



Ray and His Helper

Ray User Guide

Summer Food Service Program
Ray and His Helper

About Ray

Ray is a friendly, fun and active character. He's confident in his walk and actions. He motivates children to make healthy food choices and to be physically active. He's entertaining and fun, as well as friendly and nurturing and he hugs kids when he's embraced. Ray is part of the NCDPI's Summer Nutrition Programs and supports Eat Smart. Play Hard™ which is a campaign that was launched to encourage and teach kids, parents and caregivers to eat healthy and be physically active every day. Resources for the Ray campaign can be found at: <http://nokidhungrync.org/summer/>

What All Can Ray Do?

- Jumping jacks
- Dancing
- Limited physical activity
- Waves
- Bows,
- Hugs
- Head tilts
- Strength/power fitness poses
- "The twist"
- Peek-a-boo
- Thumbs up

Tips to Remember When Ray

- Appear only in full costume. Never allow Ray to appear or be seen in partial costume. Keep costume out of sight before and after use.
- Do not speak, once inside the costume.
- Remain anonymous at every appearance.
- Be animated. Express enthusiasm, energy, and interest.
- Before the event, try a few gestures after dressing such as walking, kicking, flexing/making muscles, striking different poses, or other planned movements.
- Perform in 20-minute segments with 15-minute breaks in between.
- Drink plenty of fluids.
- Use signals when you need help like grabbing his helper's arm or giving another previously agreed upon sign.

Community/School Events/Activities

Have Ray:

- Cut ribbon to start an event, such as opening an SFSP program site.
- Toss out game ball to open a baseball game.
- Start a parade or race.
- Lead home team on to field for an athletic contest.
- Present awards at events, such as SummerPalooza! summits, ceremonies, prizes for races,

talent contests, or incentive programs.

- Lead a dance routine to one of the Ray or Eat Smart. Play Hard.™ songs. Kids will have a blast creating their own moves!
- Make an appearance during class or in after-school programs while playing the Ray or Eat Smart. Play Hard.™ songs.
- Lead exercise routines using Ray or Eat Smart. Play Hard.™ songs during schools and community events.

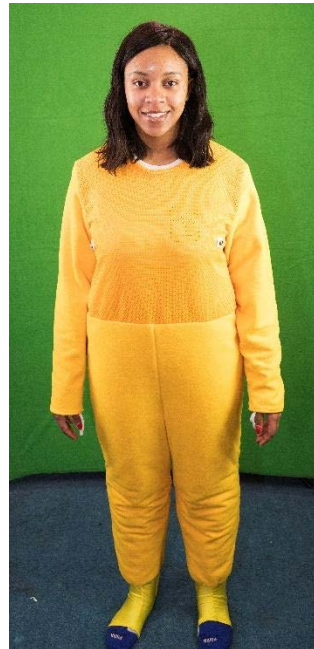
Instructions for Putting on the Costume

Before Getting Started Make Sure To:

- Check to see if the fan battery is in place and plugged in before putting on the main body. The battery is located inside the main body, secured with a Velcro fastener. If the costume has been sitting in a car in the heat for an extended period, you may want to turn the fan on up to 15 minutes prior to putting on the costume.
- Prior to wearing the mascot, adjust the shoulder straps on the inside of the main body to fit comfortably and ensure the vision screen is at the correct height.
- Insert the shoe liners into the shoes.
- If outside, make sure to have ice packs ready and in the vest.

Ready to Dress

1. To stay as cool as possible, wear only a T-shirt, shorts, and socks inside of the costume. Long hair should be tied back. Put on the jumpsuit and secure the zipper closure at the back.



2. Put on the shorts and secure the four snap closures at the waistband to the corresponding snaps on the jumpsuit.



3. With your helper's aid carefully step into the sneakers, making sure your feet are under the elastic support straps.



4. Connect wires in the headpiece to turn on the fan.



5. With the helper's aid, put on the main body placing the straps on top of your shoulders. Adjust straps so that you can comfortably see through the sunglasses. Then place your arms through the holes to ensure they fit comfortably. Have the helper tuck straps into the top of the shorts.



6. Have helper put on the gloves.



7. Once the entire costume is on, have the helper check over the performer to make sure everything is properly in place. Make sure no cords, performer clothing, or skin is showing. Children become very disappointed when they realize there is a person inside of the character. New batteries should power the fan up to four hours.

HAVE FUN!



WAIVER AND RELEASE

In his or her participation as the Ray character, the undersigned hereby agrees to release and indemnify the North Carolina Department of Public Instruction and the North Carolina State Board of Education (collectively, "the Network") and all of their affiliates, members, agents, attorneys, staff, volunteers, heirs, representatives, successors, and assigns, from all liability to the undersigned and any claims or demands on account of injury to the undersigned's person or property.

The undersigned is aware of the risks associated with participating in this activity, which may include, but are not limited to, bodily injuries, slips-and-falls, dehydration, heat exhaustion, dizziness, nausea, and other such hazards. The undersigned understands that these injuries or outcomes may arise from his/her own or others' negligence, or the condition of the activity's location(s). Nonetheless, the undersigned assumes all related risks, both known and unknown, related to participation as the Ray character.

The undersigned acknowledges that he or she has carefully read this "Waiver and Release," fully understands that it is a release of liability and has the capacity to execute this document. The undersigned expressly agrees to release and discharge the Network and all of its affiliates, members, agents, attorneys, staff, volunteers, heirs, representatives, successors and assigns, from any and all claims or causes of action and agrees to voluntarily give up or waive any right that he or she otherwise has to bring a legal action against the Network for personal injury.

Name (Printed)

Signature

Date