

# CAVES for kids

Holland Bloorview | Kids Rehabilitation Hospital

PRESENTED BY HOT SAUCE CO.



## HB HEAT HEROES

### EVENT TOOLKIT



# CALLING ALL CAPES FOR KIDS SUPPORTERS!

## GET READY TO TURN UP THE HEAT AND MAKE A DIFFERENCE!

Introducing Capes for Kids *HB Heat Heroes*, brought to you by our amazing partners at Hot Sauce Co. It's an all-new way to spice up your Capes for Kids experience and show your support for Holland Bloorview!

Think you can handle it? Brave participants will test their heat tolerance as they face a gauntlet of fiery questions and increasingly intense hot sauces. It's a challenge you won't forget!

Host a HB Heat Heroes event at your office, and support kids and youth at Holland Bloorview. This guide will provide you with everything you need to get started.

Remember, being a superhero isn't about having superpowers – it's about courage, resilience, and a willingness to step outside your comfort zone.

Can you handle the heat? 

### **BENEFITS OF PARTICIPATING:**

- **Team Building:** Foster camaraderie and work towards a shared goal.
- **Networking:** Great opportunities for staff to engage with colleagues from different departments.
- **Unforgettable Experience:** Create a unique experience that your team will be talking about for years to come.
- **Change lives:** Create healthy and meaningful futures for all kids by fundraising for Holland Bloorview.



**Check out an event  
from 2024!**



# **UNLEASH YOUR TEAM'S INNER SUPERHERO: A STEP-BY-STEP GUIDE TO HB HEAT HEROES**

- 1. Assemble Your Squad:** Gather a group of volunteers to form your event committee, who will help plan and execute an amazing event.
- 2. Recruit Your Heat Heroes:** Choose your participants! Will it be members of your senior leadership team, nominees from each department, or those who are willing to raise the most funds for Holland Bloorview?
- 3. Set a Fundraising Goal:** Determine a target and set up individual or team fundraising pages. Your Holland Bloorview contact will help you get set up.
- 4. Spread the Word:** Promote your HB Heat Heroes event at work, encouraging employees to donate and support their colleagues.
- 5. Gather Your Supplies:** Use our comprehensive event kit to gather all the necessary supplies, from hot sauces to milk, and our branded capes! We're here to support and answer any questions.
- 6. Plan Your Event:** Choose a suitable space, create an event schedule, decide on layout and how you'll select the winner(s)!
- 7. Craft the Interview:** Decide on your host, interview format, and number of questions. Mix it up with audience submissions, fun trivia, and prompts designed to elicit humorous responses.
- 8. Execute with Excellence:** Kick off your event with a welcome message and a good luck video from our honorary Capes for Kids kid captains. Then, turn up the HEAT!
- 9. Share Your Success:** Celebrate your achievements and spread the word about your incredible fundraising efforts. Share photos and videos on social media, tagging Holland Bloorview to amplify your impact.
- 10. Make it Your Own!** These steps are just a guide. Feel free to customize the challenge to fit your company culture and preferences. Work with us or your committee to create a unique and unforgettable experience.

*By following these steps, you'll be well on your way to hosting a successful HB Heat Heroes Challenge that will engage your employees, raise vital funds for Holland Bloorview, and leave everyone feeling inspired.*

# EVENT ESSENTIALS

**THIS GUIDE WILL HELP YOU WITH EVERYTHING YOU NEED TO PLAN A SUCCESSFUL EVENT!**

## TEMPLATES AND TOOLS

- Essential supplies
- How to fundraise
- Event setup and flow
- List of sample questions
- Sample script
- Handling hot sauce

## HEAT HEROES KIT - SENT TO YOUR WORKPLACE

- Mini kit of various hot sauces provided by our partner, The Hot Sauce Co.
- Capes for participants
- Posters, balloons and stickers

Connect with us to get started and have your kit delivered to you!



You can also check out our fundraising resources, like sample emails, social media templates, posters, and more [here](#).

