



BATTLE CANCER CITY LEAGUE

3 WORKOUTS, 3 WEEKS, 1 FUNDRAISING GOAL

Over the next few pages please find outlined the logistics for our event with you. As we are following Government Guidelines, timings and team slots may vary slightly gym to gym.

- Event Structure
- Covid Measures
- Venue Layout
- Floor Plan
- Workout Information
- Venue specific timings
- Link for sign-ups



EVENT STRUCTURE

To keep in line with Covid restrictions, we will be offering each team a 1 hour 15 minute time slot for the challenge. Dependant on the gym location there will be between 1- 5 teams alongside each other at a time (based on current capacity numbers). There may also be an overlap of when one group of teams workout and the next enter the location. All numbers have been calculated to keep in line with the current capacity restrictions for each gym.

Teams will enter the location at a specific time in which the first half an hour will be paperwork, meeting the Battle Cancer Team, viewing the WIT and Hyperice range, getting temporary tattoos, and able to donate to charity etc.

Second half hour will be on the workout floor. The teams will be given a brief for WOD 1, then a mass distanced warm-up. WOD 1 will commence, within the five minute break, WOD 2 will be briefed and equipment will be cleaned. WOD 2 will commence.

Teams will be asked to leave the workout floor straight after the second WOD and teams will have the chance to have photos and grab a NOCCO. Teams will then vacate the venue to comply with capacity numbers.

1 hour 15 minute slots for teams

First half hour - Enter

- Sign Track and Trace
- Sign Waivers
- Meet the Battle Cancer team
- View the partner ranges
- Get temporary tattoos

Second half hour- Workout Floor

- Brief of WOD 1
- Warm up
- WOD 1
- 5 Minute break & brief of WOD 2
- WOD 2

Last 15 minutes- Leave

- Photo opportunity
- Grab a NOCCO
- Vacate the venue



COVID MEASURES

To keep in line with Government Guidelines we will be doing the following things within each gym location throughout the City League.

Track and
Trace

Social
Distancing
across the
whole event

Time slots for
entrance

Hand sanitising
stations

Social
distanced team
workout floor

No sharing of
equipment

Sanitising of
equipment and
areas between
workouts

Single use items
to avoid
contamination
where needed

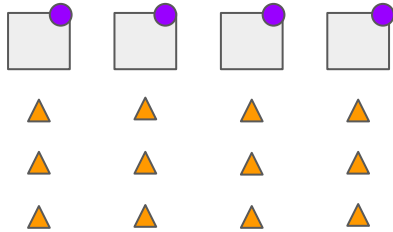
Keeping teams
of athletes in
groups to limit
contact

Removed all
high fives, and
close proximity
movements.



VENUE LAYOUT

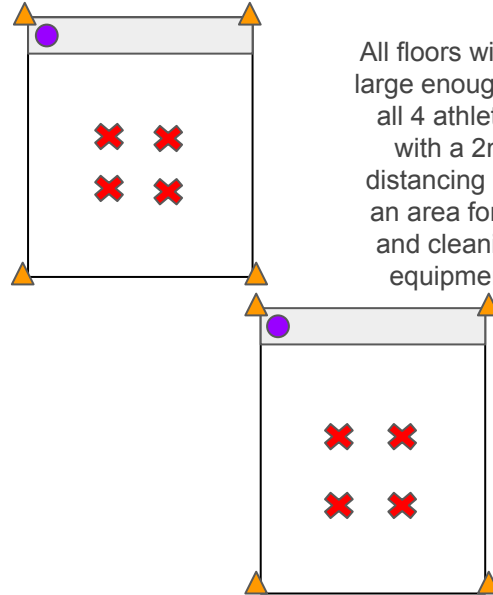
ENTRANCE



Using jump boxes, a box for each team where individuals can line up and sign track and trace and waivers etc

An area for the partner ranges for individuals to view and try and charity information. All kept spaced and distanced.

WORKOUT FLOOR



All floors will be large enough for all 4 athletes with a 2m distancing and an area for kit and cleaning equipment

NOCCO AND EXIT

Photo wall for athletes to have photos in front of

Athletes can grab a Nocco when exiting the venue

We will set up the entrance and exit in separate areas to minimise the contact between groups of teams.

