

Everyone is welcome to enter a team in the bed races.

Whether you are a newcomer to the Golden Bed Pan Bed Races, or have been here every year, we have some answers to questions that might be useful for you:

- A Bed Race Team consists of 4 team members: 1 patient & 3 nurses; a hospital bed; and a bed pan full of 'coloured' liquid.
- RNS will have the hospital beds there for you, kindly donated by Eden Rehabilitation Centre;
- This year every team will have the opportunity to run twice in the time trials, with the 2 highest-timed teams going on to the 3rd and final race.
- Your team's best clocked time will be used.
- The overall winner will be presented with CQUniversity Australia's Golden Bed Pan Trophy and the \$1,000 cheque courtesy of the Queensland Nursing Council.
- There will also be prizes for best-dressed team; fastest team within an organisation; the wooden spoon award and the Only Team that ... All sorts of reasons to win. Last year Blue Care had the Only Team that were all over 50; and one of Tricare's teams won the Only Team that had their patient ride backwards.
- As this year is the International Year of the Nurse the bed race theme is "Around the World". Creativity for dress-ups are endless.
- Family members, friends and work colleagues are welcome to attend the races and cheer from the sidelines.
- Sponsors of the event have bed race team entry and tickets to the post-race celebrations included with their sponsorship.
- If you would like to sign up a 4 person team from your nursing home, hospital or community care organisation, or get together with 3 nurse mates, all nurses are more than welcome to enter a Bed Race Team.

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