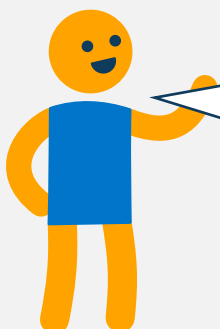


# SUMMER HOLIDAY CHALLENGE

No.1

## LITTER RELAY

Enter for  
a chance  
to win!



It's important to keep getting active over the summer holidays so we're challenging you to 'try something new' with Team GB and ParalympicsGB athletes!

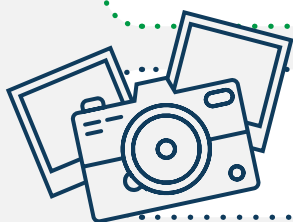
Relay is a sport which involves passing a baton between team members. **Try this relay challenge** with your friends or family to get active whilst helping to clean up the planet!

### What do I need?

- Gloves
- Rubbish bag
- Something to keep time e.g. a watch
- Litter picker (optional)

### How long will it take?

10 minutes +



Share your best photo or video and you may win a prize!

(see 'How to enter' for more details.)

Make sure to  
wear gloves  
to keep your  
hands clean!

## What should I do?

1. **Find a safe area** with enough space to do the challenge, with some litter to pick up and a bin. This might be your street, a local park or even your messy bedroom!
2. Space yourselves out around the area and **decide who will be going first**.
3. Choose one person to be the timekeeper.
4. The first relay runner should **pick up as much litter as possible** in 10 seconds and put it in the rubbish bag.
5. When the time is up pass the bag onto your teammate who does the same thing.
6. Take a picture of all the rubbish you've collected to show us how well you're saving the planet!
7. The final relay runner should **dash to a bin** and empty the rubbish into it.
8. Why not **repeat the challenge** and see if you can pick up even more litter the second time around?

Go to: [getset.co.uk/travel-tokyo/summer-holiday-challenges](https://getset.co.uk/travel-tokyo/summer-holiday-challenges) to watch the video.

## How to enter

Share your photo or video on social media or by email:

 @GetSetCommunity

 @GetSetClub1

 @GetSetClub

 [getset@getset.co.uk](mailto:getset@getset.co.uk)

Submit your  
challenge  
attempt by:  
**5th September  
2021**

## How the challenge will be judged

Challenge attempts will be judged by a Travel to Tokyo panel who will be looking out for:

1

**Amount of  
litter collected**

2

**Good  
teamwork**

## Log your activity

Don't forget to log your activity against your team for the chance to win great prizes.

[getset.co.uk/travel-tokyo/log-activity](https://getset.co.uk/travel-tokyo/log-activity)

**Good  
luck!**