

EVENT FAQ'S

EVERY STEP COUNTS

DARKNESS TO DAYLIGHT CHALLENGE



WHAT IS DARKNESS TO DAYLIGHT?

Darkness to Daylight (D2D) is an annual fundraising even and a symbolic 110km overnight run with each kilometre a life lost to DFV in Australia each year.

This year due to COVID-19 we have adapted the event to ensure we offer a safe way celebrate coming together as a community to raise awareness and funds for Domestic and Family Violence (DFV) prevention.

WHO IS AUSTRALIA'S CEO CHALLENGE?

Australia's CEO Challenge (ACEOC) is a recognised not for profit that partners with workplaces to end the epidemic of domestic and family violence (DFV) in the community.

WHAT DO I NEED TO DO?

- [Register](#) to participate in the event, set up your fundraising page and register your device to track your progress
- Bring the message out of the darkness – join the [Facebook group](#), tell your family and friends you are participating, share awareness about DFV by having a conversation.
- Share your journey – share your fundraising page, share your progress with your network via social media using our easy to use [templates](#).
- Check out the [website](#) to learn about the various aspects of the event – eg opening and closing ceremonies, how you can earn badges throughout your journey, downloadable resources, awards and prizes.

HOW CAN I REGISTER?

You can [register here](#) – don't forget to set up your fundraising page – add your device to track your progress.

HOW CAN I RAISE AWARENESS ABOUT DFV?

We recognise talking about DFV can be overwhelming. Knowing what to say if someone discloses experiencing or using violence can sometimes be a barrier to having these important conversations. You don't have to be an expert. Please read our [raising awareness tips](#) on the website.

WHAT IS A VIRTUAL CHALLENGE, AND HOW IS IT DIFFERENT FROM AN IN-PERSON EVENT?

With the virtual challenge you can complete as many of the 110km as possible over the month of October that can be run (or walked) from any location you choose. You can run, jog, or walk on the road, on the trail, in the park, on the treadmill or on the track. You get to run your own race, at your own pace, and time it yourself. Participants can log their activity via our online portal which connects to fitness devices/apps.

The portal for recording your activity will go live on the 1st of October and will close on the 30th of October at 8 am. We have also created an online closed group for our virtual event and all registered participants can join this group.

HOW LONG DOES THE VIRTUAL CHALLENGE GO FOR?

The virtual challenge commences October 1 2020 and concludes October 30 2020, during this time you can cover as much or as little distance as you like.

To reach 110km during the month it takes on average 3.6km a day or 3900 steps per day.

You may choose to do participate however fits your lifestyle, over the month, in a weekend, with a team, a freind, your family or your pet.

CAN I STILL PARTICIPATE WITH THE PEOPLE I REGISTERED WITH?

Yes you can. We encourage you to complete the Darkness to Daylight event in a team. Teams may choose to participate in a relay, sharing portions of the journey and distance. Please adhere to social distancing requirements in your area and maintain your personal safety.

WHAT SAFETY MEASURES SHOULD I BE AWARE OF?

Your safety, and the safety of our community, is our number one priority. Practice safe social distancing as required by your location and good personal hygiene practices, adhere to all workplace safety practices, local road rules, and be aware of your surroundings.

HOW WILL MY TIME/DISTANCE BE RECORDED?

You can log distance on your fundraising page through your Fitbit, mobile phone or tracking device. Alternatively, you can manually upload your activity.

[Follow these steps](#) to keep track of your distance.

DO I HAVE TO TRACK MY DISTANCE?

Keeping track of your progress is a great way to keep stay informed about your progress towards your target, but not essential. It is your choice to submit results via the event website.

WILL THERE BE A LEADERBOARD?

A leaderboard is available on the darknesstodaylight.org main page.

HOW DO I RAISE FUNDS?

When you register you are encouraged to set up a fundraising page to support your fundraising efforts. We encourage you to get creative with your fundraising, and keep the FUN in FUNdraising! For some great ideas on fundraising please refer to our fundraising essentials guide on the resources tab of the website, darknesstodaylight.org.

WHERE DO FUNDS RAISED GO?

Each year the funding we receive goes directly towards supporting our programs which educate people in our workplaces and our communities. We work hand in hand with workplaces and essential services to determine priorities and the allocation funding to projects in our local community.

HOW CAN I CONNECT IN MY COMMUNITY?

Registered participants can join the exclusive Facebook virtual event group. You can post a shout out for anyone in your area and create a team. You can also create teams with colleagues, friends and family.

We encourage all participants to follow the health recommendations in relation to COVID-19. Updates will be available via our social media pages, make sure you are following us.

WHAT IS THE VIRTUAL CHALLENGE HASHTAG/S?

#d2d #mywhy

Be sure you use these hashtags in all your posts.

WHAT HAPPENS AT THE END OF THIS VIRTUAL EVENT?

At the close of the event, on October 30 at 8am, you will no longer be able to log any activity to contribute to your participation. We will be offering an official virtual closing ceremony to celebrate our collective achievements, further information will be provided to participants closer to time. Keep an eye out via our Facebook group and event website.

We encourage you to catch up with colleagues, friends and family and share your achievements along the way. It is time to acknowledge and celebrate the awareness and funds you raised to support Australia's CEO Challenge goal of ending domestic and family violence.

MORE QUESTIONS?

If you have more questions or experience any issues, you can reach out to us at eventcrew@aceoc.org