

# Steppin' Out 2026

## Participant Guide & FAQs



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**Purpose:** This guide contains answers to frequently asked questions about participating in Steppin' Out for PANS/PANDAS 2026. Whether you're registering, fundraising, volunteering, or joining a team, you'll find helpful information here.

## Registration

### Do I need to sign a waiver?

Yes. During online registration through CanadaHelps, every participant accepts and digitally signs the event waiver. No paper waiver is required.

### What if I can't register online?

No problem! Email [steppinout@inflamedbrain.org](mailto:steppinout@inflamedbrain.org), and a member of our team will be happy to help you register using an alternative method.

### Does everyone in my family need to register?

Yes. Because of event insurance requirements, everyone participating in Steppin' Out must be registered.

Parents [register](#) their family through CanadaHelps using one registration page per family. Each adult participant must register using a unique email address and complete the online waiver.

Children without an email address should be registered using our [Google Form](#) so they are included in participant numbers and receive the correct t-shirt size.

### Can I participate on a different day?

Yes. While we encourage everyone to walk together on **Saturday, September 19, 2026**, participants who are unable to join that day may complete their walk anytime between **September 19 and October 9, 2026**.

### What if I get sick?

Your health comes first. If you're unable to participate on Walk Day, simply complete your walk another day if you're able. Your fundraising still makes an important difference.

### Can I participate outside Canada?

Absolutely! Virtual participants can walk anywhere in the world, provided they do so safely. Please note that CanadaHelps issues Canadian charitable tax receipts only.

### Can members of my team walk different distances?

Yes. Each participant chooses their own walking distance during registration and may update it later if needed.

### Why am I asked to log into CanadaHelps?

CanadaHelps uses one account per email address. If your email is already associated with a CanadaHelps account, you'll simply be prompted to sign in rather than create a new account.

### Why does Express Checkout appear after I enter my email?

If you already have a CanadaHelps account, you'll be offered Express Checkout by entering your CanadaHelps password, making future donations quicker and easier.

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## Team Captains

### What is required of a Team Captain?

Team Captains help lead their team's fundraising efforts by:

- Creating the team page and setting a fundraising goal.
- Creating their own personal fundraising page.
- Sharing why they're participating.
- Inviting friends, family, coworkers, or community members to join their team.
- Encouraging and supporting team members throughout the campaign.

### Can Team Captains communicate with their team?

Yes. Team Captains have access to a **Participants** tab where they can email one or multiple team members directly through CanadaHelps.

### How do I change my team name?

Only the Team Captain who created the team can change the team name.

### Is there a limit to how many people can join a team?

No. Teams can have as many—or as few—members as you'd like.

## Fundraising

### How do I raise money?

After registering, you'll receive your own online fundraising page through CanadaHelps. Share your page by email, text message, and social media. Personal fundraising requests that explain why you're participating are often the most successful.

### Is now a good time to ask for donations?

Yes! The earlier you begin fundraising, the more time people have to support you. Don't be afraid to ask. Most people are happy to support a cause when they understand why it matters to you.

### How do I thank my donors?

Log into your CanadaHelps fundraising account, open the **Donations** section, click the envelope icon beside each donation, write your thank-you message, and send it directly to your donor.

### Can I donate to my own fundraising page?

Yes. Donations of **\$3 or more** qualify for a Canadian charitable tax receipt, including donations made to your own fundraising page.

### Can I accept cash and cheque donations?

Yes. Please ensure that all cheques are:

- Made payable to **Inflamed Brain Alliance**
- Include the participant or team name on the memo line

Cash and cheque donations may be submitted at any time before the donation deadline.

### How do I submit offline donations?

Download the Steppin' Out [Pledge Form](#), record all cash and cheque donations, and submit them to Inflamed Brain Alliance by the donation deadline. Detailed instructions are included with the pledge form.

### What if someone writes a cheque payable to me instead of Inflamed Brain Alliance?

You have two options:

- **Option 1:** Deposit the cheque and make an equivalent online donation through your fundraising page.
- **Option 2:** Deposit the cheque and write your own cheque payable to **Inflamed Brain Alliance** for the total amount received.

### Our team collected cash and cheques. What should we do?

If donations belong to the team rather than an individual participant, please email **steppinout@inflamedbrain.org** with instructions on how the donations should be assigned among team members.

### Can a donation be moved?

Yes. Email **steppinout@inflamedbrain.org** and include:

- Donor's name
- Donation amount
- Original participant or team
- Correct participant or team

We'll be happy to make the adjustment.