**WHEN HOSTING AN EVENT, IT'S IMPORTANT TO MAKE SURE EVERYONE IS INCLUDED! CHECK OUT OUR ACCESSIBLE EVENTS GUIDE TO ENSURE YOUR EVENT IS WELCOMING FOR EVERYONE!**



# ESSENTIAL SUPPLIES

## **TO ENSURE A SUCCESSFUL AND ENJOYABLE CHALLENGE, WE'VE PROVIDED A LIST OF ESSENTIAL ITEMS:**

### **Food Items:**

- Pre-cooked wings or wing alternatives (cauliflower bites)
- Assorted hot sauces – we can provide, or source your own!
- Milk or non-dairy alternative
- Cold water

### **Other Supplies:**

- Wet wipes
- Paper towels/Kleenex
- Air fryer (optional if cooking wings onsite)
- Serving platters and utensils
- Cups
- Timer or stopwatch
- Microphone and speakers
- First aid kit

### **REMEMBER:**

- Adjust the number of wings and hot sauce levels based on the time available and participant preferences.
- Ensure all participants are aware of the rules and safety guidelines.
- Create a fun and supportive atmosphere to encourage participation and maximize fundraising efforts.

With a bit of planning, your **HB Heat Heroes Challenge** will be a memorable and impactful event for everyone involved!

# **HOW TO FUNDRAISE**

## **THE BEST WAY TO GUARANTEE DONATIONS IS TO GET YOUR LEADERSHIP INVOLVED! WHO WOULDN'T DONATE TO PUT THEIR BOSS IN THE HOT SEAT?**

1. Get buy in from senior leadership to participate.
2. Agree on a fundraising goal for all participants.
3. Set up a corporate team and participant pages on [capesforkids.ca](https://capesforkids.ca).
4. Send out a communication to employees outlining the event and how to donate.
5. Encourage participants to share their fundraising page broadly to maximize donations from their networks.
6. Post the team link on your company's social media to promote your participation.
7. Encourage any employees who would like to fundraise to set up their own page and earn a cape!

### **Tips on collecting employee donations:**

- Use your company's existing giving platform (like Benevity).
- Collect donations in exchange for a ticket to attend the event.
- Collect donations in exchange for submitting interview questions for specific participants.





# EVENT SET UP AND FLOW

## **THIS GUIDE OUTLINES THE RECOMMENDED SETUP AND FLOW FOR YOUR HB HEAT HEROES EVENT, ENSURING A SMOOTH AND ENGAGING EXPERIENCE FOR ALL PARTICIPANTS AND SPECTATORS.**

### **Room Setup:**

- Arrange the room with a designated table at the front, allowing for clear visibility for the audience.
- Ensure comfortable seating for participants at the challenge table.
- Set up audience seating with a clear view of the challenge area.

### **Wing Preparation:**

- Pre-cook wings in advance and reheat on the day of the event or Order wings and meat alternative 'wings' two hours before the event.
- Coat wings with the various hot sauces in increasing order of spiciness.
- Place wings with corresponding hot sauce in front of each participant. Create labels with the name of each hot sauce.
- Place prepared wings on plates along with necessary items: paper towels, glass of water, glass of milk, other items as needed (e.g., napkins, wet wipes).

### **Flow:**

- Begin with a welcome and introduction, explaining the rules and format of the challenge.
- Play a fun video from us with honorary kid captains cheering you on.
- Proceed through the hot sauce levels, allowing participants ample time to consume each wing and answer questions.
- Incorporate breaks between levels to allow participants to cool down and rehydrate.
- Conclude with a celebration of all participants and recognition of the winner(s).

### **Additional Considerations:**

- Prepare a slide show to enhance the event.
- Consider offering mild or non-spicy options for those who want to participate but can't handle the heat.
- Emphasize the fun and fundraising aspects of the event over extreme levels of spiciness.
- Highlight the connection to Holland Bloorview and the positive impact the event will have.
- Capture photos and videos of the event with participant and audience consent.



## ***SAMPLE QUESTIONS***

- What does Holland Bloorview and Capes for Kids mean to you?
- At \_\_\_\_\_, we're committed to Diversity, Equity and Inclusion. What are your biggest focuses for accessibility for 2025, and what do you think are some of our biggest challenges to achieving these goals?
- What's one thing that you love about our company culture, that makes you feel included?
- Universal design is the process of creating products that are accessible regardless of disability, age or other factors. How can we incorporate universal design and better inclusion into everything we do here at \_\_\_\_\_?
- What are you most looking forward to on your teams in 2025?
- Every superhero has an origin story – tell us yours.
- Capes for Kids is all about unleashing your inner superpower. If you could have any superpower, what would it be and how would you use it to make a positive impact in your role here at work or in the world?
- You're here today as a HB Heat Hero, to show your support of Holland Bloorview. Tell us about someone who you view as a hero in your own life, and why they made such an impact on you.
- Show us the last photo in your camera roll – and explain it!
- What's your kryptonite? Tell us about your biggest pet peeve!
- Rapid fire questions – Ask a series of simple questions, immediately after the participant has taken a bite. Examples – how many days of the week end in the letter Y, name a country that starts with P, etc.





