

Seven Steps to TAFISA World Walking Day 2020 “24 Hours Around the Globe”

1. Register



Taking part in #worldwalking day is easy and free! We encourage you to visit the [TAFISA website](#) to register and download your participant pack, including a baton template and a how-to video for the baton passing. You can still take part without registering but we won't be able to update you with news, and you won't be counted as an official participant in the world's most accessible and inclusive relay.

2. Tell your network and your community



As soon as you decide to take part, share with your networks and social media – don't forget the hashtag **#worldwalkingday** – and let everyone know that you are part of the Global Sport for All Movement.

If you have a communications team or a media mailing list, please send a press release including **#worldwalkingday** and if you need help writing the release, feel free to contact media@tafisa.org

Follow us on social media to find out who else will be joining. We'd love to hear from you as you prepare for the challenge, and when you take part! Tag us to tell us how you are getting on

Facebook - Twitter - Instagram

3. Invite others to take part



Inform your federations, clubs, members, and friends and encourage them to take part individually or with their family, directing them to the TAFISA website.



4. Decide if you want to raise money



You have the option of raising sponsorship money for a local cause to promote grassroots sports. You can set up a page on a **crowdfunding website**. Don't forget to let us know via social media or email what you are planning, and how much you raise!

5. Choose your favourite outdoor activity and make it happen



Pick your favourite physical activity - walking, cycling, running, canoeing, climbing, horse riding, surfing, or something else - and gather your friends, family, and co-workers, or join the relay by yourself. The distance can be big or small. The only rule is that it must take place **from 10am on Sunday 4 October 2020**. Please follow your government's guidelines on social gatherings.

6. Document your day



We are keen to hear from you. Please take photos and videos to record your activity, and post them on social media (**Instagram, Facebook or Twitter**) tagging **#worldwalkingday**

Please tag us too and send pictures and videos to us through:

 **Twitter** - @TafisaOffice

 **Facebook** - @TafisaOffice

 **Instagram** - @tafisaofficial

 **WhatsApp** (+4915736216331)

 email at media@tafisa.org

7. Pass the baton!



Step 1. Make a video of yourself, or other participants, while being active and passing the baton (template and DIY instructions available on the TAFISA website) from the right to the left hand side.

Step 2. In the same video, after you have given away the baton, stop your activity for a second and tell us who you are passing the baton for - whether in the name of a loved one, for your favourite cause, or to support something important to you. Simply say **“On World Walking Day, I am passing the baton for...”** and fill in the rest of the sentence. It can be in your own language; if so, please send us the English translation.

Step 3. Share your videos on social media with the hashtag **#worldwalkingday** and send them to us via WhatsApp or email.

Check out our how-to video for the baton passing on the [TAFISA website](https://www.tafisa.org).



Use the hashtag **#worldwalkingday** to spread the word on social media, even if you are unable to take part this year.

History

TAFISA World Walking Day is the most inclusive and accessible walk around the world.

Over the past three decades, millions of participants have taken part in **160 countries**.

Next year's World Walking Day will take place on **Sunday 3 October 2021** and will be a 30th birthday celebration, for the event and TAFISA! You will be among the first to hear what we have planned.



For more information about TAFISA World Walking Day - 24h Around the Globe, please contact: media@tafisa.org