
BLAZE

BLAZE FIREWALKING EVENTS



Firewalking
Information

BLAZE
THE
FIREWALKING EXPERTS

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WHAT HAPPENS AT THE FIREWALK



Registration

This is the time for you to welcome your supporters

Training

We take your supporters to the private area for their pre firewalk training.

We explain who we are, how firewalking is physically possible, answer questions then we take them through exercises to prepare them for the firewalk. We focus being in the right mindset to want to take that first step onto the firelane, (quickly followed by many other steps). Firewalking is not a case of mind over matter

The training is based around proven motivational and psychological methods. It does not involve any element of hypnosis, spiritual training, chanting, 'brainwashing', voodoo or similar methodologies. It is however, tremendous fun!

All participants must go through the firewalk training designed to equip them with to walk unharmed across 20' of wood embers burning at 1236 degrees Fahrenheit

If the training area is close to the firelane, we will take the walkers out to see the fire being lit. Then we go back to the training area for the final part of the training.

Firewalk

Debrief

After the firewalk we speak with the walkers, check that everyone has happy healthy feet

We've never had to treat anyone for burns injuries after our firewalks and are determined to maintain this.

Certificates

Every firewalker gets a certificate personalised with their name and your charity logo

We never, ever attempt to upsell anything to you or your supporters on our events. We're here to promote and support your charity, not ourselves.



A BLAZE Firewalk can:

Increase confidence and self-esteem

Release fears and doubts

Break through limiting beliefs and conditioning

Transform your fear into positive action

Contain lots of fun and laughter

Raise much needed funds and awareness

Create a positive emotional attachment to your charity

TIMINGS

These are an example of the timings of our firewalks Timings can be moved to earlier or later in the day to suit your needs

Our preference is to have the firewalk take place after the sun has set

We can do firewalks during the day but they lose the visual aspect of walking on a path of glowing embers

16.00 Blaze arrive to set up outside

18.00 Registration

18.30 Training begins

20.00 Firewalk

20.30 Debrief, certificates then celebration time

The fire is lit 30 minutes before we firewalk

Timings can be adjusted to suit your event



BLAZE TERMS, CONDITIONS AND REQUIREMENTS

Blaze will set off with plenty of time to arrive at your venue at least two hours before the registration time.

On the rare occasion Blaze should arrive late due to unforeseen circumstances eg breakdown or accident en route which is out of our control, we cannot be held responsible for the circumstances that may arise from this. We will endeavour to ensure that everything runs as close to the original times as humanly possible. You will be given a mobile number for a Blaze team member who will be on your firewalk. If a problem does arise you will be informed as soon as possible. Transferring the date will not incur a charge

Firewalking will happen in most weather conditions, but if torrential rain or high winds are forecast, stay in touch with your project manager who will assess the conditions.

If in the worst-case scenario, the weather is terrible on the night of the event, we can arrange another date in. Re-arranging another date will not incur a charge if this is organised before Blaze set off on the night of the event.

All participants must refrain from drinking alcohol prior to the event. This is of paramount importance to the safety of the event. Blaze reserve the right to refuse any participant we feel are unfit to take part safely. If Blaze refuses a participant who is deemed unfit to walk due to being under the influence of drugs, alcohol or for any reason that might affect other participants, we will not be liable for the loss of that walker's sponsorship.

Our preference for the safest and best experience, the firewalk will take place a minimum of 30 minutes after the sun has set. This is to ensure that we can see the glowing embers are evenly raked, without hot spots and for overall visual effect. We can do them in daylight, but they lose impact. Visually instead of a firelane of glowing embers it will be a path of grey and black

If the proposed siting of the fire lane is in an area with floodlights these must be switched off during the firewalk as they have the same effect on the embers as daylight.

Project Management

Your Project Manager is on hand to help you through the process of organising your event. If you have any questions, please contact them.

Your Project Manager will require from you no later than 7 days before the event, confirmation of the running times for your event, address and postcode of the venue, confirmation of balance payment, your mobile number and a list of the participants' names for certificates.

Personalized certificates will be provided by Blaze on the night of the event if the participant's names are given seven days in advance. Correct spelling of the participants' names will be the sole responsibility of the organisers, we will not be held accountable for incorrect names on certificates as they are printed exactly as they are supplied by the organisers

If you are organising a Fire & Ice event, the glasswalk will be arranged before the Firewalk on the evening schedule. Remember to leave time for a break between the end of the Glasswalk and the start of the Firewalk training

Please note the two events cannot be run at the same time on the night as it will be the same instructor for both walks

BLAZE TERMS, CONDITIONS AND REQUIREMENTS

OUTSIDE AREA FOR THE FIREWALK

This area needs to be at least 40ft/12m in length and 30ft/10m wide plus space outside this for spectators

We use ground to waist height mesh barriers. If you have hard barriers that you prefer us to use, we'll happily do so

We can lay a fire lane on most surfaces; except surfaces such as sand and astro turf

The site must be level, safe and comfortable to walk on barefoot and a maximum of 5 minutes walk from the training area.

