

FIREWALKING INFORMATION PACK

Thank you for considering taking part in the Rotary Club of Newton Abbot 2020 Firewalk.

This pack should help you decide whether you'd like to sign up to take part in our sponsored challenge on 24th April, 2020. If you do decide to take part, this pack will also provide you with some useful guidance before the Firewalk itself. In here you'll find:

- An overview of the challenge
- Details of the event
- Answers to frequently asked questions
- Information about registering

If you have any further questions, please contact Martin Smith, event organiser martrcna@outlook.com

OVERVIEW

Courage is not the absence of fear. It is the ability to operate despite fear!

WHAT IS FIREWALKING? In simple terms, sponsored individuals, after a motivational training session, walk across 20 feet of wood embers burning at 1236 degrees Fahrenheit, without experiencing any pain or injury at all. How are you organising this? The RCNA Firewalk will be facilitated by experts from Blaze.

Check out their website at www.blazefirewalking.com

IS FIREWALKING SAFE? We have chosen to work with Blaze because of their impeccable professional record and they will get you through the event in complete safety. Blaze have been offering firewalks for over 20 years, their safety checks and procedures are fine-tuned and the team organising the walk is extremely experienced. Out of all the events they have facilitated, not one person attending a motivational training has refused the opportunity to firewalk.



WHY SHOULD I DO IT? This is an inspirational and barrier-breaking experience for you, while raising money for a fantastic cause. You will feel motivated, empowered, and inspired to face your fears. Given the type of event, donors often offer higher sponsorship than you would get for a normal sponsored walk or sports challenge, so it's a fantastic way to support **YOUR CHARITY OR CAUSE.**

WHY ARE ROTARY PUTTING ON THIS EVENT? The Rotary Club of Newton Abbot typically distribute over £20,000 a year to local charities, but we also facilitate other fund raising by using members time and skills to help smaller charities and organisations raise funds, by putting on events much larger than they would otherwise have been able to. If you want to know more about Rotary, visit www.rotarynewtonabbot.uk

DO I NEED TO DO ANY PREPARATION? No! On the evening of the event, you will take part in a motivational psychology fear-busting seminar, which will equip you with the resources to walk across the fire bed unharmed.

THE EVENT



THE FIREWALK – registration from 18:00 – 19:15 – **All firewalk participants must undergo the training seminar from the beginning, commencing at 19:30.**

The prospective firewalkers will meet in the Dainton Park restaurant to take part in their training. All participants must go through Blaze's motivational psychology fear buster seminar called "Learn or Burn". This does not involve any use of fire or coals; it is designed to equip you with the resources to walk unharmed across 20ft 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", or any similar methodologies.

It is, however, tremendous fun! The following course outcomes can be expected: • Increased confidence and self-esteem • Released fears and doubts • A breakthrough from limiting beliefs and conditioning • A transformation of fear into positive action • Lots of fun and laughter.

THE WALK: The walk: After the training seminar, you will be led out to the fire, which will be located just 2 minutes' walk away in the driving range. You will be given the opportunity, one by one, to walk across the 20ft fire lane. After all, have completed their walk, the firewalkers will all receive certificates of achievement and a medal.

HEALTH AND SAFETY: No drugs or alcohol are allowed before or during the event (although a few celebratory drinks will probably be enjoyed afterwards!). Prospective participants must not be under the influence of alcohol or drugs. The Blaze team will refuse to accept any participant if they believe this is the case. The event insurance covers participants while they are in the training seminar, the outside fire area and the spectators.

Every effort will be made to ensure your safety. However, participants are not insured the moment they step onto the fire lane. Each participant will be required to fill in a disclaimer form before they start training, explaining the risks and that they are responsible for their own actions and participation. You take part in the firewalk at your own risk.

FRIENDS AND SUPPORTERS: You are welcome and encouraged to bring supporters and spectators with you. Entertainment by way of Lez the Fez and the Hot House Combo trio will be performing throughout the evening, there will be charity stall's, face painting and games around the terrace area and the opportunity to enjoy the famed Dainton BBQ.

No spectators, videos, cameras or audio equipment are allowed in the "Learn or Burn" seminar; although they are welcome at the walk itself.

PHOTOS: we will be taking photos at the event to record our supporters' fantastic achievements, but we respect your privacy. Please let us know if you do not want to be identified in photographs.

TIMING: Exact timings will be confirmed to you nearer to the event, but registration will take from around 6pm, the fire will be lit at around 20:30pm and the firewalk itself will take place just after 9pm.

