

Health and Safety at Boycott your Bed Live 2023 events

Event safety

- A fully trained events team, security and first aid providers will be in place at each site to manage the safety of the evening's activities
- All events are closed to the public with only pre-registered participants admitted. Please make sure all team members have registered in advance of the night!
- Lanyards will be used to control access in and out of the events
- Outdoor sleep sites will be fully secured and closed off to the public, with use of barriers and fencing where needed
- Physical or verbal abuse of any nature towards staff or other participants will not be tolerated. If this occurs, the person in question will be asked to leave the event by security and if necessary, the police will be called.
- Due to the nature of the event, no one under the age of 18 is allowed to participate
- We ask that participants refrain from smoking at the event
- A full risk assessment has been carried out for each event with all necessary mitigations and control measures put in place. In the event of extreme weather or a serious incident, Action for Children reserves the right to cancel or end the event early

Facilities

- Toilets with handwashing facilities with running water and antibacterial hand gel will be accessible at each event
- Limited shelter will be available at the events

Food & drink

- A hot meal will be provided during the indoor reception. Water and warm drinks will be available throughout the night at the outdoor sleep site
- The option of snacks or pizza will be available to purchase in return for a donation at the sleep-out. Sleepers are welcome to bring their own snacks. Breakfast will be provided on Saturday morning before sleepers head home.
- A bar will be available during the indoor reception with soft drinks, wine and beer. No spirits will be available.
- We encourage participants to bear in mind the nature of the event and the prolonged outdoor exposure and drink sensibly. You can find out more about the effects of drinking alcohol and cold weather [here](#).
- Bar staff will be advised not to serve alcohol to anyone who they believe to be intoxicated or to anybody believed to be purchasing drinks for an intoxicated person.
- No alcohol or glass will be allowed to be taken to the outdoor site.

Additional Safety Measures in place at our Wales location (Headlands School)

- Due to the location of Headlands School, within a residential area, we have a commitment to reduce noise and light pollution, therefore at 10pm floodlights will be switched off, and we kindly ask sleepers to refrain from excess noise after this time.
- There will be a ticketed system in place for drinks, whereby sleepers can purchase up to 3 alcoholic drinks tickets each.
- Please note that there will be bag searches in place to meet security procedures

What to bring

Participants are recommended to bring the following to keep safe during the sleep out part of the event:

- Warm clothes – woolly hat and gloves are advised. Branded beanies will be available to buy at the indoor reception
 - A sleeping bag
 - A small pillow and something to sleep on i.e. a sleeping mat
 - Waterproof sheet/tarpaulin*
 - Torch
 - Reusable bottle for drinking water
 - Reusable tea/coffee cup
 - Power bank if you wish to charge your mobile (no charging facilities will available on the night)
- A foil survival bag to go around sleeping bags will be given to each participant
 - Umbrellas and ponchos will be provided in the event of wet weather

**Due to our commitment to sustainability, we will not be providing tarpaulins to sleepers at the London or Leeds event this year, who will be sleeping on concrete. If you wish, please bring your own tarpaulin, or a waterproof layer to lie on.*

The Wales, Belfast and Glasgow sleepers will be sleeping on astroturf/grass, so a tarpaulin will be available if you are unable to bring your own.