



Frequently Asked Questions

What is Splash Out?

Splash Out! is a fun obstacle course for all the family. The Splash Out course is approximately 5km and involves participants completing five different inflatable obstacles (there is the option to run 2.5k with 3 obstacles). It is not a race and is a non-competitive, non-timed event. Participants can walk, jog or run and bypass obstacles if necessary.

Who can take part?

All participants must be aged 4 and over on the day of the event. Any participants ages between 4 and 15 must be accompanied on the route by a paying adult. **One paying adult is allowed to accompany up to 2 children (aged between 4 and 15) around the course.**

Where is it held?

It's at Nowton Park in Bury St Edmunds, Suffolk. IP29 5LU

What should I wear?

You will receive a Splash Out! t-shirt on the day of the event which is included in your ticket price. Please also wear comfortable and appropriate footwear. Splash Out! involves participants getting wet and potentially cold, so please come prepared with a towel and a change of clothes. Please also remember this is an outdoor event and so it is essential you are prepared for the weather.

What do I receive when I register?

Prior to the event, each participant will receive a fundraising pack with a sponsorship form, sweepstake fundraising game, on the day information and your participant number wristband. Please ensure you complete the information on the wristband and wear this on the day. All participants must be accounted for throughout the route. These numbers are unique to you and therefore must NOT be swapped with other participants for health and safety reasons. T-shirts will be collected on the day at registration. **At the end of the event you will receive a medal.**

Do I have to raise sponsorship money?

We ask that you try and raise sponsorship for EACH. We suggest everyone tries to raise a target sponsorship of £20. Sponsor forms are included in your entry pack and must be returned as soon as possible after the event, along with all the fantastic funds you have raised. Tick the Gift Aid box where applicable, so we can make your donations go 25% further for our children, young people and their families.

An online fundraising page will also be created for you when you register for the event with our provider Enthuse. You will receive a link to your personal page via email which you can share with friends, family and colleagues.

Can I bring my dog?

You can bring your dog to the event but unfortunately dogs cannot take part in this event so they will need to be left with a friend or family member who is not taking part. They will need to be kept on a lead please.

What facilities & refreshments will be available?

There will be toilets on site. No Showers will be available so come prepared, we recommend that you bring an old towel, spare clothes and a bin bag to put your wet clothes in. Water will be available at the finish and there is also a water station on the course. There will also be food and refreshments on sale in the café located at the park.

There will be a key drop available on the day. Please do not leave anything valuable on show in your car. EACH cannot be held responsible for any loss or damage to personal belongings or vehicles.

Is there parking available?

Yes there will be parking available. Please navigate to Nowton Park and you will then be directed to the event once in the grounds.

Will there be photos of the day?

EACH will have photographers on site on the day. We would love to see your photos from the day - share them with us on our Facebook event page. If you bring your own camera or smartphone be sure you cover them well to protect them from the water and foam.

Where can I see my friend/family run?

Friends and family can be at the start/finish of the event. The route is in a public park, so friends and family can walk the route and see you taking part on the obstacles.

What if it rains on the day?

That won't stop us! Be prepared!

