



Participant FAQ's – Firewalk & LEGO walk 2025

About the event

Date: Saturday, 11th October 2025

Timings: Walkers arrive from **5:45pm** to light the fire at **6:15pm** and begin training at **6:20pm**

PLEASE REMEMBER TO SIGN IN!

Entry Prices: Firewalk Entry Fee **£30** | **£100 Sponsorship Target** (Raise £100 or more for a FREE FHC t-shirt)

LEGO Walk Entry Fee Adult £10 / Child £5 | **£50 Sponsorship Target** (Raise £50 or more for a FREE FHC t-shirt)

Event Location: Heatherwood Hospital, Brook Ave, Ascot SL5 7GB (W3W:///bunk.lovely.gave)

Is there an age limit?

All Firewalk participants **MUST be aged 18 or over**. All LEGO walk participants **MUST be aged 5 or over**.

When should I arrive?

Please ensure you arrive at least 30 minutes before the group lights the fire at 6.15pm. This is to ensure you have checked in, you're part of the experience, and you're present for your Firewalk training before the Firewalk begins. This also allows you enough time to park and use the toilet facilities onsite.

What is Firewalking?

Firewalking is an ancient tradition. Millions of people have done it safely, from all around the world. To be abundantly clear, the Firewalk experience is walking across burning embers bare foot. During the Firewalk the participants will undergo training. When the fire has burned to red-hot embers, it is raked level and prepared for the walk. Participants will then remove their footwear and one by one are invited to walk the coals.

What is LEGO walking?

LEGO walking is a fundraising challenge where participants walk across a surface covered in Lego bricks, often barefoot or with socks. The walk consists of a 2m path filled with over 10,000 LEGO bricks!

What happens if it rains?

Rain is not an issue, as the rain will evaporate off of the fire. We would recommend that you bring a coat or umbrella whilst you're waiting. The only weather that would cause the event to be postponed is gale force winds.

Will Firewalking hurt and is it safe?

The sensation is described by some as walking on eggshells, others as walking on hot sand. Each walker has their own experience, but no walkers have ever described the experience as painful, and some ask to walk over more than once. There is an inherent risk of any activity involving fire, but there will be processes and risk assessments in place to ensure your utmost safety, which is our number one priority. We also have a qualified medical team on site at all times. It is also important that you pay attention to all the training and advice given by the Firewalk Team.

Will LEGO walking hurt and is it safe?

LEGO walks are essentially designed for younger feet, and is built to mimic a Firewalk while being entirely safe. Although uncomfortable, there is little to no injury risk.

Is the Firewalk a trick?

No, the fire is real. The embers will be glowing red-hot and can often measure at approx. 550 degrees Celsius.

How fit do I need to be?

There is no strenuous physical exercise involved, however you must be able to capably walk at least 5m. If you have any doubts, please consult your GP before attending.

What should I wear?

There is no special clothing required, but avoiding flowy long garments is advisable. Casual comfortable clothes that you don't mind getting dirty from the ash and smoke are best. Footwear also needs to be easy to remove.

Flip flops are often a good option to wear after, as your feet will be dirty once you finish the Firewalk.

Do I need to sign in?

You **MUST sign in when you first arrive**, so that we know you are present for the Firewalk training. This is **REALLY important** for the paramount health and safety of you, our walkers.

Can I fundraise for this event?

Most definitely! Each fearless Firewalker or LEGO walker will need to pay a registration fee and fundraise. Your entry fee only covers the cost of the event, so we kindly ask you to use this opportunity to raise as much money as possible by promoting your fundraising to family, friends, colleagues, and neighbours. We understand that fundraising can be challenging in present times, but this would make a huge difference to our patients, their families, and our amazing staff!

Do I need a water bottle?

We do advise to bring a **water bottle** with you as there are no water refill stations. There will however be a complimentary glass of fizz when you finish.

Will there be refreshments?

As part of your entry, you will be given a complimentary glass of fizz (alcohol free) on completion of your Firewalk and LEGO walk. **There will also be a food van and hot/cold drinks van within the event area.**

What is the event's emergency contact number?

Please get the attention of the Events Team, volunteers or Firewalking Team in the event of an emergency. Should you find yourself on your own in the premises and in need, please call **07341 884086**.

Where can I park?

Free onsite parking will be available at the venue (Heatherwood Hospital). Please take a car park ticket to enter and we'll exchange this for a free car park ticket when you sign in, so no payment is required when you exit.

What facilities will there be? Will there be toilets onsite?

Within the hospital site are parking and toilets. Please note, there will **NOT be a bag drop at this event**, so please limit where possible the items you bring with you so that the event is comfortable and enjoyable for you.

Can I bring my pet?

Pets are NOT permitted during this event.

If you have any further questions, please call **07341 884086** or email fhft.events@nhs.net

On behalf of all our patients, their families, and the dedicated staff, thank you for taking part and choosing to support Frimley Health Charity!