

FIREWALKING GUIDELINES

WHAT EXACTLY IS A FIREWALK?

The participants will undergo training of around one hour. When the fire has burned to red-hot embers it is raked level and prepared for the walk. Participants go to the fire – remove their footwear and one by one are invited to walk the coals.

IS IT A TRICK? No. The fire is very real. The embers will be glowing red-hot – we can often measure the temperature at around 1200 degrees Fahrenheit. You will have bare feet, and they will not have been treated in any way.

WILL IT HURT? The sensation is described by some as walking on eggshells, others as walking on hot sand. Each walker has his or her own experience. I have not known walkers to experience pain, indeed when the opportunity arises many will walk across the coals more than once.

HOW SHOULD I PREPARE? There is no preparation to undertake. No treatment of the feet or mental exercise, just the training provided at the seminar. You should abstain from the consumption of alcohol or drugs prior to the event. **Any person who is in the opinion of the trainer unfit to participate will NOT be permitted to take part**.

HOW FIT DO I NEED TO BE? There is no strenuous physical exercise involved. If you can walk normally then you should manage the Firewalk perfectly well. If you have any doubts please consult your GP before attending.

WHAT SHOULD I WEAR? There is no special clothing required. Casual comfortable clothes are best. Please remember fires can be quite dirty and clothes may become ash stained. Footwear needs to be easy to remove, and will need to be replaced before going back indoors so a hand towel might be a good idea. Flip flops are a good idea, especially if the ground is cold. Nail varnish and toe rings are fine.

MEDICAL RESTRICTIONS? We have many people walk who were pregnant, has diabetes, Stroke survivors, Blind and many other conditions. None have been an issue, however we always recommend if in doubt seek advice from your doctor.

IS IT SAFE? There is an inherent risk in any activity involving fire. It is important that participants pay attention to all the training and heed the advice and instruction of the trainer, firewatchers and spotters. Whilst absolute safety is not guaranteed proper procedure reduces risk to the achievable minimum.

WILL I BE HYPNOTISED? No. There is no hypnotism involved. You will be fully awake at all times – indeed you will be more alert than usual. You may also withdraw at any time if you wish.

AGE RESTRICTIONS? Normally 14. All we ask if under 18 that they are mature enough to listen to the training and will require a parent or guardian to sign a form.

ALL WALKERS SHOULD READ AND UNDERSTAND THESE GUIDELINES BEFORE STARTING A FIREWALK.

Walkers must not be under the influence of alcohol or drugs.

All walkers should be well hydrated (drink plenty of water).

Please ensure your feet are clean and free from massage and pedicure oils.

No one is forced to walk on fire and we will not allow peer pressure.

Firewalking can be dangerous, however FFA UK have never had a walker who has required medical treatment from our charity, public or corporate events.

Please contact us or visit our website if you require any further information.

www.fundraisingfirewalk.co.uk

FUNDRAISING FIREWALK ASSOCIATION

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