

RFDS
OCEANS to OUTBACK

Presented by
KELSIAN
CONNECTING PEOPLE & PLACES

WORKPLACE CAPTAIN'S HANDBOOK



Inspire Your Workplace

Take the Lead

Workplace Captains are the legends who bring the energy to Oceans to Outback. You're the one who gets the whole team moving, keeps spirits high, and leads by example.

It takes teamwork to deliver life-saving care and with teams like yours, the Flying Doctor can go even further.

Who makes a top notch Workplace Captain?

To be a top Workplace Captain, you don't need to be the boss - just bring:

- **Good vibes** - You're the one who lifts the mood and keeps it fun
- **A bit of hustle** - Whether it's a lunchtime walk or weekend ride, you're keen to get moving
- **People skills** - You know how to rally the crew, from the quiet achievers to the office chatterboxes
- **A heart for the cause** - You back the Flying Doctor and want to make a difference
- **A sense of humour** - Because a few laughs go a long way when you're clocking up the Ks!

Why put your hand up as a Workplace Captain?

Because you've got the chance to lead something that actually matters. You'll get your workmates moving, boost team morale, and have a few laughs along the way - all while backing the Flying Doctor. It's a great excuse to step away from the desk, do something good, and be the spark that gets your workplace behind a legendary Aussie charity.

Start your team

Everything's better with a crew!

Bringing a team on board makes the kilometres fly by and builds stronger bonds as you chase a shared goal with your workmates.

How to recruit team members:

Share why your participating

Get the word out - hit the socials and let folks know why you're backing the Flying Doctor. Invite your workmates to jump on board and join your team. And if they're not up for the challenge, no worries - see if they're keen to chip in with a donation instead. Every bit helps!

Rally the crew and lead from the front

As a Workplace Captain, you've got the power to inspire your workplace. You'll bring people into the Oceans to Outback community, get them moving, and make doing good a whole lot of fun. Set a bold goal to show you're all in - then keep the energy up with weekly challenges, like prizes for the most kms, quickest runner, or top fundraiser. Get creative with walking meetings, lunchtime runs, or a classic fundraising morning tea.

Kick things off with a bang!

Host a fun office launch party to get your team excited about Oceans to Outback. Shout some snacks, play a bit of music, and share what the challenge is all about. It's the perfect chance to rally the crew, answer questions, and get people signed up on the spot. A little energy at the start can go a long way to building momentum for the month ahead!

Here's an example email announcement to invite your workplace to the kick-off:

Subject: Join our Oceans to Outback Team – get moving for a great cause!

Hi team,

You've probably heard me talking about this but I'm excited to let you know that **<workplace>** is taking part in this year's Oceans to Outback - a month-long fitness and fundraising challenge supporting the Royal Flying Doctor Service.

It's all about moving your body, having fun and raising funds to help keep the Flying Doctor flying and delivering vital healthcare to Australians living in remote, rural and regional areas.

👉 Join our team here:
<insert workplace team link>

No matter your fitness level, everyone can take part - whether it's walking, running or cycling, whatever way that suits you. Our goal is to smash our kms, raise funds and have a great time doing it together.

To make it official, we're kicking things off with a little launch party on **<insert date/time/location>**. This will be a fun chance to get together, enjoy some snacks and find out more about how to get involved.

Let me know if you have any questions and I really hope you'll join us!

Let's do this!

Thanks,
[Your Name]
Team Captain

SEND



Fundraise Your Way

Walk, Run or Ride to raise funds for the Royal Flying Doctor Service.

There are plenty of ways to fundraise for the RFDS during Oceans to Outback.

First, choose your activity

- Walking
- Running
- Cycling or;
- Pick your own!

Second, choose your distance:

- 42km - 1km for every 1,000 Aussies who can't access basic healthcare
- 81km - 1km for every Flying Doctor aircraft across Australia
- 98km - 1km for ever year RFDS has provided life-saving healthcare
- Choose your own distance

Remember: you can take on the kms as individuals or combine them for one huge team effort!

