

RULES FOR THE EVENT - These are the rules/suggestions set out for the event

FACE & BODY PAINTERS - If you are a face painter and you would like to take part please try and follow these rules where ever possible

1. Bumps must be painted on 23rd March to be counted in your total bumps painted (this is a 24 hour event and is designed to be a challenge)

If there are any mums that are due before the date of the event, you can still paint them but they should not be included in your total for the bump-a-thon.

2. Painting can take place wherever you can do it, in your own home, at the mum-to-be's home, a friends house, a hotel, hospital ward, anywhere you and the mum's feel comfortable.

3. You can join up with other painters in the area and all paint at the same location if there is room.

4. The suggested amount to charge the mum's to get their bump painted is £5 per bump, this is to go towards the cost of paints. This is on condition that they promise to get their family and friends to sponsor you. If you feel you are in a position to paint for free and would like to donate the £5 to Sport Relief, you can.

5. You can sponsor yourself.

6. The design doesn't have to be related to sport, it is entirely up to you and the mum to be you are painting.

7. Make sure you take rests regularly.

8. Above all else "Have Fun" this should be an enjoyable experience for everyone involved.

MUM'S - If you are a mum to be please read these guidelines

1. You are receiving a professional service at a fraction of the price it would normally cost. Please pay your painter the £5 fee and then get all your friends and family to sponsor them.

2. Make sure you are comfortable while you are being painted. This will help the painter because as long as you are comfy she/he will be able to concentrate on the artwork. Try and go to the toilet before they start so that they can paint you as fast as possible. Most bumps take around 1 - 2 hours to paint.

3. Help the painter to get as many bumps to paint as possible by telling any other pregnant ladies you know about the event. Maybe you could have a word with your local Antenatal Group and see if they would let you do the painting there?

In Support of Sport Relief, an initiative of Comic Relief,
registered charity 326568 (England/Wales); SC039730 (Scotland)