



## Fact File

### **My guidance for attempting to break the world record for the Most High 5s in one minute**

If you dream of slapping everyone who passes you – with their permission, on the hand – then this could be for you. If I were you, I'd begin by searching for a very long line of people whom you can be sure will be there when your hand is ready. No matter how you plan, make sure your helper has experience with using a stopwatch. And, giggle or laugh out loud to add some atmosphere to your event; a sombre world record attempt isn't as good!

To start, gear up for a few rules, such as:

- slap each hand once.
- make sure everyone signs the event book.

Make sure everyone knows what's expected of them, and remain in control of the meandering line. But even after the attempt, nobody can run away just yet. You need them to participate in the admin as well. But be aware that you have to complete the paperwork, no matter how sore and tired your arm is, so be strong.

Still keen? WorldRecordChase.com is happy to mentor others wishing to attempt this world record, at reasonable rates.

Enjoy.

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*Please note: neither Alastair Galpin nor WorldRecordChase.com will be responsible for any actions whatsoever undertaken by any person as a result of visiting this website. If you intend to attempt to emulate any of Alastair's world record attempts, always seek expert advice.*