No matter what combo you go with, your month-long adventure is totally up to you! Tackle it in bite-sized daily bursts or go big with weekly or fortnightly sessions. However you roll, make it suit your style. Just remember: every footstep or spin of a pedal is helping support Aussies who count on the RFDS every single day.

Fundraising Ideas

Whether you've got a mighty team or just a small but mighty crew, chasing a shared goal is always more fun when you're in it together!

How to fundraise with your workplace

You might already be bursting with brilliant fundraising ideas for Oceans to Outback - but just in case, here are a few to get those creative juices flowing:

- Host a **workplace bake sale** (or maybe an internal bake-off) or lunchtime bbq
- Have a **Friday night karaoke or bingo** session - entry by donation and great for remote staff too!
- Run a **paper plane** throwing competition
- **Auction** off things like: best office desk for a day, lunch delivery, a parking spot for a day or even "skip a meeting" vouchers
- **Shave or dye** a beloved beard or hairstyle
- The person who covers the most training kms **scores a $5 donation** from everyone else in the team!
- Ask your workplace to **match your team's donations**

You can also boost morale by recognising and rewarding your team's efforts!



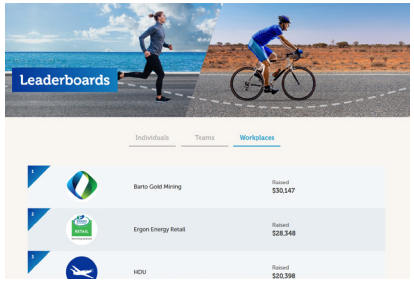


Motivate your team

Keeping your team's motivation soaring throughout the Oceans to Outback challenge is what it's all about!

Here's how to keep the good times rolling:

- Give regular updates and shout-outs
- Spice things up with some fun mini-events (see previous page for some ideas!)
- Keep everyone's eyes on the prize - share and display leaderboards!
- Encourage the team to get active together
- Be the leader and do all the things you're suggesting others to do
- Make sure you celebrate all the wins!



Keep an eye out for workmates who might be finding it tough to keep up with the kilometres or fundraising goals.

A quick check-in or a few words of encouragement can go a long way - especially for remote team members who might be feeling a bit disconnected.

Sometimes, a little personal support or recognition is all it takes to help someone get back on track.

Fundraising Resources

In your online **Resources Hub**, you'll find everything you need to recruit your colleagues, spark some friendly competition, and keep the excitement flying high.

Here's what you'll find:

- **Posters** to brighten up communal spaces and rally support
- A **workplace flyer** to help recruit teammates
- **Email** signatures and **LinkedIn** tiles to showcase your challenge
- **Zoom** and **Teams** backgrounds to bring Oceans to Outback to every meeting
- **Templates** to ask your organisation to dollar match your fundraising
- And much more!

You can find all the resources you need to get your workplace moving and keep the Flying Doctor flying.

And if you can't see what you need or just want to have a chat, please get in touch! We're here to support you!





Timeline

August

- Start talking to your colleagues about Oceans to Outback
- Create your workplace team on the Oceans to Outback website
- Start getting serious about building the team - do personal outreach to some of your closest colleagues to get them on board

September

- Set date for launch party and book out the space you need in the office
- Send launch party email and calendar invite to all
- Host a launch party as early as you can and get people registered to the team.
- Post on your internal channels highlighting new team members who have joined that week and/or any good training tips or outstanding fundraising efforts/donations
- Start working out what events you might run during the month of October to help with fundraising and team comradery
- Send a kick off email and calendar invite to all for start of October

October

- Host a kick off event to drive enthusiasm at the start of the month
- Email all team members weekly providing updates on how the team is going
- Post on your internal channels - including motivating quotes, funny stories, exceptional fitness achievements, outstanding fundraising success
- Host any events that you considered running throughout the month

November

- Send out a thank you to everyone who was involved and supported the team during Oceans to Outback
- Post on your internal channels so that everyone can celebrate the teams success

Rewards

There are loads of great prizes and rewards up for grabs to celebrate both individual and workplace fundraising achievements. But the ultimate reward?

