

Surrey Care Trust's

FIREWALK



Tuesday 30th March 2010 from 6.30pm

At Woking FC, Kingfield Road, Woking

Raising funds for the Surrey Care Trust

Minimum sponsorship pledge: £150

www.surreycaretrust.org.uk

Registered Charity No. 285543

Blaze Firewalking Ltd Reg. No. 6460642 Registered in England & Wales
Head Office: 33 Musters Road, West Bridgford, Nottingham. NG2 7PL
Tel: 0115 608 208

FIRE WALKERS FAQ

If you are reading this information sheet then you are considering taking part in a fire walk! I'm sure you have many questions about fire walking and a few concerns too! Hopefully the following information will answer and alleviate your worries.

Who are we and what do we do?

Blaze is aimed at initiating innovative mind expanding experiences for individuals and groups, as well as bringing teams together, enhancing communication, raising huge amounts of money for charities and at the same time having a great time! One of the major events that we have introduced to the UK over the last 13 years and utilized to great effect with many major charities is the Blaze Fire Walk Challenge. This is an inspirational and barrier-breaking experience for all concerned! In simple terms, sponsored individuals, after a motivational training session, walk across 20 feet of wood embers burning at 1200 degrees Fahrenheit without experiencing any pain or injury! Something that not every organisation would immediately link with fund raising but it has proven itself extremely successful.

In addition to raising funds, the participants find the experience to be empowering, inspirational and horizon expanding to say the least! The effects of the motivational training session have long lasting benefits in their personal life, with increased awareness of how to achieve their goals, an enhanced view of their potential to succeed and a general ability to recognise when Fear is preventing them from moving forward in their lives and what to do to change it.

Professionalism and **safety** are our watchwords at Blaze. Our safety record is **impeccable**. Our safety checks and procedures are second to none. Our team is the most experienced anywhere, and the fact we are most proud of is, that out of all the events we have facilitated and of all the people we have trained for events, not one refused the opportunity to fire walk when it was offered to them! A fact we hold to be a testament to our approach and professionalism.

Blaze, are most probably **the** most experienced fire walking company anywhere. Blaze originated the "Charity" fire walk concept, making it possible for people from all walks of life to be able to experience something that has only been available to illusionists, performers and tribal groups. They say the best form of flattery is imitation, and since Blaze started offering the "Charity" fire walk experience, several other companies now offer a charity fire walk. We cannot comment on what these other companies can offer, but we can say that Blaze has been viewed as an experienced, professional and trusted company. We are viewed as one of the best consultants about fire walking and have worked with hundreds of charities, corporate, film and television houses such as the BBC, ITV, Channel 4, and many production companies. So if your going to participate in a fire walk event, look for the Blaze name and you can rest assured you will be safe and with the best!

What happens on the night of the event?

You will be given times for the event from the charity organizer, a typical example of a fire walk schedule; registration 6.30pm, training session starts 7.00pm, training session ends 9.00pm, walking on fire 9.10pm, back to training room for debrief and certificates 9.25pm, party time!

Once you have registered and all participants are ready you will undergo a training seminar in a private room away from the public. All participants must go through the private motivational psychology Fear Buster seminar called 'Learn or Burn', designed to equip them with the resources to walk unharmed across 20' of wood embers burning at 1236 degrees Fahrenheit. The training is based around proven motivational and psychological methods. It does not involve any element of hypnosis, spiritual training, chanting, 'brainwashing, voodoo or any similar methodologies. It is however, tremendous fun! The instructor is a world class authorised Blaze 'Fire master' instructor who has undergone a minimum of 200 fire walking events to qualify for the title, he is also an officially recognised British Record Holder.

Once the training seminar has finished, the instructor will lead the group outside to where the fire walk has been burning away whilst the training has been in progress. After a short debrief around the fire bed you will be instructed to take your shoes and socks off and line up ready. Once the all clear sign has been given by the head of the fire team, the instructor will send a member of Blaze across first to make sure the fire bed feels correct and even. Once the ok signal is given, the participants will be told by the instructor when to go, each walker will go across the fire once authorized by the instructor.

I am bringing friends/family to watch, is that ok?

Friends and family are encouraged to come along and support you and the other walkers at this exciting event. Depending on the venue and how the organizing charity has arranged the evening's events depends on what there is for them. Most charities will have some form of entertainment arranged whilst the walkers are in the seminar, for example crowd entertainers, local radio station road show, bar-b-que, bar, bouncy castles etc. Check with charity what they have organized, as if they have very little, sometimes it can be best if your supporters arrive a little later than yourself so they are not hanging around. Friends and family are **not** allowed to 'sit in' on the training seminar.

Questions about the fire walk itself;

Do I actually walk on a flaming fire? No, the fire bed itself, by the time you come out of the training seminar will have burnt down to hot coals, there will no flames.

Does it hurt? Surprisingly enough, everybody's fire walking experience is unique to himself or herself. There are very obvious physical reasons why fire walking is possible. These will be explained during the training. The hardest thing to overcome is the fear of taking the first step (as it is a new experience!)

What does it feel like? Opinions vary, a number of people cannot remember having any physical sensation at all about the experience. Some report that it was freezing cold! 'Like walking on snow' some say it was warm, but others perceive it to be hot!

It is real fire? Yes, burning at a mean temperature of 1236 degrees Fahrenheit! To put it into perspective: paper combusts at 451 degrees, aluminium melts at 1100 degrees!

