



EVENT PLANNING GUIDE FOR BOXING EVENTS

ParticipACTION's 150 Play List is the ultimate list of all the physical activities that make us Canadian as part of the celebration of Canada's 150th birthday and we are proud to BOXING among these activities! The goal of the 150 Play List is to encourage Canadians to [register on the website](#) and try as many physical activities as possible, while putting the emphasis on boxing!

For the occasion, we are looking to organize simultaneous activities across Canada to introduce boxing to as many people as possible.

On September 9th, 2017 Celebrate boxing and #GetInTheRing

September 9th, 2017 is a day dedicated to boxing as part of the ParticipACTION's 150 Play List. Let's celebrate boxing across Canada!

It is the perfect occasion to promote our sport and we want to organize as many simultaneous activities across Canada on that day. Mark your calendar!

Criteria for the boxing activities and events

The events organized as part of the 150 Play List must be inclusive, open to the public free of charge or at a minimal cost and must include participation element to allow the participants to check boxing off the list as a completed physical activity.

Here are a few examples of activities you can organize at your boxing club as part of the initiative:

- Open House
- Free trials
- Boxing initiation program (over the course of a few weeks)
- Physical tests related to boxing aptitudes. Here are a few examples:
 - o Test how hard you can hit with Hysko (or similar technology)
 - o Test speed / reflexes with Fitlight
- Boxing demonstration with local boxers
- Conference and/or meet & greet with special guests (National team boxers, Olympians, professional boxers, etc.)
- And much more, as long as there's a element of participation!



Of course, we want to organize as many activities on Saturday September 9th, 2017 but you can also organize multiple events throughout the year. The 150 Play List ends December 2nd, 2017.

If you have any question or ideas to organize a boxing event, don't hesitate to contact Emilie Garneau at egarneau@boxingcanada.org.

Equipment

To ensure all activities are running smoothly, make sure to mention ahead of time how the participants should dress to participate in your activities (sport attire and running shoes). It is also important to mention if they require additional equipment (towel, water bottle, mouth guard, etc.).

It may be useful to what material will be provided at the event (boxing gloves, jumping rope, etc.) so the participants know what to expect.

Insurance

An important aspect to consider while planning your event is your insurance coverage. Please verify with your insurance company that you are properly covered for the activities you are planning as part of the ParticipAction's 150 Play List and add additional coverage for your event if necessary.

NEXT STEPS

Here are a few suggestions regarding the steps to follow to ensure the success of your event.

1. Confirm your interest with Boxing Canada

Once your boxing club is interested in taking part of the 150 Play List initiative, confirm your interest with Boxing Canada with Garneau at egarneau@boxingcanada.org.

Boxing Canada will add your club in the list of participating boxing clubs on our webpage and will be able to support and promote your event.

2. Register your event in ParticipACTION's Event Calendar

Visit the [Community Resources page](#) on ParticipACTION website to register your event. All events that are open to the public will be added in the event calendar and the public will be able to find your event in their community.



3. Download the Community Toolkit

Once your event is registered on ParticipACTION's calendar, you will be able to [download the Community Toolkit](#), which will be useful for the promotion of your event.

Make sure to promote your event and ask your members to talk about it with their peers!

4. Apply for a micro grant **certain conditions apply*

The micro-granting program supports non-for-profits community organization, schools and municipalities who are planning events and programs as part of the 150 Play List. The programs and events must meet the criteria listed above.

Micro grants range from \$300 to \$1,000 et can support qualified instructors, equipment, marketing and promotion and other costs that will make the program and event even more impactful.

Here is the link to apply: https://viasport.formstack.com/forms/150_playlist

5. Have fun while being active!

Don't forget to check [boxing \(activity 73/150\)](#) off once you have completed the activity and you could win some great prizes!

