

Firewalk FAQs Gloucestershire Young Carers

Firewalk

Saturday 6th November 2021- Brickhampton Golf Complex



What is firewalking? It's the practice of walking barefoot on hot embers. A Blaze Firewalk is designed to help transform fear and to inspire people to do things they didn't think possible.

Is the firewalk / company safe? Blaze Firewalking have been doing firewalk events since 1984. They have done firewalks on TV more than 35 times and have never had an injury occur from a firewalk. A two hour compulsory training session is given to all walkers before they are allowed to firewalk. The Instructor is a world class authorised Blaze 'Fire Master' Instructor who has undergone a minimum of 200 separate firewalking events at different locations at different times of the year and with varying weather conditions *before* being invited to train as a Blaze Instructor. It can take three years to become an Instructor with us.

What happens on the night? Once you have registered at 6.00pm, you will undergo a compulsory two hour training session in a private room from 6.30pm – 8.30pm. The training is based around proven motivational and psychological methods. It doesn't involve any elements of hypnosis, spiritual training, chanting, 'brainwashing', voodoo or any similar methodologies. It's great fun!

Parking on site is available for participants and spectators. The fire will be lit at 8.00pm, and spectators should arrive by 8.15pm. The firewalk will take place at 8.30pm. Certificates are awarded at approximately 9.00pm and then it's celebration time. The bar at Brickhampton will be open until 10pm for you to celebrate your achievement with friends and family.

Can my family and friends come? Friends and family are encouraged to come along and support you and the other walkers at this exciting event. We know that you'll want them to take lots of photographs and video of your firewalk. However friends and family won't be allowed to watch the training.

Who firewalks? People from all walks of life have taken part in Blaze firewalks. Many are seeking to make positive changes in their life and the firewalk and the pre firewalk training has helped them to do this.

Are there age limits? The minimum age is 16 years of age; parental consent is required for those up to age of 18. There is no upper age limit. The oldest person that has firewalked with Blaze was 89 years young.

Do I have to do it if I sign up now and what happens if I don't do it? You may decide not to walk at any time. In fact it is much more courageous to take that decision on the night than it is to be swept along with the body of feeling at the time. If you do change your mind, you will lose your non-refundable £20 deposit. You will need to contact Gloucestershire Young Carers Fundraising team to arrange any refunds of online sponsorship to your sponsors if you do not go ahead with the challenge.

What does it feel like? Opinions vary. A number of people don't remember having any physical sensation at all about the experience. Some say it was cold, some say it was warm. Our favourite was that it felt 'fluffy'.

Is it real fire? Yes, burning at a mean temperature of 1236 degrees Fahrenheit!

Do I actually 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.

Do I have to run? Not at all, running pushes your feet deeper into the embers. A quick walking pace is sufficient. You'll be shown the correct pace in the training.

What happens if I should stop halfway through? Don't worry, you won't! There will be someone walking beside you. We all need help and support at some points of our lives, we'll support you on your firewalk.

What happens if it rains? Provisions are made for all types of weather conditions and as long as the wood is kept dry prior to lighting, the event will go ahead. If torrential rain or high winds are forecast the event may be postponed.

What's the best thing to wear on the night? There are no special requirements regarding clothing. Casual clothing is best and you may want to roll up the bottom of your trousers so they don't get dirty. Tights and stockings will need to be removed.

Wear light coloured clothing as this shows up better in photographs and videos.

I have a medical condition; will I be able to firewalk? Give Blaze a call on either 0115 840 4329 or 07712048042 and ask to speak to Karen as she was a registered nurse for over 20 years, working in areas such as A&E, Trauma care and was a Sister in an Intensive Care Unit for 11 years. All calls will be treated in the strictest confidence.

Can I have an alcoholic drink for some Dutch courage? No, you won't be allowed to take part if you have consumed alcohol or taken recreational drugs. It's only for a couple of hours and that glass of wine or beer tastes so much better afterwards.

Do I need to remove nail varnish? Nail varnish on toenails is safe! There is no need to remove it. However, please wait until after the firewalk to have your pedicure. Don't use creams and/or foot sprays on the day of the firewalk.

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 for any other situations in the future.

Do I need to sign a disclaimer? Yes, Blaze will require you to sign a disclaimer before the firewalk takes place.

How much do I need to raise? We encourage you to raise as much as you can, with a minimum aim of £100 for each firewalker.

Where does the money I raise go? The money raised from this fundraising event will help Gloucestershire Young Carers support the YOUNG in young carer and be there for young carers in Gloucestershire.