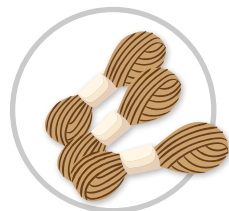
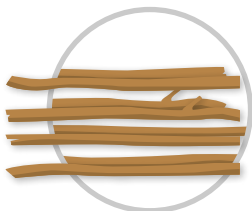


Join UNICEF's #TippyTapChallenge!

Field Demonstration Guide

Activating the Tippy Tap Challenge
in schools and communities



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Limekahya Secondary School pupil, Thobeka Nyirenda, checks the instructions while Thulang Lecheko of World Vision and Sifundo Faku attach the water bottle used for the Tippy Tap Challenge in the Eastern Cape.

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About this guide

This guide is a tool to help communities and schools improve their access to handwashing facilities.

It explains:

- How to build a Tippy Tap
- Why and how to organize a Tippy Tap field demonstration
- The benefits of handwashing with soap and water
- How to encourage others to take up the Tippy Tap Challenge

It can be used by schools, clinics, communities, community leaders, faith leaders, community workers, teachers, learners, youth leaders and volunteers – anyone who can help make handwashing a reality for all.

Why improve access to handwashing?

Good hand hygiene practices **reduce the risks of spreading COVID-19 and many other infectious diseases.**

To make handwashing with soap a habit, everyone needs easy, regular access to a facility to wash their hands with water and soap. But practicing **hand hygiene is extremely difficult for far too many people** and many children and families do not practice regular handwashing with soap because it's simply not possible.

An estimated 2 million households in South Africa do not have a household handwashing facility, or easy access to clean running water to wash their hands with soap.

Recent UNICEF South Africa surveys have also shown that:

Only 3 per cent of rural and 28 per cent of urban key informants reported that everyone has enough water for handwashing, and 45 per cent experienced water cuts in the previous week.

- **Only 3 per cent of rural and 18 per cent of urban key informants reported that most people have access to functioning handwashing facilities.**
- **Only 36 per cent of youths said they had washed their hands more than five times the day before.**

Source: UNICEF South Africa, Children's Radio Foundation. (June, 2020) Youth Reporter Handwashing Survey. Smulders, J.R. & Simon Meyer, J. 2020. WASH/RCCE Key Informant Rapid Needs Assessment. UNICEF South Africa.



What UNICEF and World Vision are doing to promote handwashing:

UNICEF South Africa is providing emergency access to handwashing facilities, influencing handwashing practices and working with water authorities to make sure TippyTaps can be kept full.

Through partners like World Vision, UNICEF is engaging young people and communities to become Handwashing Heroes who develop simple, inexpensive solutions to the lack of water for handwashing, and champion better hand hygiene habits to prevent the spread of COVID-19 and other diseases.

Left: Meet one of UNICEF's Handwashing Heroes, Andrew Makena from Dithamaga Secondary School in Dennilton, Limpopo.

Right: Cwenga Gqube of Port Elizabeth enjoys using the new TippyTap in his yard.



What is a Tippy Tap?

A Tippy Tap is a simple concept that uses very little water and is easy to make using a plastic bottle, string, sticks and soap.

The Tippy Tap Challenge is to:

- **Build a Tippy Tap for a household, school or community that has limited access to running water.**
- **Share photographs or videos of the new Tippy Tap on social media, tagging #UNICEFSouthAfrica and #TippyTapChallenge.**
- **Challenge family, friends and colleagues to do the same.**
- **It's easy to build a Tippy Tap! Be a Handwashing Hero – just follow the instructions on the next page.**

