



# PUDSEY AND BLUSH SUIT GUIDELINES

**These guidelines are intended for anyone performing as Pudsey or Blush and their companions.**

All performers and companions are required to be aged 16 years or over.

Please take the time to read this booklet before any performance.

Also please ensure you have signed an indemnity form before borrowing your suit. You can get one from your BBC Children in Need contact, or by emailing [pudsey@bbc.co.uk](mailto:pudsey@bbc.co.uk)



# INTRODUCING PUDSEY AND BLUSH



**PUDSEY BEAR** is the face of BBC Children in Need. He was originally created as a mascot for the Charity in 1985, but has since become much more than that.

He's a character, a brand mark and - as the fanfare around him shows - he's a celebrity in his own right. He plays a vital role in spurring the British Public to act; giving their time and money to support disadvantaged young lives in the UK.



That's a lot of responsibility when you think about it, so thankfully Pudsey has some help to call on.

**BLUSH** was introduced in 2009, as Pudsey's best friend, and plays a similar part in encouraging support for the Charity.



## THE PUDSEY EFFECT

As you will see, a visit from Pudsey or Blush is enough to make anyone lose their cool.

Regardless of age - or even prior knowledge of who's inside the suit - the characters have a universal effect on everyone they encounter.

So, whether you're performing as a character or chaperoning someone in the role, please take the time to read all the guidance provided and ensure you follow the direction detailed at all times.

## THE PERFORMER

We've already mentioned the power of the characters, but just as important to the performance is the person playing them.

A good performance can really make the difference, from posing for photos to prompting pounds in fundraising pots.

A good performer doesn't need to have a theatre background; they just need to be enthusiastic, energetic and confident. And willing, of course.

## THE CHARACTERS

### THE BASICS

There are some basic rules to remember about the characters, whoever is playing them and whatever they're up to. These are designed to protect the performer(s), companion(s), but most importantly to protect the enjoyment of young children, to whom Pudsey and Blush are very much real bears.

- **ALWAYS** be accompanied by a companion
- **ALWAYS** keep your hands visible in photographs
- **ALWAYS** opt for a handshake over a hug
- **NEVER** hold children
- **NEVER** be alone with children
- **NEVER** speak in the presence of children
- **NEVER** remove the costume head in public

# THE COSTUMES

## THE PERFECT FIT

Both Pudsey and Blush costumes are designed for performers of a certain height. This not only makes the suit more comfortable for the wearer, but also creates the best fit for the costume.

The ideal height of the performer for Pudsey is **5'6"-5'10" (1.67m-1.78m)** and for Blush is **5'4"-5'10" (1.62m-1.78m)**.

Please avoid performing as the characters if you do not meet the height requirements.

## GETTING READY

Your costume includes

- Hooped Underbody
- Fur Body
- Fur Feet x2
- Fur Head
- Fur Hands x2 (these may be attached to the arms)

## IT'S REALLY IMPORTANT YOU FOLLOW THIS STEP BY STEP

Step into the **Hooped Underbody** and fasten the Velcro tabs at the back

1. Pull over the **Fur Body** and ask your companion to fasten the suit at the back and collar
2. Ensure any **zips between the legs are pulled to the end** to avoid gaping from the front
3. Ease on the **Fur Feet** and pull the fur legs down over the ankles to cover the gap
4. If performing as Blush, pull the **Lycra Cowl** over your head
5. Lower the **Fur Head** on sideways, twist it forwards and fasten the elastic chin-strap
6. Pull on the **Fur Hands**, secure elastic/velcro and cover the gaps of the wrists



# ABOUT THE CHARACTERS

Pudsey and Blush are both kind and helpful young bears, but they also have unique traits which define their individual characters. These traits determine how they behave, how they interact with each other and with the public.