## SAMPLE SCRIPT

Welcome everyone, to HB Heat Heroes at \_\_\_\_\_, in support of Holland Bloorview's Capes for Kids! It's the show with hot questions and even hotter wings. I'm your host, \_\_\_\_\_, and to start off, I'd like to tell you why we're here today. At XX, we're committed to creating a workplace that's welcoming for everyone, and we're proud to support organizations like Holland Bloorview, that are doing the work to create a more inclusive future for kids with disabilities. Holland Bloorview is Canada's largest pediatric rehabilitation hospital, serving over 9,000 kids across Ontario every year, and donations raised today will fund important programs and services like independence workshops, instruments for music therapy, and financial support for families to spend on essentials like wheelchairs and transportation.

*(Any personal stories/connections to Holland Bloorview can be shared by someone here)*

Before we get started, I'm going to share a special video message from Holland Bloorview ambassador, XX.

*(Play Kid Captain video)*

Now, let's get into some introductions. Let's turn it over to our brave participants. Please introduce yourselves, and tell us how do you tolerate spice?

*(Participants introduce themselves)*

Before we get started, let's establish some ground rules! Today, all our participants are winners – after all, they're doing this for a great cause! But, to make things more exciting, those of you who can get through all of the wings and questions without water, milk, or anything else to help you, will go home with all the GLORY!

Are you ready?? Let's get started with the first hot sauce and the first question

*(Describe hot sauce #1)*

*(Ask question #1)*

Ok, we're just getting started here! The questions are going to keep coming, and the sauces are going to get even hotter! Onto the next:

*(Describe hot sauce #2)*

*(Ask question #2)*



## **SAMPLE SCRIPT CONT.**

I think our participants are starting to feel the heat! Just a reminder to all of you that you're doing this for a great cause, and I'll be sharing how much we raised for Holland Bloorview at the end, so you can all feel great about doing this today! Ok, up next!

*(Describe hot sauce #3)*

*(Ask question #3)*

We're getting close to the finish line! Let's give it up for our brave HB Heat Heroes to get them through the next one!

*(Describe hot sauce #4)*

*(Ask question #4)*

This is it! We've made it to the final, hottest wing and spiciest question! Let's see if they can make it through the last round.

*(Describe hot sauce #5)*

*(Ask question #5)*

Well, there you have it everyone! Our brave participants have made it through and are officially crowned this year's HB Heat Heroes! Now, while this was a whole lot of fun and entertainment, the most important thing that we accomplished here today, is that we raised a whole lot of money for a worthy cause. Before I announce the final total, I want to take a moment to thank everyone who helped put today together (name any volunteers). And of course, let's give it up again for these brave souls who got up here today and took one for the kids! And of course, to everyone who donated and supported!

Now, drumroll please! We have raised an amazing \_\_\_\_\_!! These funds will go such a long way in creating a world of possibility for kids with disabilities! THANK YOU!!!

# **GENERAL RULES – HANDING HOT SAUCE**

## **Safety First:**

- Participants should not have any known allergies or health conditions that could be aggravated by spicy food.
- Acknowledge the risks involved in consuming spicy food.
- First aid supplies and access to medical personnel should be readily available.

## **Food Handling and Preparation:**

- Use proper food safety practices when preparing and serving the wings/bites.
- Clearly label the different levels of spiciness for each sauce.
- Provide adequate amounts of water, milk, or other cooling beverages.

## **If hot sauce gets into eyes:**

- Don't rub: Resist the urge to rub your eyes, as this will only spread the hot sauce and worsen the burning sensation.
- Wash your hands thoroughly: Use soap and water to ensure no hot sauce residue remains on your hands.



### **THANK YOU TO OUR PARTNER, THE HOT SAUCE CO.,**

“My name is Jesse Long, and I’m the founder of The Hot Sauce Co., an award-winning small-batch hot sauce company based in London, Ontario. I’m inspired by the power of simple, nutritious ingredients to bring people together and encourage healthy, flavorful living. Supporting Holland Bloorview is especially meaningful to me because, as a child, I was hospitalized with a broken back, and the care I received played a huge role in my recovery. Giving back to a place that helps children and families feels like coming full circle, and I’m honored to contribute to their incredible work.”

### **GET IN TOUCH TO GET STARTED!**

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Holland Bloorview Kids Rehabilitation Hospital Foundation