Please check that any floodlights and/or bright security lighting at the firewalk area can be switched off for the firewalk. We need to be able to see the glow of the embers to ensure that they are evenly raked without hotspots so that it is safe for the participants to firewalk

Please make sure there is vehicle access to the fire lane area for the manual unloading and loading of incredibly heavy equipment.

Easy access to a water supply. Water buckets are placed around the fire lane. The taps must have clearance for a bucket to get under it or be able to have a hose attached. We bring hoses, tap adaptors and buckets.

Area must be clear of obstacles such as bollards, potholes, wonky kerbs jutting into the firewalk site, shrubbery and anything that we can trip over in low lighting

INSIDE AREA FOR PRE-FIREWALK TRAINING

A private area for the pre-firewalk training. No photographers, videographers, or recording of any type, spectators, anyone under 14 years old or any person not taking part in the firewalk are permitted during the pre firewalk training

Seating for the walkers laid out in rows, theatre style

All participants must be refused any alcohol and/or recreational drugs prior to, and during, the event. This is of paramount importance to the safety of the event. BLAZE reserve the right to refuse any participant we feel are unfit to take part safely.

POST FIREWALK

A compost heap or a large empty bin(the large four wheeled variety) for disposal of waste or a mini skip, compost heap or skip bag or wilding area. There will be a significant amount of waste after the event. Please arrange for the bins/skip to be as close to the fire lane area as possible as we manually lift and move the turf. The embers will be cold, wet and safe to dispose.

We will clear and clean the area afterwards. There may be some sand residue left on hard surfaces or a sooty outline on grass which will disappear in a few days

FAQs

Do we play music? Yes, we bring a PA system to play music during the firewalk

Do you need lighting? We bring lights with us to control the brightness when we're firewalking. We never used to as we like to be able to see the glowing embers to make sure they are evenly raked without hotspots, but it made photography and videography difficult/challenging.

What is the minimum age? There's no legal minimum age to take part in firewalking in the UK but we have set it at 14 years of age. At that age we feel that they can make an independent decision to firewalk and are able to understand and follow the directions and exercises in the pre firewalk training.

Do we need barriers? We bring barriers, ground to waist height barriers to keep spectators a safe distance from the fire.

How is the ground protected from the fire, will there be any damage? We first lay down a 5mm silicon rubber mat, then two layers of stadium quality thick turf to protect the ground beneath and surrounding the fire. There won't be any damage to your property.

Will there be any mess left behind? We clean and clear up afterwards using the buckets of water to scrub sooty footprints left by walkers and any mud/ash that we may drop when disposing the firewalk remains. The best comment we received from a pub landlord was that he now had to sort the rest of the carpark to match how clean the firewalk area was.

Do Blaze bring a photographer? No, we don't, sorry. You're very welcome to bring your own photographer and videographer. We'll create a safe zone with the best view within the barriers for them.

Blaze events can be combined with larger events and festivals if our guidelines can be met.





About BLAZE

The first fundraising firewalk in the world was held by Martin Sterling on the 5th of November 1984 for his martial arts group.

The sole creator of Blaze was Martin Sterling. A career martial artist, he learnt the art and science of firewalking on a research trip into Indian martial arts in 1983. He studied the art at the feet of the masters in India for many months before returning to the UK in 1984.

Blaze has been running events involving firewalking since that time.

Blaze is now being managed by Karen Sterling

Karen and Martin were married in the Queen's Medical Centre in Nottingham in January 2008 before Martin went to theatre to remove a GBM brain tumour. When Martin died in November 2008 Karen had a decision to make, to return to Scotland and nursing or to remain in Nottingham to carry on the amazing legacy that Martin left with Blaze.

Karen has been firewalking for over 32 years, with Blaze since 2005 and has provided over 2700 firewalking events.

Karen was a Registered Nurse for 22 years working in Accident & Emergency, Trauma, Surgical Admissions and for 11 years was a Sister in an Intensive Care Unit. She has degrees in psychology and biochemistry. Her other interests include Human Behavioural Studies, Hypnotherapy, NLP, Havening and EFT Practitioner. She is presently trying to talk herself out of doing a Masters in Psychology!



Contact

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BLAZE, the Firewalking Experts

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