

# Dreams United: Stadium Sleep Out

## Frequently Asked Questions

### How much does it cost to take part?

Registration is £30 for adults and £15 for under-18s.

### Can children take part?

Yes! The minimum age is 8 and all those under the age of 18 must be supervised by an adult. Children under the age of 11 need to be accompanied by their parent or legal guardian.

For young people over the age of 11 with organisations such as the Scouts, Schools or Church Groups, we ask that there are two adults for a maximum of 16 young people. All other young people over the age of 11 attending as part of a one-off group must be supervised by a responsible adult.

Younger people and families will have their own separate area to sleep in.

### Can I fundraise as part of a team?

Yes! When you register, you will be given the option of creating a new team or joining an existing team.

### Where will my fundraising go?

The money raised will be shared equally between the five participating charities: [Watford FC Community and Sports Education Trust](#), [One YMCA](#), [New Hope](#), [Herts Young Homeless](#), and [DENS](#). To find out more about each of these charities and the work they do in supporting people experiencing homelessness across Hertfordshire, please click the links above.

### Is there a place for me to smoke?

No smoking is permitted inside the stadium. Participants will have to leave and re-enter the stadium via Gate 18 should they want to smoke.

### What's included in the registration fee?

- Hot meal\*
- Three hot drinks tokens
- Hot bacon roll or alternative
- Entertainment and activities

*\*if you have any specific dietary requirements or allergies we welcome you to bring your own snacks*

### Where can we park?

Parking is severely limited around Vicarage Road Stadium. There will therefore not be any parking available at the stadium for this event. We advise participants to use public transport or park in local car parks (situated roughly a 15-minute walk away from the stadium). These car parks are: Gade Car Park, Rosslyn Rd, Watford WD18 0JX; or Church Car Park, Church St, Watford WD18 0PL). These are at a cost and not run by us. If you have any access requirements, please do get in touch; we will gladly assist and provide further information on parking options.

### Where do I go on the night?

You will be entering and leaving through Gate 18, which is on Stadium Way.

### Can I register on the night?

This event is limited, so places may sell out prior to the event. If places are still open, registration on the night will be allowed. Keep an eye on our social feeds for up-to-date information, or to avoid disappointment, don't delay and sign yourself up today!

### Where will I be sleeping?

Participants will have the choice to either sleep in the Rookery concourse (inside the stadium), or in the Rookery stands overlooking the pitch (outside but sheltered). Regardless of the weather conditions, you will be sleeping outside or in the concourse. We recommend that you bring appropriate equipment and wear suitable clothing and footwear. Please note there will be no pitch access throughout the night.

### What should I bring?

- Warm clothes (lots of layers to keep warm!)
- Waterproofs
- Foam ground mat
- Sleeping bag
- Blankets
- Pillow
- Torch
- Snacks
- Materials to decorate your sleeping area
- Any essential medication you need while you are at the event
- Empty reusable water bottle – there will be a water refill station available

Please do not bring liquids (including alcohol), tents or any pets! Please do not play your own music outside.

Access to refreshments will be provided. Three drinks tokens will be provided to participants to use during the event.

### What time should I arrive?

Registration opens at 6.30pm. We've got entertainment, speakers, activities, and hot food for you to enjoy before you bed down, and then a hot breakfast in the morning!

### What about health and safety?

We have carried out a risk assessment and St John Ambulance will be present throughout the night. Security will also be awake all night ensuring the safety of every participant.

Please follow all current COVID 19 laws and guidelines and we ask that you do not attend if you test positive or display any symptoms.

Please ensure you are fit and healthy to take part; medical insurance does not include cover in the event of illness if participants are attending the sleep out contrary to medical advice and are not in good health.

### If I have an emergency or safeguarding concern, who do I contact?

There will be plenty of staff and volunteers around on the night, including qualified personnel from St John Ambulance and our security team, should you have a concern or issue. You can also contact Leah Crocket on 07826 551800 or Kristian Hitchins on 01923 496231. Watford General Hospital is also right next door to the stadium.

### I am unable to participate in the Dreams United: Stadium Sleep out. Is there anything else I can do?

You are welcome to [make a donation here](#).