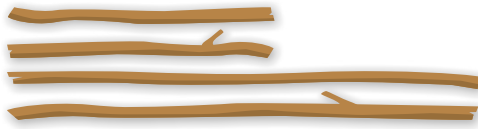
Join the UNICEF Tippy Tap challenge

Be a Handwashing Hero – build your own Tippy Tap

unicef 
for every child

WHAT YOU WILL NEED

4 STRONG POLES or STICKS for creating the frame (2 x 1 metre poles, 2 x 2 metre poles)



TOOLS for digging holes in the ground



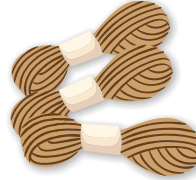
PLASTIC CONTAINER to hold water



NAIL to puncture water container



STRING or THIN ROPE for tying poles, water container and soap



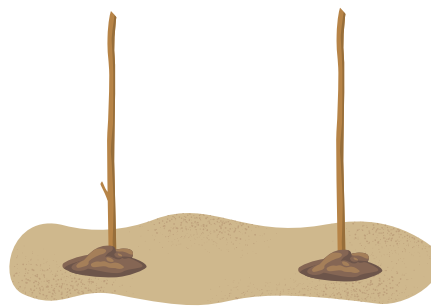
GRAVEL for drainage



SOAP for handwashing



1 Dig two holes 300–400mm deep and half a meter apart.



2 Plant one 2m pole in each of the holes. Ensure that they are level and stable.



3 Pierce two holes into the top of the water container using a nail.



4 Make a hole in the soap and thread the string through for tying.



5 Slide a 1m pole through the handle of the water container.



6 Secure the stick with the water container across the other 2 poles using thin rope or string and attach the soap.



7 Fill the water container with water and attach a string to the lid. The string must be long enough to reach the ground.



8 Attach the other end of the string to the fourth stick and create a foot pedal.



9 Make a gravel basin below the water container to prevent a muddy area.

Building a Tippy Tap: Key principles and benefits

The biggest advantage of a Tippy Tap is that it can be built with recycled and easily available material. Most important is to have access to water, soap and a container.

Tippy Taps also:

- Provide running water and soap for handwashing
- Provide for water drainage
- Have a hands-free tap
- Can be easily reached by children and people with disabilities
- Can be built 2 metres apart to keep physical distancing for COVID-19 prevention
- Are cost effective and durable in a crisis
- Are easy to move, put together and take apart
- Don't need specialised building skills.



Moutse Youth Reporters took up the Tippy Tap Challenge and built a Tippy Tap in Siyabuswa, Mpumalanga to make handwashing easy for all.



Engaging communities to activate the challenge

Organising a Tippy Tap field demonstration is one of the best ways to engage communities and activate the Tippy Tap challenge.

What is a field demonstration?

A field demonstration is an activity organised to demonstrate how to build a Tippy Tap. It shows how this innovation can quickly improve access to handwashing facilities and soap in areas with limited access to these.

Why organise a field demonstration?

People often need more than information to take action. Organising a Tippy Tap field demonstration can help grow a new generation of Handwashing Heroes by:

- **Raising awareness and interest about the Tippy Tap**
- **Demonstrating how to build a foot-operated Tippy Tap**
- **Demonstrating how handwashing with soap and water kills germs**
- **Creating an opportunity to discuss local handwashing habits and how to improve them**
- **Convincing individuals, communities and schools to take up the challenge and build, maintain and use Tippy Taps to make handwashing a reality for all.**



After watching a demonstration, participants in UNICEF's Tippy Tap activation in Slovoville, Soweto work in small groups to build a Tippy Tap.



On the day

- Use the checklists at the end of the guide to help plan.
- Adhere strictly to COVID-19 prevention measures (register, sanitiser).
- Thank everyone for staying 1.5 metres apart and wearing a mask over their nose and mouth.

Encourage participants to:

- **Build Tippy Taps where they will be most useful and difficult to ignore** – at the entrance to public places like markets or halls and close to classrooms, and within 5 metres of a toilet. There should be least one station for every five toilets. Young children and disabled people must be able to reach them easily.
- **Be creative** – Handwashing should be pleasant! This is an opportunity to come up with ideas to make the Tippy Tap stand out and be attractive and appealing.
- **Keep encouraging healthy handwashing habits** – The Tippy Tap must be regularly refilled with water and soap. Colourful signage in key locations, for example, outside toilet doors, at school halls and next to the Tippy Tap are inexpensive and effective ways for schools and communities to remind people to use the Tippy Tap. Creating pathways to the station and signs to remind people to keep 1.5 metres apart help encourage regular handwashing and COVID-19 prevention.
- **Take up the Tippy Tap Challenge!!!** This is an opportunity to engage others to do the same around handwashing and COVID-19 prevention. Use the activation to challenge others to go out and build a Tippy Tap and help others prevent the spread of the virus and other diseases.



What makes a good field demonstration?