What do you burn? A combination of pine, ash and larch, broken down into a smooth red hot path, 20' long by 3' wide.

How many steps will take me? Depending on your stride length between 6 and 8 steps.

Do I have to run? Not at all, normal walking pace is sufficient.

What happens if I should stop half way through? Don't worry you won't!

Why should I do this? We all have to face things we are uncertain about. Use this event to set up resources that will always be available for you. If you can conquer fear in the very real form of walking across hot embers then you can use this experience as a benchmark for any other situations in the future.

What happens if it rains? Fire walking generally isn't really weather dependent. Provisions are made for all types of weather conditions and as long as wood is kept dry, prior to lighting, the event will go ahead. The only time you would need to call the charity about the weather would be on the day of the event **if** it is forecast high winds or torrential downpour.

What happens if the event is cancelled? If on the very rare occasion the event has to be postponed due to unforeseen circumstances or extreme weather, it will be arranged for another date in the near future.

What's the best thing to wear on the night? There are no special requirements to what you wear on the evening, casual clothing is best, and something you are not bothered if it goes up in flames! No sorry just kidding, all you need to do is roll up the bottom of your trousers mainly not to get dirty. Obviously tights and stockings would need to be removed before the walk itself. Long floaty skirts are best avoided as there maybe flames on the edge of the fire lane. It's advisable to bring some wet wipes as your feet will get very sooty from walking on the fire bed and your socks will get filthy.

Is it ok if I have a couple of drinks with my friends/family before I start the training, bit of Dutch courage? We ask that you don't consume alcohol before the training as this can impair your judgment and focus. Save the drinks for the celebration afterwards.

IF YOU CAN DO THIS... YOU CAN

DO ANYTHING!!!



We hope this has answered most of your queries, now go out there and get sponsored! Good Luck.

A Cautionary Warning: Blaze has the right to refuse anyone's participation who they believe are under the influence of illegal drugs, alcohol or maybe a danger to other participants. If this happens you are liable to compensate the charity for the loss of sponsorship money you would have raised if your supporters refuse to pay.

Please make sure before the training starts that your mobile is turned off.

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Surrey Care Trust Firewalk – 30th March 2010
@ Woking F.C.
In association with BLAZE, the firewalking specialists

Registration/Pledge Form

To take part in this event, please complete this form and return to Vicky Nash, Firewalk, The Surrey Care Trust, 1 Old Elstead Road, Milford, Godalming, Surrey, GU8 5EE or email a copy to vicky.nash@surreycaretrust.org.uk

Name of Walker _____

Address _____

_____ Post Code _____

Date of Birth _____ Daytime Tel _____

Mobile _____ Email _____

I am happy to be kept up to date about the Surrey Care Trust's work by post or email.

How did you hear about the Firewalking event _____

By signing this form you pledge to raise a minimum £150 for the Surrey Care Trust.

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Conditions of entry: I have read and agree to the rules and conditions for the firewalk 2010 (see overleaf). I understand that I take part in this event at my own risk and that the Surrey Care Trust will not be liable for any injury or loss that may occur as a result of my participation. I confirm that I am over 18 years of age or over. I agree that medical advice should be sought from a General Practitioner if I am in any doubt as to my physical ability to participate in the event. I am aware that photographs taken during the walk may be used to publicise this event and the work of the charity generally.

Signed _____ Date _____

Rules and Conditions of Surrey Care Trust Firewalk 2010:

- Each participant must fill in a separate registration/pledge form in order to enter the Firewalk challenge.
- Closing date for entries is 23rd March 2010.
- You must be 18 or over to take part in the event.
- The consumption of alcohol before or during the event is forbidden (save it for later to celebrate your achievement after the walk!).
- All participants are responsible for their own medical condition. If you are in any doubt about your health or ability to complete this challenge you should seek advice from your doctor before registering.
- Spectators are welcome to attend though children under the age of 16 must be supervised by responsible adult at all times.

The Surrey Care Trust, 1 Old Elstead Road, Milford, Godalming, Surrey, GU8 5EE.

Registered Charity No. 285543 Registered with Limited Liability in Cardiff No. 1658859

Make a Justgiving fundraising page!

It's the fastest, easiest, and cleverest way to raise money!

Make a page and share it online with your family and friends. Anyone can donate with a credit/debit card from anywhere in the world. Justgiving sends your donations straight to us and reclaims Gift Aid automatically on our behalf.

Make a page

1. Go to www.justgiving.com/{your charity code}/raisemoney and click 'create your page'
2. Choose your event, or another type of page and click 'select'
3. If you're new to Justgiving, enter your email address
4. Fill in your details and choose a password
5. Choose a web address for your fundraising page and click 'create your page'
6. Go to your account and personalise your page with a message, image and target

Share your page

The more you tell people about your page, the more donations you'll attract...

1. Email a link to your fundraising page to everyone in your address book. Ask them to forward it on to everyone they know.
2. Track your fundraising progress on your Facebook profile - use Justgiving's Facebook app: <http://apps.facebook.com/justgiving>.
3. Put a widget and buttons on your blog, website and social profiles. Find them by clicking 'promote this page' on the right of your fundraising page.
4. Keep emailing everyone to update them on your progress - remind them to donate if they haven't already and to send your page to their friends.
5. Let us know how your fundraising's going so we can share your news and good ideas with our other fundraisers.
6. Share your good ideas with Justgiving by emailing suggestions@justgiving.com

The friendly Justgiving helpdesk can answer any questions - just email help@justgiving.net