

SPRING INTO ACTION - FAQs

1. What is the purpose of this event?

The Spring Into Action – Move to End Abuse virtual event is a domestic violence and sexual assault awareness fundraiser for everyone. This virtual fitness challenge is aimed at raising essential community awareness and funds to support survivors of domestic and sexual violence. COVID-19 has impacted us all, in ways large and small, yet resilience is at the heart of CASFV's mission. In place of CASFV's traditional in-person fundraisers, Spring Into Action provides a virtual platform to continue supporting survivors. More than ever, our survivors need your help to get back on their feet, moving towards a healthier future. Proceeds from this project help replenish funds and resources for our shelter and support services. CASFV will support over 4,000 survivors as they navigate one of the most stressful times in their lives as they heal from abuse.

2. What is the difference between registering & donating?

When supporters click on the register button for Spring Into Action, this will give them access to all the virtual fitness workshops, a T-shirt and a chance to win prizes. Individuals also have the option of clicking on the donate button to support CASFV's cause by making a philanthropic donation without participating in the fitness activities or getting any prizes or a shirt.

3. Can I register to participate without creating a fundraiser page?

YES. You can register for Spring into Action and opt to not create a fundraising page. However, if you want to join a fundraising team, you must create your own fundraising page.

4. Can I join a fundraising team without creating my own fundraising page?

NO. To join a fundraising team, you must have your own personal fundraising page. Think of it like Facebook— you must have your own Facebook account and page before joining a group.

5. Do I have to fundraise if I create a fundraising page?

NO. You can create a fundraising page and essentially “forget about it” even if you join a fundraising team.

6. If I donate on someone's fundraising page, does that register me for Spring into Action?

NO. To register for Spring into Action, you must register. A donation does not register you for the event.

7. If I'm on a fundraising team, do the donations made to my page also apply to the team's goal?

YES. Any donations made directly to your personal fundraising page will be tallied up on your page and will be added to the fundraising team's goal if you are on a team.

8. If I register as a participant or fundraiser, do I have to participate in the fitness classes?

NO. If you register as a participant with or without a fundraising page, you are welcome to attend as many or as few fitness classes as you like. You are encouraged to track any exercise you do during the month outside of the fitness classes and report it to CASFV!

9. If I create a fundraising page and join a fundraising team, can I later leave that team and join another team?

YES. You can join and leave fundraising teams freely, even after you register and create your fundraising page. To leave or change teams, you must log into your personal fundraiser page. The link for your log-in was sent to your email when you registered.

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10. Can I register for someone else?

YES. However, you must complete the registration with that person's name, address, phone number, email, and credit card information. It is imperative that the name on the payment card match the name of the person you're registering.

11. Are there any age restrictions to participate in Spring into Action?

NO. Spring into Action is open to people of all ages, from children to older adults.

12. Is there a limit on the number of team members allowed on a team?

NO. You can have an unlimited number of individual fundraisers join your fundraising team.

13. Are the fitness instructors volunteers?

YES. The fitness instructors are all volunteering in support of CASFV out of the goodness of their hearts.

14. How do I log on to participate in virtual classes?

If you've registered to participate in Spring into Action, you should have received an email from CASFV that included a zoom link and class schedule. If you haven't received your link please email us directly at marzola@casfv.org

15. How do I get my T-shirt?

Registered participants can pick up their shirts at CASFV Family Resource Center at 580 Giles on the following dates:

Saturday, March 6 from 10am-12pm at 580 Giles

Friday, March 12 from 8am to 12pm at 580 Giles or 3800 N. Piedras

Friday, March 19 from 8am to 12pm at 580 Giles or 3800 N. Piedras

Friday, March 26 from 8am to 12pm at 580 Giles or 3800 N. Piedras

Saturday, March 27 from 10am-12pm at 580 Giles

16. What if I don't want to attend any of the Zoom fitness courses, but still want to document my fitness?

*We got you covered! You can share your personal fitness routine using this link – bit.ly/casfvactive
You can also share your progress on social media using the hashtags [#casfvfit](#) [#springintoactionep](#) [#movetoendabuse](#)*