### Can my employer match my donation?

Many employers offer charitable gift matching programs that can increase the impact of your donation. If you or one of your donors works for an organization with a matching gift program, ask whether they'll match donations made to **Inflamed Brain Alliance** through CanadaHelps. Most employers simply require a copy of the charitable tax receipt or donation confirmation.

Matching gift programs vary by employer, so be sure to check with your workplace for eligibility and instructions.

### When is the donation deadline?

All online and offline donations must be submitted or postmarked by **October 31, 2026**.

### When are tax receipts issued?

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CanadaHelps automatically issues charitable tax receipts for online donations of **\$3 or more**. Offline donations are generally receipted within approximately **60 days** following the event.

### Can people outside Canada donate?

Yes. CanadaHelps accepts international donations in Canadian dollars. Currency conversion is handled by the donor's financial institution. Please note that CanadaHelps issues **Canadian charitable tax receipts only**.

### Is my personal information shared?

No. Inflamed Brain Alliance respects your privacy and does not share donor information. Please refer to our [Privacy Policy](#) for more information.

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## T-Shirts

### How do I earn a Steppin' Out t-shirt?

Every registered participant is eligible to receive an official **Steppin' Out for PANS/PANDAS 2026** t-shirt by reaching one of the following fundraising goals:

- **Adults (ages 18+):** Raise **\$150** individually, **or**
- **Youth (ages 17 and under):** Raise **\$75** individually, **or**
- **Fundraise as a team:** If your team's combined fundraising total reaches the combined fundraising goals for all registered team members, everyone on the team earns a t-shirt.

**Example:** A team with **2 adults and 2 youth** would qualify when the team raises **\$450** (\$150 + \$150 + \$75 + \$75). Every registered team member would receive a Steppin' Out t-shirt.

## Volunteers

### Can I volunteer even if I'm not walking?

Absolutely! Volunteers are welcome whether or not they are registered participants. Many of our volunteers help with event set-up, registration, route support, children's activities, photography, refreshments, clean-up, and more.

### How do I sign up to volunteer?

Volunteer sign-up is completed through **SignUpGenius**. Visit the **Volunteer Opportunities** section on the [Steppin' Out webpage](#), select your preferred walk location, and sign up for one or more volunteer roles.

### Can I volunteer and still participate in the walk?

Absolutely! Many volunteer roles are scheduled so volunteers can also participate in the walk. If you're planning to do both, we'll do our best to assign a role that allows you to enjoy the event.

### Do volunteers need to register?

If you're **walking and volunteering**, you'll need to:

1. Register for **Steppin' Out for PANS/PANDAS**, and
2. Sign up for your volunteer role through **SignUpGenius**.

If you're **volunteering only**, event registration isn't required. However, we do ask that you sign up through SignUpGenius so we can plan volunteer coverage and share important information before Walk Day.

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## Sponsorship

### How can my company become a sponsor?

We'd love to partner with you! Steppin' Out offers a variety of sponsorship opportunities that help raise awareness while supporting Canadians affected by PANS and PANDAS. Sponsorship

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helps keep participation free for families while supporting national awareness, peer support, education, advocacy, and Canadian research.

Visit the **Become a 2026 Sponsor** section on the Steppin' Out webpage or email [steppinout@inflamedbrain.org](mailto:steppinout@inflamedbrain.org) to request a [sponsorship package](#).

### Can my company support my fundraising?

Absolutely! Businesses and organizations are welcome to support an individual participant or team by making a donation directly through their CanadaHelps fundraising page.

If your organization is interested in broader recognition and partnership opportunities, consider becoming an official **Steppin' Out 2026 Sponsor**.

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## Walk Day

### Can I bring my pet?

Pets are not permitted, with the exception of trained service animals. This policy helps ensure the safety and comfort of all participants.

### What happens if it rains?

Steppin' Out is a **rain-or-shine event**. Please dress appropriately for the weather and bring water, sunscreen, hats, umbrellas, or rain gear as needed. In the unlikely event of severe weather that creates an unsafe situation, participants will be notified by email and through our social media channels.

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## Additional Support

If you can't find the answer you're looking for, we're happy to help.

Email: [steppinout@inflamedbrain.org](mailto:steppinout@inflamedbrain.org)

Thank you for helping us bring health to mind for Canadians affected by PANS and PANDAS.