An exclusive experience reserved for the top fundraising workplaces at the end of Oceans to Outback.

Up to 10 team members will get the rare chance to visit an RFDS Base, go behind the scenes with a personalised tour, and meet the incredible frontline staff who make it all happen. You'll see firsthand the impact your efforts have made!

It's a once-in-a-lifetime experience - reserved for just a handful of workplaces - and we'd love to see yours among them!

It's the perfect way to celebrate everything you've worked so hard to achieve - both in fitness and fundraising - and to reflect, together, on the real-world difference your team has made. It's a shared moment that will not only inspire but also bring your workplace even closer together.



Need-to-Know Info

What is a workplace team?

A workplace team is made of up individuals who are fundraising for Oceans to Outback.

How to register a workplace team?

Someone within your workplace will have to set up the 'Workplace' page and then they can set up 'Teams' under your workplace so that team members can join. Members can also join the workplace and fundraise as individuals if they don't want to join a team under the workplace.

For example, a workplace may set up a workplace page called 'Example Gym' and have different departments as the 'Teams', such as Trainers, Marketing, HR, IT, Legal, executives etc.

How are donations collected for the team?

You can get donations directly to your team fundraising page so if you've done an office fundraising event, for example, and you don't want it to go on one persons individual page, you can put it on the team page.

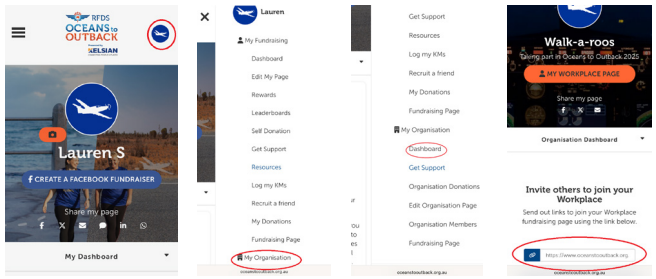
If one of your team members gets a donation on their individual fundraising page, that donation is automatically added to your team fundraising page and contributes to your team total.

How do we add someone to our team?

On mobile:

If you would like to add someone to your team, you can do this by logging into your dashboard and then in the top right corner, you'll find your profile image. If you scroll down this dropdown list, you'll see "My Organisation" listed there, click on this.

From there, head to 'Dashboard' section, you'll then see a link that you can share with people to join your team.

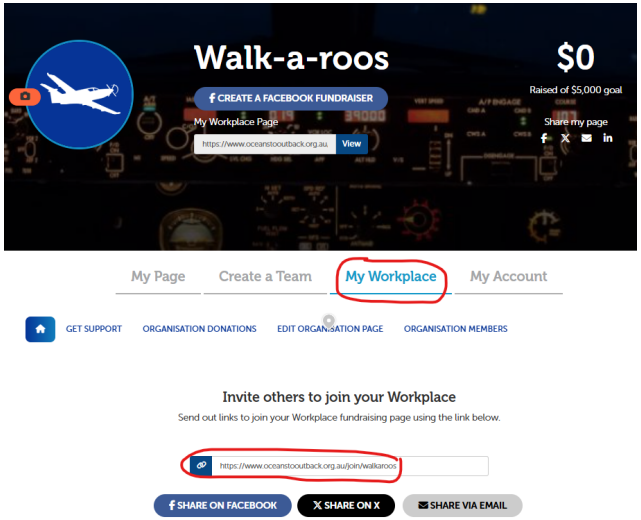


Made a mistake setting up the team?
Just contact us and we'll help fix it up!

On desktop:

If you would like to add someone to your team, you can do this by logging into your dashboard and then go to the 'My Workplace' tab.

From here, you'll then see a link that you can share with people to join your team. Share this link with others and they will then join your team.



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