

Roll a mile in someone else's shoes for a day.

Wheels for a Day is an educational, community team building and fundraising event for schools, focusing on spinal cord injury and disability awareness.

Teachers – An educational activity that teaches students about accessibility, physical disability, spinal cord injury and provides a strong prevention message.

Students – Would you like to have fun while learning what it's like to have a physical disability and be in a wheel chair for a day. Plus compete with your friends, raise the most money and win the title of highest fundraiser.

What is Wheels for a Day:

Wheels for a Day highlights the challenges faced when people are in a wheelchair. Students can learn about accessibility, prevention and how to include people with a disability in activities.

What do you do?

People are invited to use a wheelchair to complete an activity or day at school. Plan an accessibility map around your school and choose an activity (such as a day in a wheelchair or a relay race style event).

Who: Work in teams or as individuals to learn and at the same time raise money for people with a physical disability. The organiser ensures you have teams, a location, wheelchairs and permission and liaises with ParaQuad for support and information kits from the website www.mindyourback.com.au.

Where: The event can be held in your school grounds, a shopping centre or local oval. Check permission with the owner of the venue or council. Many councils have a Disability Officer who may also assist you in planning your event.

Timing: The event normally lasts around one and a half hours—But you can use the concept at a time that suits your school.

Spinal Injuries Awareness Week occurs around the second week of November each year so you may wish to use this week as an opportunity to do your event.

How Much Does it Cost: The event can cost as little as you like. You just need a wheelchair or many wheelchairs. Or if you wish to make it more attractive, media worthy and competitive, you may need to look at costs such as:

- Hire of wheelchairs
- Trophies or certificates
- Advertising for sponsors and what your school is doing
- Printing of posters, sponsorship forms and flyers

What resources do we need to get started:

Depending on the event style you will need the following:

- Wheelchairs – available for hire from many local organization or you may be able to borrow them from your local community health centre, hospital or chemist.
- Download the safety sheets for everyone who is participating to read.
- A map or activity for the day
- A paragraph of what you are doing to share with other students in the school and parents, school newsletter or school website.
- Sponsorship form – available to download from the website www.mindyourback.com.au
- Lesson plans, educational fact sheets on spinal cord injury, disability etiquette and personal stories are also available on the website

How: It's Easy—here are the steps?

1. Decide what you are going to do.

Wheelathon	Wheels for a Day Amazing Race	A day in a Wheelchair	Sponsor a teacher or the principal to be in a chair for the day
Use anything on wheels and get sponsored to go around an oval or school route – See who can do the most laps within an hour.	Set yourself a map, some accessibility clues and see who can complete the race in a wheelchair. Ensure there is always an able bodied person accompanying a wheelchair. Remember this is not a race on time, but on skill.	Select five students from the class to experience the school day in a wheelchair	Is your teacher or principal a good sport? Encourage them to see how accessible your school is and spend a day in the wheelchair. Students can sponsor the teacher/principal to raise money.
Obstacle Course	Wheelchair Basketball	Invite a Guest Speaker	
Organise an obstacle course and see how easy it is to complete in a wheelchair.	You will need at least 10 wheelchairs to compete in this basketball game. Gather two teams and see who can win a basketball game from the seat of a wheelchair.	Depending on location, ParaQuad can organize for a guest speaker to speak to you about what it is like to have a spinal cord injury	

2. Check the accessibility of what you are about to do.

- a. Are there any stairs
- b. Is there an area that wheels would not be able to get over
- c. Are you crossing roads, and is it safe
- d. What obstacles are in your way

3. Decide on a date and time.
4. Organise who will lead this project and who will do what. Jobs may include:
 - a. Talking to the principal and getting approval, a date and time for the event
 - b. Engaging fellow students to be apart of the program
 - c. Downloading resources
 - d. Organise how you will advertise the event
 - e. Who will get sponsors?
 - f. Who will liaise with ParaQuad to help them?
 - g. Who will organize wheelchairs?
 - h. Who will organize the event?
5. Organise the event
6. Develop the advertising. This may include:
 - a. Putting something in the school newsletter
 - b. Contacting the editor of your local newspaper or radio station
 - c. Putting together a flyer with the details of the event
 - d. Organising a school sponsorship page – ParaQuad can help you with this
 - e. See if your council has a newsletter that goes out
 - f. Invite your local Federal and State Minister and Mayor
 - g. Share the information in your community – put up a poster in the library, at council, on noticeboards
 - h. Poster and Flyer
7. Get Sponsors – The easy way is to download a copy of the sponsorship form to use from www.mindyourback.com.au
 - a. Ask your friends and family to support you
 - b. Maybe some of your local shops may sponsor you

Resources available from ParaQuad:

- Sponsorship Form
- Flyer template
- Poster template
- Wheels for a Day clues
- Media Release template
- Wheelchair hire contacts
- Wheelchair basketball rules