Whether performing or acting as a companion, remember that:

- It may seem obvious, but Pudsey and Blush are **bears not humans**
- Because of this **the characters do not speak**
- Instead **they communicate through gestures**

## PUDSEY

- Pudsey is a **fun, enthusiastic and friendly young bear**
- Despite wearing a spotted bandana over his eye, **he is not poorly**
- His **favourite mannerisms** include waving, clapping, thumbs up, high fiving, playing peek-a-boo, laughing with his hands on his chest and putting his hands on his heart



## BLUSH

- Blush is **adventurous, energetic and lots of fun**
- Her **favourite mannerisms** include high-fives, dancing, clapping and hopping from side-to-side when she's excited
- Blush loves attending **challenge and sporting events**



## BEST BUDS

- Pudsey and Blush are **best friends**
- Together they **love to dance and high-five**
- They never **kiss or cuddle**
- They **can hold hands**
- Their heads **must not touch**
- They can be seen **on their own or together**



# PLAYING THE PART

## MAKE AN ENTRANCE

They say first impressions count, and the same is true for Pudsey and Blush. Start your performance with a spring in your step, swinging arms and high-fives aplenty, greeting everyone like an old friend.

## EXPRESS YOURSELF

In the suit, your voice and facial expressions are useless, so you have to communicate everything with your body. Exaggerate your actions, your reactions and avoid staying still for too long.

## IF IN DOUBT, DANCE

If high-fiving, thumbs-up-ing, cheering, peek-a-boo-ing and posing don't work, just dance. An impromptu jig, even a simple two-step, is guaranteed to get people interested and involved.

## PLAY NICE

Pudsey and Blush are supposed to be young, so they both love to play. Try a game of peek-a-boo, strike a pose for a photo, just try not to let the energy drop.

## MAKE THE MOST OF IT

Despite the heat, limited vision and awkward movements remember what it's all about; making people smile is the best part of playing a character. Enjoy it, and it will shine through in your performance.



# THINGS TO REMEMBER

## USEFUL TIPS

- Decide the details of the performance and what is expected of you beforehand
- Agree a signal that you can use with your companion in case of emergency
- Get used to walking around in the costume before going out in public
- Keep your chin down when wearing the head to avoid an unnatural posture
- Move slowly and carefully, hold your companion's hand if you need to
- Familiarise yourself with the limited vision of the suit, using the nose and mouth to see

## LOOKING AFTER THE COSTUME

- Always transport in an opaque bag or box
- Always protect the Fur Feet with plastic covering in the event of rain
- Try to avoid using the costume for long durations in wet weather
- Never alter the costume in any way
- Never let the public see the characters as 'costumes'

## RETURNING YOUR COSTUME

- Returning the costume is your responsibility
- Liaise with your BBC Children in Need contact to arrange return of the suit
- You will need to arrange a courier or drop off to the BBC Children in Need office
- Your costume will be checked so please make sure all contents are returned

# STAYING SAFE

## COVID-19 SAFETY

- We recommend that one person is appointed to wear the Pudsey suit within a 72 hour period
- If more than one person is to wear the Pudsey suit within a 72 hour period, we recommend all parties have undertaken a lateral flow test beforehand
- We recommend that Pudsey refrains from hugging or touching others whilst performing
- We recommend that once the Pudsey suit has been used for performing, it is kept within its opaque bag in a secure area and quarantined for 72 hours before any new wearer
- As always, we are happy to send suit wearing guidance, but the BBC and the BBC Children in Need Appeal shall not be held liable for any claim for any injury, loss, damage, cost or expense relating to the use of the Pudsey Bear/Blush costume

## GENERAL SAFETY TIPS

- Do not spend longer than 25 minutes in the costume at any one time
- Take a break if you're hot or need a rest, use a signal to your companion (tapping a watch)
- Rehydrate before and after your performance by drinking plenty of water
- Avoid using the costume if you are displaying cold or flu-like symptoms
- Clean the inside of the Fur Head with antiseptic wipes before/after use



# PUDSEY POSES

## WAVING PUDSEY



## POWER PUDS!



## THUMBS UP!



## DANCE OFF



## LAUGHING PUDSEY



## HIGH-FIVE

