blocker and sun hat. are strongly recommended Towels and extra clothing may be taken along as well depending on available storage space.

### Warm-up

Shortly before the start of the race the famous « Panda Mascot» will arrange a small warm-up for all participants.

### Race duration and distance

This is up to each runner. Usually, we do not organize a race which lasts for more than 2 hours. The duration can be altered before the event, according to the size of the venue, the age group and number of classes participating. Runners are free to pause anytime, jog or simply walk. The run should be for fun!

Experience has shown us that primary students can run between 5 to 10 km and secondary students up to 20 km.

### Lap counting

After each completed lap (generally 1km), each student receives a rubber wristband. At the end of his race, the student contacts his/her teacher, to remove and count the wristbands. The teacher writes down the total running distance on his class result sheet.

### Food and beverages

Free snacks for runners are available throughout the race. We usually offer water, tea as well as apples, bread and chocolate.

### Weather condition

Once the date has been set, the event will take place weather permitting.



### Photography

Runners' pictures may be taken at any time during the event and may be posted on the WWF Suisse website. According to the school's policy, teachers can ask their students to fill out the "parental agreement sheet" received along with the enrolment form, sent by the race coordinator.

All completed forms should be emailed one week before the event to:

[pandathlon@wwf.ch](mailto:pandathlon@wwf.ch).

### Medical insurance and lost property

Swiss Samaritans are usually on-site and can handle minor injuries. In case of an accident or major injuries, the student's private insurance will cover the related costs. Parents' approval for each under age student is mandatory (please refer to "parental agreement form").

WWF Suisse does not take any responsibility for any injury or lost property.

### Results and funds collecting

One week after the event, teachers will receive their detailed class results, along with the students running diploma, the updated sponsors sheets and a wire transfer slip named to our NGO. The total deposit of each class should be made only once. This enables us to save on banking transaction fees.

*After deducting the expenses of the Pandathlon, the remaining proceeds will be allocated to the WWF funds of the chosen theme.*

Terms and conditions for long/medium-term partnership on specific projects may be arranged and have to be agreed beforehand by WWF Suisse and the school.

### Rewards

Each participant receives a WWF runner diploma.

Two prizes are assigned if at least 10 classes take part: The first prize is awarded to the class which ran the most km. The second prize is awarded to the class which collected the most money. The winner classes will be able to choose between several prizes (They will vary according to our partnerships).

### WWF Stamps

Runners who are WWF members, will receive two stamps on their reward card. To order some stamps, please contact us directly.

### WWF offers you the following services:

- Preparation of the documents (sponsor list, diploma, Project document, etc.)
- Teacher's logistical support
- Rewards
- Loan of numbered bibs and elastic bands
- Loan of a start/end banner
- Snacks for the runners (apple, bread and chocolate, water and tea)
- Swiss Samaritans
- Volunteers for the D-day
- Possible partnership on specific projects (planting trees for example)



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### Contact

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**All offers for schools:**

[www.wwf.ch/ecole](http://www.wwf.ch/ecole)

You will find information on school visits, nature classes, open air activities and lots of other useful information.