- Hand Sanitiser
- ✗ Tape Crosses
- ▲ Plastic Cones



Team Distanced Floor Plan

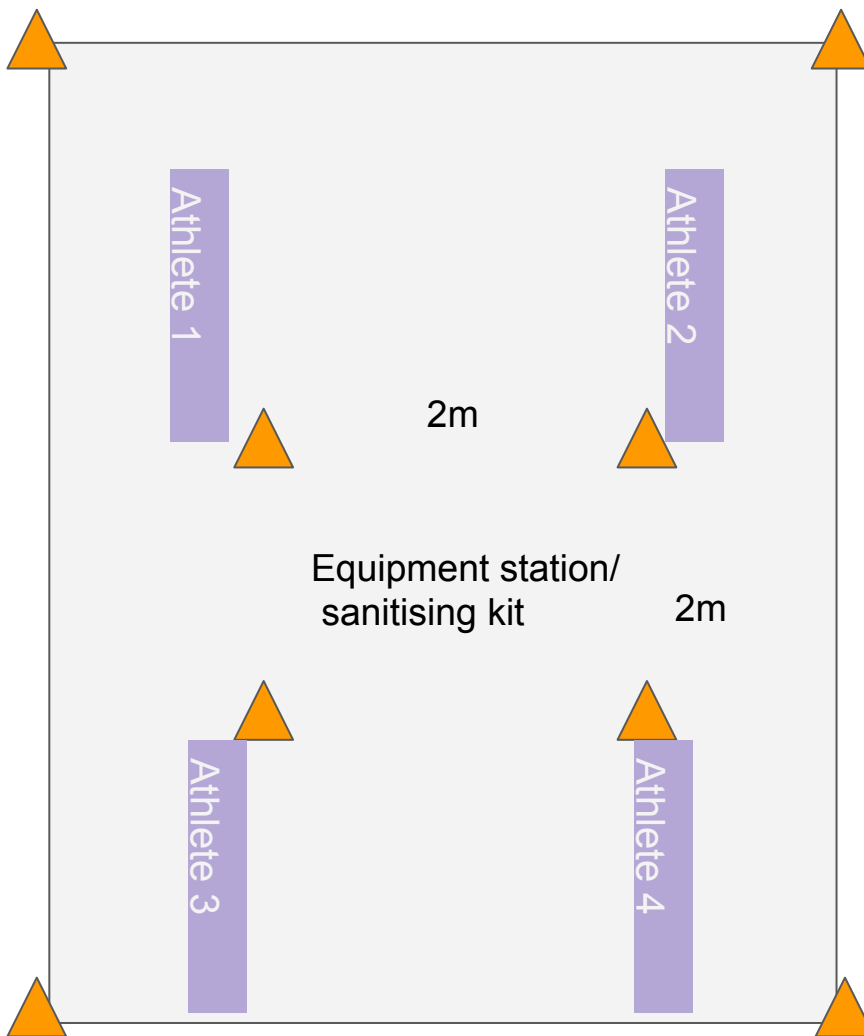
For each team we will create one large box with a 2m x 2m square created either by cones or tape crosses. Athletes will workout by their cone/cross to keep a 2m space between them and their teammates. At the end of the box we will store the equipment for both WODs, hand sanitiser and equipment cleaning kit.

Dependant on the gym location, we can either use cones or tape to mark out this area.

***This is a template and we will adapt for each gym dependant on space, as long as we keep the athletes to a 1m spacing.**

Equipment per lane
2 x 12kg Kettlebells*
2 x 20kg Kettlebells*
4 x 10kg Plates
4 x 20kg Plates

*We will bring additional kettlebells to make up the numbers.





WORKOUT INFORMATION

The challenge will include 3 scores

- **Workout 1 AMRAP - As Much Raised As Possible**

The more raised the higher the score! 1 £ = 1 rep. We are asking teams to fundraise for their chosen cancer charity; or they can each simply donate. The catch, the more they raise, the more points they will score on the leaderboard! Teams will need to take a screenshot of their fundraising/donation for their points to be added to the leaderboard.

Here is the link to our very own Move Forward Program. Teams can support any Cancer Charity close to their hearts.

<https://www.justgiving.com/crowdfunding/bctogether>

- **Workouts 2 & 3**

Two 9-minute workouts completed one after the other with 5-minutes rest in between, creating a 23-minute challenge. The workouts will only use 12/20kg Kettlebells, 10kg/20kg plates, and body weight movements. Simple, fun and accessible, whilst being able to push athletes' limits. Workouts will be released the week prior to the City League starting.

TEAM SLOTS



Time	Wave 1	Wave 2	Wave 3	Wave 4	Wave 5	Wave 6
15:00	Enter Venue					
15:15						
15:30	Floor					
15:45		Enter Venue				
16:00	Off the Floor					
16:15	Leave Venue	Floor				
16:30			Enter Venue			
16:45		Off the Floor				
17:00		Leave Venue	Floor			
17:15				Enter Venue		
17:30			Off the Floor			
17:45			Leave Venue	Floor		
18:00					Enter Venue	
18:15				Off the Floor		
18:30				Leave Venue	Floor	
18:45						Enter Venue
19:00					Off the Floor	
19:15					Leave Venue	Floor
19:30						
19:45						Off the Floor
20:00						Leave Venue
						3 Teams x 6 waves = 18 team slots

Example Venue (Capacity of 50)

3 x teams of 4 = 12
(at the overlap max 24)

5 x Battle Cancer Team

2 x coach/staff
(purely for capacity numbers, you won't have roles from us)

TOTAL 31

To keep numbers down, we are asking teams to video their challenge to be submitted for judging and to be added into the draw to win rather than physical judges.



Competition Corner Link

Please ask your members to sign-up via competition corner. Within their confirmation they will receive a link to book their time slot. This is based on a first come first served basis so don't let them delay! The slots will be open to gym members for first refusal before the event athletes; due to capacity restrictions every team will need to be booked on to a time slot to take on the challenge.

Competition Corner - <https://competitioncorner.net/events/4092/tab/details>

If members would like any further information they can head to our website.

Website - <https://www.battlecancer.com/uk-city-league>

We are sending the same information out to our Manchester and London athletes for their opportunity to complete the challenge at one of our host gyms over the two weeks, or they can complete it in their home gym.