FREQUENTLY ASKED QUESTIONS

<https://www.youtube.com/watch?v=WOJ6BUhUJ18> see video by Blaze UK's Karen Sterling.

WHAT KIND OF PEOPLE FIREWALK? People from all backgrounds have taken part in firewalks. Many are seeking to make positive changes in their life, or want to take on a different kind of challenge for charity.

<https://www.youtube.com/watch?v=DigRWsAA9MQ> Matt & Phil from Question of Sport doing the firewalk.

DO I HAVE TO DO IT IF I SIGN UP NOW? No. You may decide not to walk at any time. Registration fees are non-refundable and we ask that you honour your minimum sponsorship, but no one will be made to complete the firewalk if they do not wish to do so.

IS IT REAL FIRE? Yes, burning at a mean temperature of 1236 degrees Fahrenheit (66 c)! To put it into perspective: paper combusts at 451 degrees Fahrenheit, and aluminium melts at 1100 degrees Fahrenheit.

WHAT DO YOU BURN? Blaze burns wood: a combination of pine, ash and oak, broken down into a smooth red hot path 20ft long by 2ft wide.

DOES THE FIREWALK HURT? Surprisingly enough, everyone's firewalking experience is unique to themselves. There are obvious physical reasons why firewalking 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 few people cannot remember having any physical sensation at all about the experience. Some report that it was freezing cold "like walking on crunchy snow", but others perceive it to be hot.

DO I HAVE TO RUN? Not at all; running pushes your feet deeper into the embers. A quick walking pace is enough.

DO I WALK ON A FLAMING FIRE? No, you walk on the fire bed itself. By the time you come out of the training seminar the fire will have burnt down to embers. If there are any flames they will be down the sides of the fire lane.

WHAT HAPPENS DURING THE TRAINING? The training amongst other things, examines the mind/body connection, explores comfort zones and expands them to overcome limiting beliefs. It culminates in the option to walk on fire.

ARE THERE AGE LIMITS? The minimum age is 14 years; parental consent is required for 14-17-year olds. There is no upper age limit.

WHAT HAPPENS IF IT RAINS? The Blaze fire team get wet! Provisions are made for all types of weather conditions and if the wood is kept dry prior to lighting, the event will go ahead.

WHAT'S THE BEST THING TO WEAR ON THE NIGHT? There are no special requirements regarding clothing. Casual clothing is best and something that you are not bothered about if it goes up in flames! Just kidding. All you need to do is roll up the bottom of your trousers, so they don't get dirty. Tights and stockings would need to be removed before the walk itself. It is advisable to bring some wet wipes as your feet will get very sooty from walking on the fire bed, and your socks or shoes will otherwise get filthy when you put them back on! Please wait until after the firewalk to have your pedicure. Do not use creams and/or foot sprays on the day of the firewalk. Nail varnish on toes is safe - there is no need to remove it.

HOW TO SIGN UP

We are filling up our spaces for the sponsored walk on a first come, first served basis. If you're interested in taking part, please confirm by emailing martrcna@outlook.com and let us know.

We'll reply to confirm that spaces are still available, with a registration form, you will then need to complete and return the form paying the £25.00 registration fee (as instructed on the form).

On receipt you will receive confirmation of your place and sponsorship form with a walker reference number by email.

NOTE UNTIL YOU RECEIVE YOUR WALKER NUMBER YOUR PLACE IS NOT CONFIRMED

We ask that each walker raise a minimum in sponsorship of £75.

If you would like to take part in the firewalk but feel that you have additional requirements due to a disability or other particular need, please contact Martin on martrcna@outlook.com

We will discuss your requirements with Blaze and try our very best to facilitate your access to the event.

Before signing up, please remember:

- The minimum age is 14 years. Parental consent is required for 14-17-year olds.
- There is no upper age limit.
- You need to be free on the evening of Friday 24th April, from approximately 6.00 to 10.00pm.
- The Firewalk will be held Dainton Park Golf Club.
- Do look at the You Tube video <https://www.youtube.com/watch?v=WOJ6BUhUJ18> by Blaze
- The entry fee is just £25 for the firewalk.
- Walkers are asked to raise a minimum of £75 – for their cause.
- Remember what you raise 100% will be returned to your charity / cause.

– ALL SPONSORSHIP MONEY SHOULD BE BROUGHT WITH YOUR SPONSORSHIP FORM ON THE NIGHT.

Thanks so much for supporting the Rotary Club of Newton Abbot!

