



**SickKids**

**GET  
LOUD**

# 2022 EVENT DAY GUIDE

**SickKidsGetLoud.ca**

**SATURDAY OCT. 1, 2022 | DOWNSVIEW PARK**



# WELCOME & THANK YOU

SickKids GetLoud is just around the corner, and we've got everything you need to make your day spectacular. From the packing list to the event schedule, our guide will ensure you know what to bring—and what's happening—on the big day. And for those who haven't hit their fundraising goals, we've got all the tips and tricks you need to get there so you can have the greatest impact on SickKids.

As of today, we've raised a lot of money for SickKids. And it'll go a long way toward finding future cures and building a new hospital—a state-of-the-art building to enable even better care for all our patients. But we're still shy of our goal of \$1.5 million.

So, help us keep the momentum going. Fundraise. Spread the word. But most importantly:

## Get Loud!





# GETTING TO GETLOUD

This year, the entire event including the walk/run route will take place within Downsview Park. There is plenty of parking on site (\$10/day to park) or if you're taking public transit, Downsview Park TTC and GO station is only a 10 minute walk away.

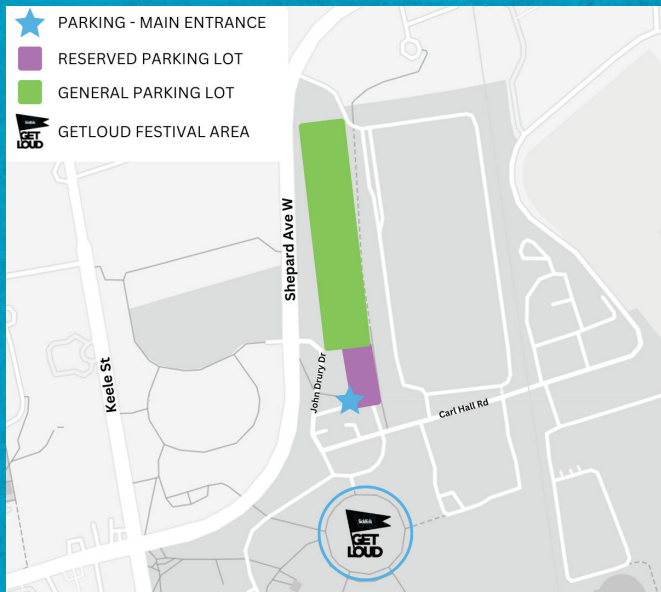
**35 Carl Hall Rd, North York, ON, M3K 2B6**

## ARRIVAL BY CAR - DROP OFF OR PARKING

### ARRIVAL BY CAR - DROP OFF OR PARKING

[Click HERE](#) for a direct link to directions via Googlemaps

PARKING COST: \$10



### ARRIVAL BY PUBLIC TRANSIT

The Park is accessible by Downsview Park GO/TTC Station, Sheppard West, and Finch West Station, as well as many other bus routes in the area including the 41, 84, 101, 106, and 108B.

Visit Triplinx to plan your route.

<https://www.triplinx.ca/>

### BIKE PARKING

Thinking of biking to Get Loud? There is covered bike parking available at the GO/TTC station as well as bike parking by the dog park within Downsview Park, just don't forget to bring your lock!



# PREPARING FOR GETLOUD

## PLEASE BRING

- Layers
- Comfy shoes & clothes
- Sun/rain gear—make sure to check the forecast before you come!
- Low profile lawn chairs
- Blankets
- Non-professional cameras (no detachable lenses)
- Umbrellas (no beach umbrellas)
- Small backpacks
- Reusable water bottles

## PLEASE LEAVE AT HOME

- Narcotics (including cannabis products)
- Professional audio and video recording devices
- Large lawn chairs that will obstruct views



# REGISTRATION & FUNDRAISING

Thank you to everyone who's fundraising for GetLoud. All funds raised go to SickKids Foundation. GetLoud fundraising will help unleash the full potential of SickKids—including smashing the limits of an old building, the limits on generating new knowledge and translating it to treatment, and the limits on delivering seamless health care to every child. We're building a new SickKids, and it's going to take all of us. So all of us need to GetLoud!