A successful field demonstration:

- **Encourages ownership** by involving local organisations, leaders, volunteers or community groups in choosing the site and running the demonstration.
- **Reflects** what people experience every day by using words and terms that participants will understand, and talking about where and how they will be able to fill the bottle with water.
- **Is well planned** by checking that COVID-19 prevention, health and safety protocols, materials and instructions are all in place, to help the demonstration run smoothly.
- **Is easy to access** by making sure that for those who can attend under COVID-19 rules the site is easy to get to and is clearly marked, and shows what is being demonstrated and who to contact to follow up.
- **Encourages discussion** by asking about participants' experiences of handwashing and listening to their questions and observations about the TippyTap.
- **Encourages comparison** by enabling participants to compare building and using a TippyTap with how they are currently washing their hands, for them to see benefits.
- **Encourages feedback** by asking whether participants think the TippyTap will be useful – and, if not, finding out why by accepting questions and criticism, being genuinely interested and using the feedback to improve future activities.

A field demonstration is a great opportunity to get participants talking about handwashing practices. Here are some ideas on questions to ask:

- **In your community, do people think it's important to wash their hands? Why do you think that?**
- **What do you think 'wash your hands frequently' means?**
- **What do you like about washing your hands?**
- **What do you dislike about washing your hands?**
- **What makes it difficult for you to wash your hands?**
- **What makes it difficult for people in your community to wash their hands?**
- **If you saw someone not washing their hands at one of these important times, do you think you should say something to this person? Why/Why not?**
- **What would you say and/or do to encourage your families, friends and communities to wash their hands at these important moments?**

Talk about hand hygiene!



Handwashing facts

When should I wash my hands?

To help prevent the spread of COVID-19, always wash your hands:

- After using the toilet
- Before preparing food or eating
- After taking off your mask, blowing your nose, coughing or sneezing
- After visiting public places, like shops or church, or using public transport
- After touching any surface outside your home, like money
- Before, during and after caring for a sick person.

Why should I always use lots of soap?

Soap destroys COVID-19 and other germs that cause disease.

Try this simple exercise to see how.

1. Rub oil or Vaseline all over your hands and fingers.
2. Sprinkle glitter onto your hands and rub it all over your hands and fingers.
3. Look carefully at your hands to see how the glitter is spread across your skin.
4. Wash your hands for 20 seconds using only water.
5. Look carefully at your hands – how much glitter is left on your skin?
6. Now wash your hands for 20 seconds using water and soap.
7. Look carefully at your hands – how much glitter is left on your skin?
8. Go to <https://vimeo.com/402946586> to see this exercise in action.



Participants inspect hands after the glitter exercise at the Slovoville, Soweto, demonstration.

Soap facts

Soap contains molecules that destroy germs – and makes us feel clean and healthy. Soap is inexpensive and can be bought almost anywhere. If accessing soap is a problem, focus on forming partnerships with private sector suppliers rather than making soap locally – especially in an emergency.

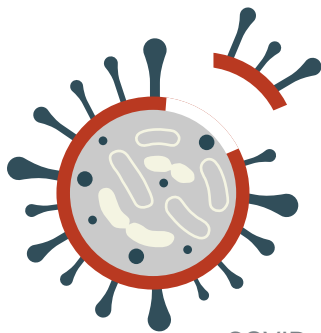
A bar of soap is cheaper and more environmentally friendly than liquid soap because:

- **Liquid soap is more wasteful than a bar of soap.**
- **Liquid soap is heavier to transport than a bar of soap.**
- **Liquid soap takes 20 times more energy to produce than a bar of soap.**

If you don't have a bar of soap or liquid soap, make a soapy solution by mixing:

2 tablespoons of washing powder with 1.5 litres of water.

How soap kills COVID-19

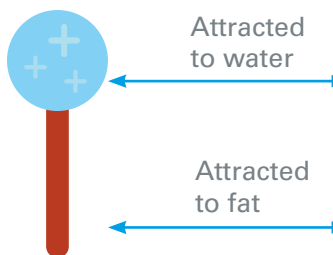


COVID-19

COVID-19 has a fatty outside layer
The soap tail 'stabs' the fatty outside layer of COVID-19 and other germs and breaks it apart.

The water-loving soap head pulls the pieces of virus into the water and washes them away.

At the same time the soap breaks down and washes away dirt, grease and other germs on your skin.



Attracted to water

Attracted to fat

Soap molecules are shaped like a pin

- Soap molecules have a head and a tail.
- The head is attracted to water.
- The tail is attracted to fat.

