

# #1HOUR

TO TRANSFORM TRAUMA

## Lunch Hour-Lympics

The Olympics has been described as the most compelling search for excellence that exists in sport, and maybe in life itself.

They can also be a very good way to determine office excellence and award some pretty big bragging rights as well - as well as raise vital funds for trauma research and innovation.

Then there's all the stuff about morale and team bonding, but let's not kid ourselves: your department are going to want to beat all the others and have a shiny big trophy sitting on your desk and not theirs!

The Lunch Hour-Lympics can be played in teams or as individuals, condensed into one lunch hour or spread over a week. Whatever works best for your office.

Below we have an event guide including ideas for six sports, but you are free to run the Hour-Lympics as you would like and introduce new sports as you see fit. Just keep it safe, fun and fairly judged and all will be well.

## Let the games begin!

## Set Up

Decide on the length of time the games will run, from a one-hour session to a week - or once a week for the whole of September.

Each competitor pays an entry fee which can be individually paid in via the Transform Trauma JustGiving page (details at the end of this guide) or collected together and paid as one donation. Plus you could have a collection in the office during the games to encourage donations from non-competing staff and visitors.

You may want to appoint a neutral judge or judges, to officiate on any contentious decisions. A trophy or medals are also a nice touch, especially if you decide on an awards ceremony, either for every event or just the overall champion.

If you are playing in teams then determine how many competitors can form each team (remember that there are individual sports so you could have teams with different numbers of members from which a certain amount are nominated to compete in each sport).

And remember to tweet, post photos or videos and share the Lunch Hour-Lympics with partners and suppliers - or even challenge them to take part. We would love to hear all about your event, plus the biggest and smallest games and any overseas offices that have taken part as well.

## Opening Ceremony

The Olympics always starts with the most amazing fanfare possible. How you decide to open your games is entirely up to you, but you could have a parade of competitors or team representatives before the games begins. Have an Hour-Lympic torch or light that's passed around departments before the games begin.

Hold a pre-games get-together where the competition is announced by a senior member of staff and have each team create their own flag for display before the event.



# The Sports

## Desk Chair Rowing

- Goal: to complete the course in the fastest time either against the clock or - if you have enough space - against one another in heats
- Participants: can be individuals or in teams of 3/4 with a cox thrown in as well
- Summary: set up a course with at least one turn. All competitors must display a rowing action throughout the event. In team competitions, the team must stay together as a unit - and if a cox is being used they have to be towed by the team.
- Help: **Office rowers on YouTube**

## Paper Aeroplane Javelin

- Goal: to throw your custom-built paper javelin the furthest distance
- Participants: individuals or designated number of team members
- Summary: each javelin should be made on the day and marked with the team or individual's name. No javelin enhancements allowed e.g. Paper clips, glue.
- The distance should be the furthest in a forward direction
- Help: **Paper Aeroplanes on YouTube**

## Rubber Band Archery

- Goal: to knock down as many paper cups as possible using rubber bands
- Participants: individuals or designated number of team members.
- Summary: build a stack of paper cups on a desk. Set and mark the distance each competitor has to stand away from the desk. Each participant is given a set number of bands to attempt to knock over the highest number of plastic cups. Can be run as a knockout competition with each round seeing the top competitors being moved further back until there is just one winner left.

## Paper Clip High Dive

- Goal: to drop paper clips into water-filled plastic cups from an increasing height and distance
- Participants: individuals or designated number of team members.
- Summary: competitors link two paper clips together. A diving board is made on a desk using books or binders. A water-filled plastic cup is placed on the floor under the diving board. Competitors have to slide their diver off the board and into the water. Each round sees the height of the diving board increased until a winner is determined.

## Finger Speed Skating

- Goal: type words with speed and accuracy
- Participants: individuals or designated number of team members
- Summary: set up the required number of computers Use a free timed typing website like **<https://www.speedtypingonline.com/typing-test>**
- Each athlete has one minute to earn a typing score from the website.
- The individual with the highest score wins or for team games count up each team members score and the highest combined overall score wins
- Help: Search for free online speed typing tests – there are plenty around. You may need to combine speed with accuracy though!

## Waste Basket–Ball

- Goal: to score the most amount of baskets in one minute
- Participants: individuals or designated number of team members
- Summary: athletes have one minute to screw up paper into a ball and launch into waste paper baskets.
- Three baskets are placed at varying distances. Each basket is awarded a points score, with the furthest basket given the highest. The athlete with the largest points total is the winner.

## Final scoring

Once all the events are over add all the scores together and work out the Gold Medal Winner, the Silver second place and Bronze third place. And who 'wins' the wooden spoon.

## Award Ceremony

No Olympics is complete without an awards ceremony. Whether you decide to hold one big final ceremony to announce the overall winners and scores or award medals after each event, make sure you take lots of photos and shout about what you have achieved both internally and externally.

And make sure you announce your grand fundraising total to all staff. Trauma research is so underfunded that your contribution will genuinely make a huge difference to the lives of existing and future trauma sufferers.

Thank you for playing and remember, it isn't the taking part that counts: it's all about the WINNING!

# How to pay your money in:

- Visit our [JustGiving appeal page](#) – and remember to leave a message about your **#1Hour!**
- Or, [create your own](#) JustGiving page and [link it](#) to our appeal page
- If you're texting to donate: Text **TRMA24 £5** to **70070** (you can also do £3 and £10)

## How your #1Hour could save a life:

By taking part in **#1Hour**, you will be helping to save the lives – and improve recoveries of – people affected by severe traumatic injury.

Catastrophic trauma injuries can happen to anyone, anytime, anywhere:



**Vicky** needed to have her leg amputated after she was trapped on a rollercoaster.



**Campbell** fell 25ft, suffering severe brain injury.



**Martine** was a victim of the 7/7 bombings and lost both of her legs.

For more info on our Transform Trauma appeal, head to [transformtrauma.org.uk](https://transformtrauma.org.uk) or contact [appeals@bartscharity.org.uk](mailto:appeals@bartscharity.org.uk). Registered charity no. 212563.