



FREQUENTLY ASKED QUESTIONS

1. How do I sign up?

You can sign up by visiting www.concern.org.uk/climbforconcern or can find out more information by contacting the team on getinvolved@concern.net

2. Who can take part in the challenge?

The challenge is open to anyone with access to stairs or steps – and these don't necessarily have to be in your house! There are challenges of varying difficulty for different abilities.

3. What if I injure myself or start to feel unwell?

If you injure yourself, or start to feel dizzy, light headed or generally unwell please stop the challenge immediately and call a doctor if you are concerned.

4. How long does the challenge take?

Once you sign up, you have up to 14 days to complete your challenge. We recommend you set yourself a goal at the start so you know your daily steps target.

5. Does the distance include going down the stairs also?

No, the way we've calculated the distance is by ascending your flight of stairs only. So, if you have 14 steps in your staircase, and climb UP the stairs 30 times, this will count as 420 steps towards completing your summit challenge.

6. Should I wear any specific clothing?

We would recommend wearing comfortable and sturdy footwear, along with active wear or clothing you feel comfortable exercising in.

7. How many people can take part? /Can I take part with the whole family?

There are challenges available for individuals or for teams, so you can indeed take part with your family! You can also sign up with friends and take on a team challenge remotely.

8. How do teams work?

Teams can either be formed by a family from a single household, or friends and family can form a team and take part in the challenge together remotely. If you work in a team, you'll split the total height of the summit between each other.

9. Can I do my challenge outside or does it have to be indoors?

If you do not have stairs in your house, but have access to steps nearby, you can take on the challenge there. Please adhere to the UK government lockdown guidelines if you're taking part outside of your home.

10. What if my stairs aren't safe?

If your stairs are unsafe, for example wobbly or unstable, we recommend that you find a different set of stairs to use for the challenge. The challenge can be taken on stairs outside of your home if you have access to some.

11. How will my fundraising help?

The money raised through this challenge will go to Concern's ongoing work to end extreme poverty and hunger in the world's poorest countries. Your support could help us deliver life-saving and life-changing interventions to some of the world's most vulnerable communities.