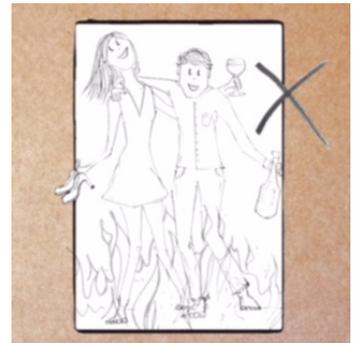




“A journey of a thousand miles starts with a single step” whether your reasons for coming along are spiritual, you are fund-raising or thrill seeking we want you to have a great experience, so **there are a few rules**

- Participants **must attend a 90 minute workshop** prior to the fire-walk (otherwise how do you know what to do)
- You **must not drink before or during the workshop** ( we want you to have a great night being brave all by yourself, fill your boots afterwards)
- **No phones** are permitted during the workshop or on the fire itself ( other people are welcome to take your photographs and again, we don't want to be fishing phones out of a fire)
- Please **don't prepare your feet with lotions or potions**, if you have nail polish on take it off three or four days in advance, don't paint your toe nails for the event (this question gets asked a lot!)
- Fire-walking is a dirty business, so **wear old clothes**, shoes that come off easily and trousers that can be rolled up or shorts. We would also ask that you bring along an old towel or wipes for cleaning your feet
- **Spectators can't sit in on the workshop**



**On the night of your event-** fire-walkers should arrive in plenty of time for the workshop which lasts around 90 minutes. When our fire-walkers arrive they will be asked to complete a **disclaimer which states that they are both drug and alcohol free and that they are walking at their own risk**

After the workshop the group are then lead outside to walk across the glowing embers of the fire, **the fire-walk is around five metres and can usually be covered in a few steps**. At no point will anyone be forced or coerced into walking on the embers, it is entirely voluntary. We are happy for you to walk over the coals more than once if you wish.

**Start to finish the event runs for around 2 hours**, it is not weather dependant, if it is raining we still go ahead! Our events will only ever be postponed if there is a risk involved e.g. severe high winds. **If you have any health concerns e.g. diabetes, circulation problems please do seek medical advice before the event and notify Lee at the start of the workshop.**

**Health & Safety is our number one priority**, all of our events are insured for £2million, however the act of walking on fire is uninsurable. Although we have a proven track record for providing well managed, safe events, we always ensure there is an adequate supply of water to extinguish our fire in case of emergency and as an extra precaution we provide a fire extinguisher and fire blanket. We are well equipped for first aid and always bring a full first aid kit.

**All this goes into making a spectacular event for you!**