

WALK DAY AT HOME

TIPS BY: TEAM TALIA



#1

Pick your date and time working with your core Walkers to maximize attendance.

#2

Communicate! Be honest with your Walkers and community about how it is harder to do a local Walk vs participating in the big JDRF One Walk. Acknowledge the challenges of the ongoing pandemic to both walking and fundraising. Emphasize why you are walking and what it means to you and the T1D champions.

#3

Pick a small and manageable route for the Walk. Participants don't need to walk too much to feel like they have meaningfully participated!

#4

Think through COVID-19 and physical distancing issues. How many people will be there? Do you want masks to be worn? Do you want to stagger your Walkers by family pods to eliminate crowds? Will you serve food and how will you do this? Make a plan for the day and communicate it.

#5

Engage community partners. Is there anyone in your community that would donate balloons, water, or snacks to your Walkers? Ask the local fire or police departments to stop by on Walk Day.

#6

Decorate your Walk starting point with balloons, chalk, homemade signs, etc. Order shirts if you usually do. Make a play list and play music at the starting line. Make it festive and have fun!