



**American  
Red Cross**

Youth Engagement

# ACTIVITY GUIDE

*Impact Starts Here*

The American Red Cross has developed fun activity guides for youth volunteers to use to help spread the word about the Red Cross and its mission: to prevent and alleviate human suffering in the face of emergencies, by mobilizing the power of volunteers and the generosity of donors.

Activity Guides can be used by Red Cross Clubs, general youth groups or any other students who want to organize Red Cross mission-related activities. No matter which activity you choose, get in touch with your local Red Cross region or Service to the Armed Forces (SAF) station.

With these helpful resources and guidelines, you can definitely make your activity a success!

## READY RELAY







## READY RELAY

### About

Ready Relay is a fundraising activity where teams of four to six youth volunteers compete against one another to complete a series of Red Cross mission-related tasks.

### Purpose

Through collaboration and informative activities, you will help to raise money that will go towards funding important mission-related services, such as providing shelters for victims of disaster and restoring family links internationally.

### Time Required

This event requires approximately 3 weeks to plan.

### Volunteer Services Contact

Before you begin, contact your Regional Volunteer Services Officer (RVSO), who will guide you to resources that can make this an impactful and successful event! You can search for your regional Volunteer Services contact info by entering your zip code [here](#).



## READY RELAY PLAN

*Here is a detailed checklist to help you plan your Ready Relay:*

### Step 1: Time and location

- ☐ Find a public place that has a lot of foot traffic, such as a mall or a park, to host your Ready Relay event. Contact your town/city to obtain permission and/or permits to carry out your event.

### Step 2: Plan the logistics

- ☐ Decide on an entry fee for each team or participant, a “home base” location for participants to report back to, and a prize for the winning team. A suggested donation is \$5 per participant.

### Step 3: Plan tasks

- ☐ Choose what mission-related tasks participants should complete for the event. A [task sheet](#) with example tasks is provided. Plan how to distribute tasks, such as printing them out in advance and handing them to each team captain. If team captains have phones, you may text tasks to each team captain and ask them to send proof of completed tasks in the form of pictures or videos back to you. This is great content for future social media posts to share the success of your activity.

### Step 4: Promotion

- ☐ Use your social media account or your region’s newsletter, put up [flyers](#) around school, and make a school-wide announcement to get the word out. You may also print out sign up sheets and create an RSVP form on Volunteer Connection to share with participants. Ask people to sign up on teams of 4-6 participants. Encourage them to get creative with their team names!

### Step 5: Host the event

- ☐ Have everyone begin from one designated spot, where you will distribute the first task. Continue distributing tasks until teams have completed all tasks and a winner is determined.





## READY RELAY RESOURCES



### Resources Included In This Package:

- [Ready Relay Plan](#)
- [Ready Relay Flyer](#)

### External Resources:

These resources may be used to help you develop mission-related tasks:

- [Emergency Preparedness Kit Supplies and Quiz](#)
- [Emergency Contact Cards](#)

### *Red Cross Club Toolkits*

Review youth volunteer resources on [RedCrossYouth.org](https://www.redcrossyouth.org). Share the Red Cross Club Toolkits with students at the event who may be interested in learning about Red Cross Clubs.

### *Share With Us*

Share pictures and videos of your Ready Relay activity by posting them in the [American Red Cross Youth Network Facebook Group](#) or posting on Instagram and tagging [@americanredcrossyouth](#).



### *Looking For More Information?*

If you're interested in organizing another activity, visit our Activity Guides Archive [here](#)!

Have more questions about volunteering with the American Red Cross as a youth volunteer? Email [youthinvolvement@redcross.org](mailto:youthinvolvement@redcross.org)!

## READY RELAY TASK SHEET

*Cross out the icon once the task is completed!*



Disasters may require you to be resourceful.

Take a picture of you bandaging a stranger's arm with something that you have handy.



First aid kits are essential in case of injury.

Find five items from people around the area that could be included in a first aid kit.



Did you know the Red Cross First Aid App provides you with information about how to deal with emergency situations?

Get three people to download the free Red Cross First Aid App.



Being prepared ahead of time is important.

Have someone take a quiz and earn a badge in the Red Cross First Aid App.



Would you know what to do if your clothes were on fire?

Send a picture of someone demonstrating "Stop, Drop and Roll."



Having emergency contacts established is an easy first step to ensure that you're ready for a disaster.

Have five people fill out a Red Cross Emergency Contact Card.



Finding a creative way to tell the Red Cross story can help us reach new people.

Write a short, eight-line Red Cross rap or song. Video yourself performing it with someone.



The Red Cross is dedicated to supporting our service men and women.

Find a veteran and thank him or her with a high-five or by calling and/or sending a text message.



The Red Cross helps educate people on International Humanitarian Law and the rules of war.

Have a friendly thumb war with someone from around the area.



Did you know nearly 40 percent of the nation's blood supply comes through the Red Cross?

Find someone who is blood type O negative, which is the universal blood type, and explain to them the importance of donating blood.



## READY RELAY

**Many tasks. Many teams. One Relay. One Red Cross.**

Learn about the American Red Cross. Compete against other teams to raise money.

**Sign Up Today!**

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### **All donations via Ready Relay go to the American Red Cross.**

- In 2019, donors like you helped the Red Cross provide over **130,000** overnight shelter stays for people facing disaster.
  - Each year, local Red Cross chapters respond to nearly **70,000** disasters.
  - The Red Cross provided **6.7 million** meals and snacks to people affected by disaster in 2019 and reduced measles deaths by 73 percent globally (compared to 2000).
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