



Event Theme Suggestions

The themes for SAW 2024 are mental health and getting ready for the Olympic and Paralympic Games. Here are some suggestions for ways you can incorporate the themes into your event.

Mental health

- **Mindfulness and breathing exercises:** Begin sessions with mindfulness exercises or guided breathing sessions to help participants relax and focus their minds
- **Wellness zones:** Designate specific areas for relaxation and self-care, providing activities like meditation, yoga, or aromatherapy
- **Positive affirmations and motivation:** Decorate the event space with motivational quotes, affirmations, and positive messages to create a supportive environment
- **Mental health ambassadors:** Appoint club members or volunteers as mental health ambassadors to provide support, answer questions, and offer guidance to participants
- **Charity and fundraising:** Connect the event with local mental health charities or organisations by donating a portion of the proceeds or organising fundraising activities
- **Community partnerships:** Collaborate with local mental health organisations and service providers to co-host or support the event
- **Post-event support:** Provide follow-up resources – there are links on the [SAW Toolkit page](#) – and support for those interested in continuing their mental health journey through archery



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Olympic and Paralympic Games

- **Opening and closing ceremonies:** Emulate the iconic opening and closing ceremonies of the Games. Use a torch relay and athlete procession to kick off and wrap up the event
- **Olympic torch relay:** Organise a local torch relay with club members, passing the symbolic torch to signify the start of the event. Invite community members and the press to join the relay
- **Medal ceremonies:** Host medal ceremonies with gold, silver, and bronze medals for different archery categories. Invite a local dignitary or guest to present medals to winners
- **Olympic village experience:** Create an “Olympic Village” atmosphere with themed booths, French food, and entertainment to provide a social hub for participants and spectators
- **Themed decorations:** Decorate the venue with flags, banners, and bright colours, creating a visually captivating experience for participants and spectators
- **Paralympics categories:** Include categories for participants with disabilities, promoting inclusivity and aligning with the Paralympic theme
- **Olympic and Paralympic trivia:** Give all participants the chance to win a prize by participating in a quiz related to the Olympic and Paralympic Games, educating and engaging participants on the history and values of these events
- **Paralympic demonstrations:** Arrange demonstrations of Paralympic archery disciplines to promote inclusivity and raise awareness about adaptive sports