

WALK TO MAKE CYSTIC FIBROSIS HISTORY



EVENT DAY VOLUNTEER GUIDE

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	





WELCOME

➤ WELCOME

Thank you for volunteering your time to the Walk To Make Cystic Fibrosis History. Dedicating your time, & passion. With your support we will take a **#StepToward** finding a cure for cystic fibrosis and raise invaluable funds for supporting our community.

As an event day volunteer you are a part of an invaluable group of individuals who support CF Canada by promoting the event to a wide audience of participants, donors and anyone who may be interested in supporting the efforts to drive life-changing advancements in cystic fibrosis.

Thank you! 

➤ THIS GUIDE

This guide is designed to help you identify your next steps, and understand the various roles and responsibilities that we rely on volunteer support. It is an essential resource designed to empower & set you up for success. Whether you're a seasoned event volunteer or stepping into events for the first time, this comprehensive guide is tailored to provide knowledge, expectations, resources and support.

Let's take a **#StepToward** this journey together and make the Walk To Make Cystic Fibrosis History a big success!

GUIDE CONTENT

- About The Walk
- Your Next Steps
- About CF Canada
- What is cystic fibrosis (CF)?
- Volunteer Roles
- What to bring on walk day



WHY ARE WE WALKING?

➤ WHAT IS THE WALK TO MAKE CF HISTORY?

Every year during Cystic Fibrosis Awareness Month (May), Cystic Fibrosis Canada holds Canada's largest national fundraising event in support of people affected by cystic fibrosis.

Thousands of Canadians have participated, fundraised, donated and volunteered to make the event an annual success, raising over \$41M and recruited over 100,000 participants over the past 20 years.

It is a special time when families, friends, individuals and teams of the Canadian cystic fibrosis community comes together across the country to help change the lives of people living with cystic fibrosis.

➤ THEME

The Walk To Make Cystic Fibrosis History on **the last Sunday of the month of May** brings our community together, and our collective efforts help ensure all Canadians with CF can live longer and healthier lives. But we cannot slow down. Breakthrough drugs are NOT a cure and we need to take more steps to make sure no one is left behind. Let's step toward the possibilities together.

This year, we're taking a **#StepToward** —never having to cancel plans because of CF, toward not having to take multiple enzymes a day, toward no more hospital stays, toward making sure everyone gets the treatments they need, towards life-changing research, toward a future without CF.

**DID YOU
KNOW?**

**WE ARE WALKING
ACROSS 40
COMMUNITIES!**

**WE HOPE TO SEE
OVER 4000 PEOPLE
THIS YEAR!**



YOUR NEXT STEPS

START YOUR VOLUNTEERING JOURNEY HERE



SHARE YOUR INTEREST IN VOLUNTEERING

We understand the importance of your time and are grateful for you sharing it with us! Email walk@cysticfibrosis.ca to sign up as a volunteer.



FILL IN THE VOLUNTEER AGREEMENT POLICY

Photos, infection control & privacy, CF Canada has policies to protect both you and our community. We will need you to read through and sign them.



LET US KNOW WHEN YOU'RE AVAILABLE

Let your staff lead know when you are available to volunteer and our coordinator will schedule you accordingly.



ATTEND TRAINING

Virtual training sessions will be held online or through a guide provided by your staff lead. However, if you have any questions, reach out and we would be happy to help!



JOIN US ON WALK DAY!

Wear those comfy shoes and join in on the fun!

**Please note, if you are unable to attend for any reason, please let your volunteer coordinator know as soon as possible.*



WHO IS CF CANADA?

> WHO IS CYSTIC FIBROSIS CANADA?

Since being founded by parents in 1960, CF Canada has dramatically changed the cystic fibrosis story. CF Canada is a national not-for-profit corporation and one of the world's top three charitable organizations committed to improving and lengthening the lives of people living with cystic fibrosis (CF).

Today, Cystic Fibrosis Canada is a leading organization with a central role engaging people living with cystic fibrosis, parents and caregivers, volunteers, researchers and healthcare professionals, government and donors.

We work together to change lives through treatments, research, information and support. The organization has advanced access to life changing CF medicines in Canada through relentless advocacy and government relations work.

> OUR NEW VALUES



CONNECTED

We are strongest when we collaborate well with our team and are connected to our community.



INCLUSIVE

We nurture a diverse and inclusive environment where everyone feels valued, and is heard, seen and respected.



IMPACTFUL

We are intentional in our focus to ensure we create a better future for people living with CF in Canada.



BOLD

We think and act boldly to inspire the best outcomes for people living with CF in Canada.



To read more visit: www.cysticfibrosis.ca/about-us

We have just launched our new strategic plan for 2024-2027



WHAT IS CYSTIC FIBROSIS?

