

FREQUENTLY ASKED QUESTIONS



The Event

What is the SAMH Stomp?

The SAMH Stomp is a stair climbing challenge event taking place at BT Murrayfield Stadium in Edinburgh. Participants take up the challenge to climb up the staircases within the stadium bowl whilst fundraising to support the work of SAMH.

Who are SAMH?

SAMH are the Scottish Association for Mental Health. SAMH currently operates over 60 services in communities across Scotland providing mental health social care support, homelessness, addictions and employment services, among others. These services together with our national programme work in See Me, respectme, suicide prevention, sport and physical activity; inform our policy and campaign work to influence positive social change. For more information visit www.samh.org.uk.

Are there different routes available?

Yes, there are three route options for the event:

- o Classic Stomp – 4,200 stairs
- o Extreme Stomp – 7,500 stairs
- o Ultimate Stomp – 22,500 stairs

What time will the event start and finish?

Starting at 9.30am, participants set off in waves which leave every 15 minutes until 12:00pm, so you can pick a start time that suits you. There is no time limit for completing the route. Please arrive 15 minutes before your wave time.

Do I have to be fit/sporty to take part?

A basic level of fitness is advised to take on these routes. Please remember this is a stair climbing challenge and as such you should be able to climb stairs without over exerting yourself before registering to take part. Please note the Ultimate Stomp will be physically demanding. We've got a training plan to help you prepare for the event and there's no time limit for the routes so you can take as long as you need to complete the event.

Registration

Is there an age restriction on the event?

Yes, you must be aged 16 or over on the day of the event. Under 18's must have written consent from a parent/guardian to participate.

How much does it cost to enter?

There is a registration fee and a minimum fundraising for each route:

- o Classic Stomp - £20 registration fee, £100 minimum fundraising pledge
- o Extreme Stomp - £30 registration fee, £150 minimum fundraising pledge
- o Ultimate Stomp - £40 registration fee, £175 minimum fundraising pledge

How do I enter?

Visit www.samh.org.uk/get-involved/samh-stomp-2020 and click the 'take your first step' button.

Can I register on the day?

Unfortunately not, you must register in advance of the event. Places are likely to fill up quickly so don't wait too long to register! The final closing date for late registrations is 23:59pm on October the 7th 2020.

Can I transfer my place to a friend?

Applications for a transfer can be made in writing to stomp@samh.org.uk and must be made at least 14 days prior to the event.

Can I apply for a refund?

Refunds of registration fees are available within 14 days of registering by applying to us in writing. No refunds will be made after 14 days.

Why haven't I received a confirmation email after registering online?

Your confirmation email may take an hour or two to appear in your inbox or it may have gone into your junk mail. If you still haven't received an email after twenty four hours please contact us at stomp@samh.org.uk.

Can my friends/family/colleagues and I take part as a team?

Yes. There is an option within the registration page to enter your team name. If you are registering as a team this allows us to link you together even if you register at different times. Teams also don't need to all take on the same route as long as you all sign up to the same wave time.

Once you've registered you can create a team fundraising page which your individual fundraising pages will link to – this will keep track of your overall fundraising total. Please note that individual fundraising pledges still apply to all members of teams.

Is there a time limit on the event?

There is no time limit on the event routes (within reason - we all need to go home at some point).

When will I receive my Stomp t-shirt and race number?

Your Stomp t-shirt will be sent out to you prior to the event. If you haven't received this by the 28th of September then please get in touch with a member of the team at stomp@samh.org.uk. Your race number and safety pins to attach it to your Stomp t-shirt will be posted to you 10-14 days before the event. It is important that you keep these safe and wear them on the day.

Are there terms and conditions for the event?

Yes, please make sure you read them: www.samh.org.uk/get-involved/samh-stomp-2020

Fundraising

Can SAMH help me fundraise?

Yes! We have a range of fundraising tips and ideas to help you hit your fundraising target. Get in touch with a member of the team for more information – stomp@samh.org.uk.

I want to fundraise for my own charity, can I do this?

The SAMH Stomp is a fundraising event run by SAMH to support their work across Scotland, you can only fundraise for SAMH at this event.

On the Day

What time should I arrive?

You should aim to arrive at least 30 minutes before your wave time.

What should I wear?

Comfortable and suitable clothing for the event and your Stomp t-shirt. Please make sure you wear appropriate footwear. Visit your local running/sports shop if you need advice.

Will there be a bag drop?

Yes, there will be a bag drop where you may leave coats and small bags. Please be aware that since this is not in a locked room/area anything left here is left at your own risk. Please be aware that bag searches by BT Murrayfield security staff will be in operation.

Can I wear headphones during the event?

No, for your safety you must be able to hear instructions and information from the event team at all times.

Is there water on the route so that I can stay hydrated?

Water stations are available to our participants around the route and at the finish line along with some water fountains in the stadium's upper tiers. Please bring a water bottle with you to fill up, we want our use of single use plastics at Stomp to be as low as possible. Water is only permitted on the event route in closed top bottles or camel packs to prevent spillages.

Will food or drink be available during the event?

Water will be provided for participants during the event and at the finish line. Food and drinks will also be available to purchase for participants and spectators in our event village, alcohol will not be on sale.

Can I bring my own food/drinks?

Yes you can, there will also be food and drink available to purchase at the event. Please note this is an alcohol free event so no alcohol can be brought in to the stadium. No food will be permitted on the route.

Are there toilets?

Toilets will be available from the start/finish line for participants and spectators. There will also be toilets available for participants along the route.

What happens if I can't complete the route?

Let your nearest marshal know and they will find a safe way for you to exit the route and get back to the start/finish line.

How do I get to BT Murrayfield Stadium?

Check out information on travelling to BT Murrayfield here:

www.scottishrugby.org/tickets-and-events/getting-to-bt-murrayfield

Will there be parking at the event?

Yes, parking will be made available on a first come first serve basis. There are lots of public transport options for arriving at BT Murrayfield, find out more here:

www.scottishrugby.org/tickets-and-events/getting-to-bt-murrayfield

Will there be first aid support at the event?

Yes, qualified first aiders will be present throughout the event. If you are feeling unwell/injure yourself during the event, notify your nearest member of staff or marshal immediately.

Can I bring friends and family to watch me take part?

Yes, we'd encourage you to invite as many people to come and watch you as possible! There will be a seating area for spectators so they can watch your progress during the event and see you cross the finish line.

Is smoking permitted at the event?

Smoking is not permitted anywhere within BT Murrayfield.

Can I bring my pet?

Sorry, no are pets allowed. Guide and assistance dogs only.