## REGISTRATION

Online registration for GetLoud will close at 9:00 am on Friday, September 30th 2022. Please ensure all your team all your team members including youth and children are registered by that date to ensure a smooth check-in process on day of.

Onsite registration will be available on the day of the event. Adults registering on the day of the event will need to pay the \$25 registration fee. Youth registering on the day of the event must be accompanied by an adult who has paid their registration fee. To register day of, please visit the CHECK-IN tent at Downsview Park between 9:30 am and 10:30 am.

## FUNDRAISING

Participants will have the opportunity to top up their fundraising with a self-donation, during the check-in process. Please visit a CHECK-IN & DONATIONS line if you will be making a donation there. If you have any questions about fundraising, please contact the GetLoud team at 416-445-3377 or info [@GetLoudforSickKids.ca](mailto:@GetLoudforSickKids.ca) by Thursday September 29th.

Already reached your goal? Congratulations! Don't stop there—the more we fundraise, the greater the impact we'll have on the kids and families who rely on SickKids. Login at [SickKidsGetLoud.ca](https://SickKidsGetLoud.ca) to increase your fundraising goal on your personal page and see how far you can go! If you're still working towards your fundraising goal, we are here to support you. Visit the Fundraise page on our website, or login to your Participant Dashboard.

## FINAL TIPS TO GET YOU THERE:

Set a good example—if you haven't already, donate to your own campaign. It lets people know you're serious about fighting against limits at SickKids and sets the bar for any forthcoming donations.

Ask once and ask again—don't get discouraged if you don't get a reply right away. People tend to be busy and may have missed your ask the first time. Ask again and let them know that the event is just around the corner.



# FUNDRAISING REWARDS

We have some exciting fundraising rewards for those who have gone above and beyond in their fundraising. You can qualify for these rewards by individually by hitting these fundraising targets on your individual page. Here's what you get at each level:



## FUNDRAISING REWARDS

**\$500 BLANKET**  
**\$1000 SWEATSHIRT**



**GETLOUD SWEATSHIRT & GETLOUD BLANKET**

## TOP UP DONATIONS :

If you plan on making a self-donation to meet a fundraising reward level, we suggest doing so online at [SickKidsGetLoud.ca](https://SickKidsGetLoud.ca) by Friday September 30th at 11:59 pm to ensure the smoothest check-in process on event day. Participants will have the opportunity to top up their fundraising with a self-donation on the day of the event, during the check-in process. Please visit a CHECK-IN & DONATIONS line if you will be making a donation there. If you have any questions about fundraising rewards, please contact the GetLoud team at 416-445-3377 or [info@GetLoudforSickKids.ca](mailto:info@GetLoudforSickKids.ca) by Thursday September 29th.



# EVENT DAY CHECK-IN

All participants taking part in the in-person event should arrive at Downsview Park between 9:30 am and 10:30 am in order to check-in and get settled in time for the opening ceremonies. When you arrive at Downsview Park, you will need to visit the CHECK-IN tent. Here you will receive your event wristband, drop off any offline donations, verify your fundraising total, and receive a ballot outlining which fundraising rewards you have earned.

All in-person participants will receive an event t-shirt. We have special t-shirts for SickKids Kids (both youth and adults), so please ensure you self-identify when picking up your t-shirt to ensure you receive the correct one.

Late check-in and donations collection will be available for those who plan to attend for the afternoon festival celebration only.

## BRINGING YOUR DOG TO GETLOUD

Well-socialized, healthy dogs are permitted to join you and your family at GetLoud. If you choose to bring a dog, you are solely responsible for your dog's actions. All dogs must be kept on a leash at all times during the event and are not permitted in any food and beverage service areas. Please be courteous and pick up after your dog throughout the event. Dog water bowls will be available along the route and at the festival.

**Please note:** While dogs are allowed to attend the festival, loud music will be played throughout the day, which may not be good for all dogs. Please take this into consideration before bringing your dog to GetLoud.



# EVENT DAY DETAILS

## FOOD AND DRINKS AT GETLOUD

### BREAKFAST

Upon arrival at Downsview Park, a light grab and go breakfast (muffins, granola bars, fruit) will be available to all participants, with gluten-free options available. Breakfast items are generously provided by Sobeys.