➤ ABOUT CF

- CF causes various effects on the body, but mainly affects the digestive system and lungs.
- The degree of cystic fibrosis severity differs from person to person, however, the persistence of ongoing infection in the lungs causing destruction of the lungs and loss of lung function, will eventually lead to death in the majority of people with CF.
- **Typical complications caused by cystic fibrosis are:**
 - Difficulty digesting fats and proteins
 - Malnutrition and vitamin deficiencies because of inability to absorb nutrients
 - Progressive lung damage from chronic infections and aberrant inflammation
 - CF related diabetes
 - Sinus infections

Cystic fibrosis (CF) is the most common fatal genetic disease affecting Canadian children and young adults.

At present, there is **no cure**.



4513 Canadians with CF



35 % Children



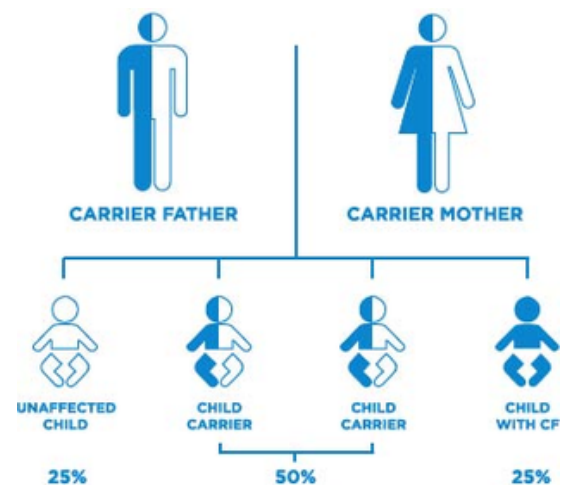
65 % Adults



Estimated median age of survival is 41.2 years of age

➤ CAUSES OF CF

Cystic fibrosis is a genetic disease that occurs when a child inherits two abnormal genes, one from each parent. Approximately, one in 25 Canadians carry an abnormal version of the gene responsible for cystic fibrosis. Carriers do not have cystic fibrosis, nor do they exhibit any of the symptoms of the disease.



To learn more visit: www.cysticfibrosis.ca/about-cf

Info above credited to the 2023 Highlights from the Canadian CF Registry



ROLES & RESPONSIBILITIES

➤ EVENT DAY ROLES & RESPONSIBILITIES

Set Up Team

- Unload event materials
- Setting up tents, tables & chairs
- Following site map to ensure all areas are set in the coordinating areas
- Placing signage
- Setting up food, activity, registration and any other areas
- Cleaning up bins and packing materials in storing them in the appropriate area

Registration Team

- Checking in individual participants & team captains
- Handing out swag accordingly
- Handing out wrist bands for food service
- Instructing guests about key site locations (food service, rest rooms, start of walk route, etc.)
- Taking any donations
- Selling any additional fundraising items, if applicable
- Ensuring all personal information is handled appropriately

50/50 Sales Team

- Drawing in guests & providing information about the 50/50
- Selling tickets (cashless)
- Guiding guests how to purchase tickets on their own accord
- Mingling with participant to generate excitement about growing prize



ROLES & RESPONSIBILITIES

➤ EVENT DAY ROLES & RESPONSIBILITIES

Food Service Team

- Cooking food items adhering to infection control & low contact measures
- Handing out plates, cutlery, napkins as needed
- Cleaning & sanitizing
- Organizing garbage, recycling & organic materials
- Ensuring cooks have all necessary supplies during busiest times
- Topping up snacks, fruit & beverages as needed

Walk Jr. Activity Team

- Running bubble machines and any electronic items
- Keeping colouring sheets & crayons stocked
- Replenishing sidewalk chalk
- Ensuring area is tidy, clean & welcoming
- Wiping game pieces between usage
- Managing cape distribution & decoration

Walk Marshall Team

- Directing walkers throughout route to ensure everyone stays on proper paths and walkways
- Setting up signage along pathway before walk begins
- Taking down signage as walkers finish the route
- Cheering walkers on as they go
- Communicating information as needed to other team members



ROLES & RESPONSIBILITIES

➤ EVENT DAY ROLES & RESPONSIBILITIES

Strike/Clean Up Team

- Cleaning and organizing all waste on site
- Packing up bins according to packing lists
- Taking down all tents, tables chairs and stations
- Making notations of any items that are missing or damaged
- Packing supplies into vehicles
- Sweeping site to ensure space is cleaner than before we arrived

➤ WHAT TO BRING & WEAR

- Water bottle, we will have water on site to refill as needed
- Comfortable shoes
- Weather appropriate clothing
- Layers! (It can be cold during morning set up)
- Sunscreen, hat, sunglasses and bug spray!
- Any necessary medication
- If you have any dietary restrictions, please notify the staff lead. It is possible you will have to bring your own food.

THANK YOU FOR YOUR SUPPORT!

SEE YOU ON THE LAST
SUNDAY IN MAY!

WALK TO
**MAKE
CYSTIC
FIBROSIS
HISTORY**



Cystic Fibrosis
Fibrose kystique
Canada