

HOW TO VOLUNTEER FOR

PING! 2018



WHAT IS PING!?

Ping! is a street ping pong project which sees tables placed in public spaces for people to play on for free.

Ping! originated in London in 2010 and this year sees 25 towns and cities play host to hundreds of tables across the country.

Like all great sports events and festivals, Ping! needs great people to bring the project to life and make ping pong irresistible to the public.

Can you remember how big an impact the Games Makers had on the London Olympics? You could help create the same incredible experience for Ping!

Your city might be the first year of Ping! or into its 4th or 5th year of delivery, but in every case volunteers in all cities are a key aspect for engaging the public on these tables. You will be a part of a massive nationwide project that already has global media coverage!



WHO ARE THE PEOPLE BEHIND PING!?



Table Tennis England

Ping! is managed by Table Tennis England - the governing body of table tennis in England. Sport England - and delivered by City Councils, Local Authorities and County Sport Partnerships.



Sport England

Ping! is funded by Sport England, as part of its work to increase the number of people regularly participating in sport.



Sing London

Ping! was created by Sing London – the non profit participatory arts organisation whose projects include London's Street Pianos Project and Talking Rubbish bins.



Loop

Another social table tennis project delivered by Table Tennis England, which introduces table tennis into other everyday settings, such as the workplace and community centres.

www.keepintheloop.co.uk



WHY DO WE DELIVER PING!?

Ping! is built around a simple concept of taking ping pong to the places the public already spend time, removing all barriers and making the game totally irresistible!

Ping! tables are available for the public to play on for free, and bats and balls are supplied at some tables during the summer for people to pick up and play right away.

Ping! engages as many people as possible and uses table tennis to inspire people to lead more active lifestyles. Table tennis is unique in that it can be played by people of all ages, genders and abilities. It's fun, competitive and energetic, and no previous experience or level of ability is required to play and enjoy the game.

The project begins in new cities as a summer festival but once the season is over, attention turns towards building lots of opportunities for people to continue enjoy playing social table tennis all year round (see the **Play On** section of the Ping! website for details).

10 reasons to play TABLE TENNIS

- 1 It's good for your health**
As little as 10 minutes of table tennis at a time can do wonders for your fitness.
- 2 It's easy on the body**
Table tennis is a non-contact sport (just make sure you move in circles!) You can play within your own capabilities and limitations and still have a great competitive game.
- 3 Everyone can play**
Table tennis is a truly inclusive sport, anyone can play irrespective of age, physical ability or gender. And it's a great leveller as there's so much more to the game than sheer strength or power.
- 4 The Generation Game**
There are no age barriers to ping pong, anyone from 5 to 100 can enjoy the game!
- 5 You can play anywhere**
Club, sports hall, office, factory, canteen, café, pub, town, garden, park, club, community centre, shopping centre, sportsfield, religious centre, village hall, train station, the list goes on and on and on and on...
- 6 You can play anytime**
Ping pong can be played all year round, indoors or outdoors, for an entire evening or just in your lunch break!
- 7 It's good for your brain**
FACT: ping pong is good for the brain. It aids complex thinking and stimulates the cortex (the part of the brain which stimulates with age) Not only that but regular activity can reduce depression, stress and anxiety levels while improving self-esteem.
- 8 It's affordable**
You don't have to spend a fortune playing table tennis. Basic equipment is cheap and so too is table tennis. You can play for free on the Ping! tables www.pingengland.co.uk and there are loads of social club sessions which are really affordable to join.
- 9 It's sociable**
Table tennis brings people together. Have a game with your friends, make some new ones or get to know your colleagues with a friendly game of ping pong!
- 10 It's fun!**
Try the game - we guarantee you will share joy and laughter!

Loop

www.keepintheLOOP.co.uk



WHY IS PING! RELEVANT TO YOU?

- Ping! is happening in your city
- You have expressed an interest in getting involved as a volunteer
- There are loads of ways to play your part – giving as much or as little time as you want!
- Ping! is a sociable and enjoyable volunteer opportunity
- You can be part of a great nationwide project



WHAT ROLES COULD I DO?

Here are some example of the roles you could perform. If you feel you have other skills which could be of value to Ping!, then please let us know, you're not limited to these but it is a good place to start!

Ping! Activator

- Setting up and running simple competitions and round-the-table games
- Encouraging everyone to play, including less confident members of the public
- Offer some friendly tips and advice to people playing on the Ping! tables
- Sign-posting participants towards other places they can play table tennis nearby
- Chat to visitors and share quotes and stories with the Lead Partner

Ping! Table Monitor

- Using a monitoring form to count participant numbers at a variety of different locations, and a variety of different times
- Recording interesting information about what is going on around the table

Ping! Caretaker

- Replenishing bats and balls at the table
- Checking tables for damage etc, noting any maintenance issues

Ping! Social Media & Photographer

- Capturing great images of people enjoying playing on the Ping! tables
- Sharing these on your social media platforms and for promotional materials
- Writing inspirational stories for sharing on social media

WHAT'S IN IT FOR ME?

- The excuse to play ping pong all summer!
- Free training resources
- Ping! Volunteer Pack
- Ping! Volunteer T-shirt
- New skills and experience for your CV
- Your expenses reimbursed
- The opportunity to connect with people who also love ping pong!
- In with the chance to be nominated for Ping! Personality of the Year



PING!



WHAT DO I DO NEXT?

- Inform your volunteer coordinator of what role you are interested in – let them know when you can spare some time
- Collect your volunteer pack (this includes everything you need to get started)
- Locate your nearest table
- Tell a friend!
- Play Ping Pong!
- Connect with Ping! on social media

Facebook - /pingengland

Twitter - @ping_tweets #PING2018

Instagram - /pingengland

Visit our website www.pingengland.co.uk and follow the links to your nearest city



PING!