Coffee and tea will also be available in the morning, and is generously provided by Starbucks Canada.

### LUNCH

All in-person participants and volunteers will receive a free BBQ lunch at the festival. Vegan, vegetarian and gluten-free options will be available at the BBQ, upon request. If you have special dietary needs, we suggest bringing your own snacks and meals. We cannot guarantee that items have not come into contact with nuts or other allergens.

The GetLoud festival site will be licensed with beer, cider and coolers, available for purchase via cash, credit and debit. Soft drinks will also be available for purchase at the Main Bar within the festival.

If you have any questions regarding the event day experience, please call us at 416-445-3377.

## WATER AT GETLOUD

There will be water refill stations available throughout the event, including on the route at the Sionna Cool Down Zone, at the finish line, and within the festival area at the Sionna Hydration Station. We encourage you to bring a reusable water bottle to reduce one time plastic waste.

## SAFETY ON THE WALK/RUN ROUTE



The walk/run component of GetLoud will take place on the paved paths of Downsview Park. The route has been clearly marked with GetLoud arrows. There will be volunteer crew along the route to help guide you and keep you safe – please obey their instructions and stay on the marked route areas at all times.

Sweep bikes and route support crews will be travelling with participants throughout the route. If at any time you feel you cannot complete the route, flag down a route support crew to assist you.



# ACTIVITIES AT THE FESTIVAL

**THERE WILL BE LOTS OF EXCITING ACTIVITIES TAKING PLACE AT THE FESTIVAL, AS WELL AS LIVE MUSIC FROM THE MAIN STAGE THROUGHOUT THE DAY!**

- **AXE THROWING**
- **FERRIS WHEEL**
- **ZOOSEMOBILE**
- **GETLOUD 2023  
REGISTRATION**
- **GIANT GAMES**
- **THE SICKKIDS WISHTREE**
- **FACE PAINTING**
- **MAGIC TENT**
- **STATEVIEW HOMES KIDS FUN ZONE**
- **SOBEYS SNACK SHOP**
- **UA LOCAL 46 MEGA  
OBSTACLE COURSE**
- **CHINA CONSTRUCTION BANK  
SOCCER CHALLENGE**
- **PIZZA PIZZA TRUCK**



# SOCIAL MEDIA

We want you to keep us posted about your experiences throughout the day on social media. Let us know how you're getting loud, what your favourite part of the day is, and how much fun you're having! Post your photos and videos and use #GetLoudforSickKids on all social platforms. If you're posting on Instagram, tag us @SickKidsGetLoud and @SickKidsVS!

Need a question answered? Ask us on Instagram @SickKidsGetLoud, we will be online all day to offer support! (Of course, our helpline is also always ready to take your questions on the day of the event, at 416-445-3377).

# 2023 REGISTRATION

We have a special opportunity to register for the 2023 SickKids GetLoud during the event. You can do this at Downsview Park, before or after the walk/run. Adults who register for the 2023 in-person event will receive a discounted registration fee of \$20. Adults and youth who register for the 2023 in-person event will also receive their choice of a SickKids buff or SickKids VS mittens, while quantities last. Everyone who registers for 2023 will be entered into a draw to win a catered party for 50, valued at \$5,000 generously donated by Food Dudes.

**Next year's SickKids GetLoud will take place on Saturday, September 30, 2023.**



# EVENT DAY SCHEDULE

<b>9:30 am</b>	Participants arrive at Downsview Park, Check-in Open
<b>11:00 am</b>	Opening Ceremonies
<b>11:15 am – 12:30 pm</b>	Participants on Walk/Run Route
<b>12:00 pm</b>	Festival Celebration at Downsview Park Open • BBQ Lunch • Beer Tent • Games, Activities & Crafts • Sponsor Activations
<b>12:00pm – 4:00 pm</b>	Various Entertainment On-Stage
<b>4:00 pm</b>	Festival Celebration Wraps Up

## HELPLINE

416.445.3377

#GetLoudforSickKids

### PREMIER SPONSORS



### FUEL UP SPONSOR



### OFFICIAL SPONSORS



### COMMUNITY SPONSOR

