



#UP4COMMUNITY

2018
Student Climb
Guide

What
you can
achieve is in
your hands.



United Way

ABOUT THE CLIMB

EVENT DETAILS

To register for UP 2018, visit unitedwaygt.org/up

Date:

Saturday, November 24, 2018

Check-in time:

5:00 a.m. to 9:45 a.m. (participants must be in line to the Tower before 10:00 a.m. or they will not be permitted to climb).

Climb Time:

6:00 a.m. to 10:00 a.m.

Check-in location:

Metro Toronto Convention Centre, North Building, Hall C, 255 Front Street West.

Hall C will have coat check, water stations, entertainment, a student rally and t-shirt pick-up.

Wristbands:

All climbers must have their wristband stamped at the Metro Toronto Convention Centre, North Building, Hall C before proceeding to the CN Tower.

Registration and wristband distribution will be in room 206 (street level of Metro Toronto Convention Centre, North Building).

Teams:

Must consist of four (4) climbers or more.

Minimum Fundraising:

\$50 for elementary/secondary school; \$75 for post-secondary; \$100 for adults; chaperones are eligible for the \$50 minimum fundraising requirement with the registration fee.

Registration Fee:

\$10 for all students, \$20 for adults.

Age and height restrictions:

Climbers under 12 years of age must be a minimum of 42 inches/107 centimetres tall. They must also be accompanied up the CN Tower by their chaperone (aged 21 or older).

STUDENT RALLY

The Student Rally is back by popular demand and is open to all students. Wear your school colours, bring your cheerleaders and mascots!

The Student Rally takes place at 8:00 a.m. sharp at Metro Toronto Convention Centre, North Building, Hall C, 255 Front Street West.

Pull together the largest team, show the most spirit and your school could win the Top School Award. There will be two categories this year, one for elementary/secondary schools and another for post-secondary schools. The winning school keeps a trophy and all inherent bragging rights for the whole year! This award will be presented during the Student Rally.

Email us for more details: unitedwayevents@uwgt.org.

PRIZING (for students only)

- Fastest male and female (under 12 years of age)
- Fastest male and female (age 13-17)
- Largest team (Elementary/Secondary School)
- Largest team (Post-Secondary School)

FAQS

WHAT WILL STUDENTS NEED TO BE ELIGIBLE TO CLIMB?

Primary/secondary students (including youth group participants):

To be eligible for the Student Climb, students (under 18 years of age) must be:

- Affiliated with a school (primary/secondary) or a youth group; and
- Accompanied by a chaperone (aged 21 or older)

HOW WILL I RECEIVE MY WRISTBAND?

- School teams will receive their wristband and electronic timing chip from their Team Captain on event day at the Metro Toronto Convention Centre.
- Students must pick up their wristbands from their Team Captain on Saturday, November 24 at the Metro Toronto Convention Centre.
- Only climbers who have submitted the minimum fundraising amount and have agreed to the waiver will receive a wristband.
- Wristbands will not be mailed.

WHO NEEDS TO SIGN STUDENTS' WAIVER FORMS?

There are **three** signatures required for the student waiver:

1. The signature of the participant.
2. The signature of a parent/guardian for climbers under the age of 18. This must be completed for each member of your team by the day of the Student Climb.
3. The signature of a chaperone to be completed at the event. If you are a member of a team for the Student Climb, the teacher or parent/guardian accompanying your team must sign everyone's form at the event.

WHAT CAN I BRING UP THE CN TOWER?

For safety reasons, climbers must be hands-free and cannot carry anything during the climb, including water. All items **MUST** be left with friends or at the free coat check before heading toward the Tower. Volunteers and/or CN Tower staff cannot hold any personal items for climbers.

WHERE CAN I STORE MY BACKPACK, PURSE OR JACKET?

Please leave all valuables at home. There will be a coat and bag check, located in Metro Toronto Convention Centre, North Building, Hall C. This area gets very busy. We encourage you to bring as few items as possible to the event; this will lessen the chances of lost or misplaced articles.*

*Please note that United Way Greater Toronto, CN Tower and Metro Toronto Convention Centre are not responsible for lost or stolen articles.

WHERE DO I PICK UP MY EVENT T-SHIRT?

Return to Hall C, at the Metro Toronto Convention Centre, after climbing the CN Tower. Here, you can pick up an official 2018 UP t-shirt (featuring a space to record your climb time).

CAN I CLIMB MORE THAN ONCE?

No. Multiple climbs are not permitted.

WHAT CAN I BRING?

PERMITTED:

- Fanny Pack (must be secured) will be permitted for the purposes of carrying identification and keys ONLY
- Keys (must be secured in pocket or fanny pack)
- Regular, fitness and smart watches
- Secured pedometers
- Secured Fitbit (or equivalent compact fitness trackers)
- Prescription medication
- Prescription glasses
- Medical heart monitor, diabetic monitors, etc.
- ID including school documentation form for children
- All clothing worn properly, not tied around waist
- Proper athletic footwear
- Cash (no coins) must be secured in pockets or fanny pack

NOT PERMITTED:

- Water (hydrating stations will be provided just before climbing and as they exit the stairwell)
- Backpacks/infant carrier
- Recreation equipment, e.g. wrist weights, etc.
- Electronics, photo/video recording devices: (Note: listening to music through any portable music device is not permitted while climbing the CN Tower)
- Cell phones
- Portable music devices
- Cameras
- GoPros or action cameras
- Candy/food/gum (diabetics who wish to carry candy must provide a doctor's note in advance)
- Non-prescription medication
- Coins (any collected on site will be donated to United Way Greater Toronto)
- Hand towels
- Open toed and/or open heeled footwear
- Canes, unless for a medical reason. Arrangements must be made in advance and these climbers must climb at the end of the climb

Items are not limited to the list above.