Source: <https://en.unesco.org/news/how-soap-kills-covid-19-hands>;
<https://www.vox.com/science-and-health/2020/3/11/21173187/coronavirus-covid-19-hand-washing-sanitizer-compared-soap-is-dope>





Sanitisers or alcohol-based hand rub

Sanitisers must contain at least 60 per cent alcohol. Sanitisers are less effective when applied to wet hands, so it is best to keep sanitising stations separate from handwashing stations.

- **Highly concentrated alcohol is toxic if swallowed.**
- **It must be handled with care and kept out of reach of children.**
- **Children must be supervised by an adult when using a sanitiser.**

Chlorine-based solutions, ash and salty water (not recommended)

Chlorinated water should only be used in an emergency setting, with strategies to change to soap or sanitisers.

Clean ash, free from human or animal faeces, can be used as a last resort. Ash creates an unfavourable environment for germs on the skin, but there is no evidence it is effective against COVID-19.

There is no evidence that handwashing with salty water can kill COVID-19. Handwashing with water alone does not effectively remove germs from hands but is still better than not washing at all.

Source: UNICEF Fact Sheet, Handwashing Stations and Supplies for the COVID-19 Response, May 2020

Hand drying and water quality

Hand drying

Drying hands after washing is important for effective hand hygiene – moisture left on hands after washing can help spread COVID-19 and other germs onto surfaces. The World Health Organization recommends clean, single-use towels. If these are not available, air drying with an air-drying system or shaking the hands dry are also recommended options. A towel can become a source of contamination if the person who used it previously did not wash their hands adequately.

Water quality

Water for handwashing does not need to be drinking water quality. Handwashing removes germs even if the water is contaminated. Using soap is more important than the water quality for handwashing. This means that water from handwashing or laundry can be reused for handwashing. In many countries reusing water is not acceptable, and this must be evaluated when planning handwashing facilities.

Source: UNICEF Fact Sheet, Handwashing Stations and Supplies for the COVID-19 Response, May 2020

Checklists

Materials checklist

Material	Quantity	Provided by	Check
Training material			
Tippy Tap Field Guide	1		
Glitter and Vaseline for exercise	1 per group		
Tippy Tap construction material			
Shovel to dig the holes	1		
Strong sticks for posts (1.5–2 m)	2		
Stick for crossbar and foot pedal (1 m)	2		
Plastic container to hold water (5 ℓ)	1		
String or rope for tying (2 m)	1		
Scissors to cut rope	1		
Gravel for drainage basin	1		
Soap bar	1		

Field planning checklist

Item	Description	Responsible person
Date		
Time		
Location		
Participants		
Procedure	Lay out material and select suitable site for installation	
	Welcome participants/introductions	
	Ensure everyone is 1.5 m apart and wearing a mask over nose and mouth	
	Briefly describe the purpose and give participants the Field Guide	
	Nominate two participants to help build the Tippy Tap	
	Ask them to start building and guide them through the steps	
	Give information about the benefits of handwashing and having a dedicated handwashing facility	
	Take photos of the Tippy Tap being constructed to post on social media	

Item	Description	Responsible person
	Engage with participants around local handwashing habits	
	Finish the Tippy Tap and demonstrate how to properly wash your hands	
	Nominate someone else to wash their hands as well	
	Ask participants where Tippy Taps might be needed in their communities	
	Encourage participants over 16 years to register on Zlto at https://zlto.datafree.co.za/ and complete the Nano course in how to build a Tippy Tap. They can earn digital rewards, plus access to many other learning and earning opportunities.	
Safety protocols	Masks are compulsory (cover nose and mouth) Sanitisers are compulsory at the entrance during demonstration Social distancing must be maintained during demonstration	

Additional material

<https://www.wsp.org/sites/wsp.org/files/publications/uganda-tippy-tap-hwvs.pdf>

<https://www.unicef.org/media/68896/file/Handwashing-Facility-Factsheet.pdf>

<https://www.elrha.org/wp-content/uploads/2016/01/Handwashing-WASH-ProblemExploration-Report.pdf>



Field notes

How to build a Tippy Tap

Date:

Site:

Activity:

Participants:

Length of observation:

Summary: Write a paragraph summary of the events

Observations: Write down your observations

Questions/things to follow up: