

IRC Squat challenge FAQs



What is the squat challenge?

This is a virtual event which challenges you to complete 1,000 squats in 14 days. You can include this as part of your normal workout or take it on as completely separate challenge. You can do as many or as little squats as you like a day but the challenge is to complete 1,000 squats in 14 days.

When does the squat challenge take place?

The challenge starts from when you sign up, giving you 14 days to complete it.

Is there a registration fee?

No, it's completely free to sign up. However, as this is a challenge, we encourage you to fundraise for the IRC which can be done using [JustGiving](#) or through a [Facebook fundraising page](#). The money you raise will help us in our efforts of saving more families and futures that have been devastated by conflict and disaster. This includes our response to Coronavirus where we are working to detect, respond and prevent further spread of the disease in over 40 countries, including Greece, Italy and Syria.

Is there an age limit for the squat challenge?

There's no age limit, we encourage those of all ages to take part. However, if someone taking part is under the age of 18 they will require permission from their parent or legal guardian to take part in this fundraising activity.

What is JustGiving and how do I use it?

JustGiving is an online fundraising platform which allows you to easily collect donations which go straight to the IRC. You can create a page [here](#) to share with friends and family to encourage them to donate to your exciting challenge.

How do I set up a fundraising page in Facebook?

Log into your Facebook account, and in the top right corner, select 'create'. Select the option 'fundraiser' and follow the steps. When selecting your charity, be sure to search for 'International Rescue Committee - UK'. Remember to give your squat challenge an exciting name to stop your friends and family in their newsfeed scroll.

What happens when I sign up and how will the IRC support me?

The IRC will be with you the entire way providing motivating tips, fundraising ideas and information. You can access these in the dedicated emails you'll receive from us as well as in the exclusive Facebook

Group you have access to once you've signed up. This is a great place to look for advice from fellow fundraisers.

Do I have to fundraise and is there a minimum fundraising amount?

As this is a challenge, we encourage all participants to fundraise for the cause. The hard earned money you raise will help us to continue our life-saving programmes in over 40 countries. While there is no fundraising target, we recommend setting an initial target of £100. You can always increase this as you start to hit your challenge targets!

Can I count more than one type of squat to my daily count?

Of course, not all squats are for everyone so as long as you do some form of a squat then you can definitely count it towards your challenge.

Can I do more than 71 squats a day?

Of course, sometimes you're in the 'squat zone' and sometimes you need a rest so do as many that you feel is fun and challenging enough for you. Please just remember to stretch before and after your squats to avoid injury.

Is there a fundraising guide?

Yes, we've got some tips and tricks to get your fundraising flying. [Download the guide here.](#)

How can I track my progress?

We recommend keeping track of your squats in a way that's easiest for you, whether it's on your phone, writing them down or texting yourself!

Can I participate as a team?

Of course, the more involved the better. This is a great way to encourage your friends and family to join you. You can split the number of squats you each complete and individually encourage your friends and family to donate. You could even compete with your team members on who fundraises the most.

How do I pay in the money raised?

If you set up a JustGiving or Facebook fundraising page, the money donated will automatically come to the IRC, so you don't need to do anything.

What is Gift Aid?

If someone is donating to your challenge and is a UK taxpayer, they can claim Gift Aid on their donation. This means for every £1 they donate, the government will add 25p – just like that! This means the money you raise can go even further!

How will the IRC spend the money I raise?

We do our best to use donations wisely and efficiently, and are consistently awarded top marks by charity watchdog groups for our efficient use of donor contributions and the effectiveness of our work.

In 2019, we spent:

- 87% on programmes and services
- 8% on management and general
- 5% on fundraising

I can't find my answer here, who can I contact?

You can email our supporter care team on contactus@rescue-uk.org or call 0203 983 2727.