



Participant FAQ's – Walk 4 Wards 2023

About the event

Date: Sunday 17th September 2023.

Timings: Start at **updated time of 9am** & arrive from 8am **PLEASE REMEMBER TO SIGN IN AND OUT!**

Entry Options: 5 miles

Event Type: Mixed-Terrain Walk

Event Location: Black Park Country Park, Black Park Rd, Slough SL3 6DS ([W3W: ///park.cone.slap](http://www.w3w.com/park.cone.slap))

When should I arrive?

Please ensure you arrive at least 30 minutes before the 9am start. This is to ensure we can check you in and hand out your walker number next to the Go Ape base ([W3W ///plants.chimp.planet](http://www.w3w.com/plants.chimp.planet)) before the walk begins and allows you enough time to park and use the toilet facilities onsite before you set off promptly at 9am.

Sign In/Out

You **MUST sign in and collect your walker number to display on your t-shirt before you head out on the route and also sign out when you return before collecting your refreshment voucher. This is REALLY important for the paramount health and safety of you, our walkers.** If you do not sign in or out, we will not know that you are out on our walk and know to look out for you. You will also receive your refreshment voucher here once you have signed back in to use at San Remo Café on the water or San Remo kiosk as the finish line.

Route Type, Accessibility, Roads & Cut Off Time

Please note, our route does contain walking in parallel with 2 busy main roads, which will be marshalled; please obey the Highway Code at all times and please make sure any children are supervised at ALL times.

Please note, you **MUST be able to complete the walk in under 4 hours.** On average we expect a 5 mile walk to take around 2/2.5 hours. Our route contains one area of narrow pathway; however, we feel the route is pushchair & wheelchair accessible, however please bear in mind the ground is uneven and may be muddy and wet (weather dependent). If you would like to get in touch to find out more, please email fhft.events@nhs.net.

What should I bring? Do I need a water bottle?

Please bring a **FULL water bottle** with you as there are no water stops out on the route. There will however be water available at the start/finish.

What is the event's emergency contact number?

Please ring **07341 884086** in case of emergency or if you are need of any assistance on the day out on the course. This will also be on your walker numbers. Face 2 Face Medical will be providing medical cover. Should you need assistance, please speak to a marshal, or call our emergency event contact number above.

What 3 Words (W3W)

Please download the app 'what3words' prior to the event, as this will enable us to get to you quicker by knowing your exact location if you require any medical assistance during the event.

Where can I park?

You will have access to the car parks at Black Park. The car park is a short 1-minute walk away from the start/finish next to Go Ape, which you will see directly at the top of the car park.

Is there an age limit?

Children (under the age of 16) MUST be accompanied by an adult aged 18 or over AT ALL TIMES. Due to the route being 5 miles we suggest children no younger than aged 10 years old take part, unless they are in carriers or pushchairs.

What should I wear?

Please ensure you are wearing appropriate clothing suitable for walking that is also weather appropriate, as you can never rely on the British weather. In addition, please make sure you are wearing appropriate footwear as the ground may be uneven, slippery, and muddy at times. There may also be overhanging branches in parts.

Will there be toilets onsite?

Yes, there will be toilets onsite at the start/finish ONLY.

What facilities will there be?

At the start/finish we will have a water refill station, toilets, refreshments available, parking and more. Please note, there will not be a bag drop at this event, so please limit where possible the items you bring with you and carry around the route.

Will there be refreshments?

As part of your entry, when you check back in after you have completed your walk, you will be given a voucher for a drink and piece of cake to be used at San Remo Café on the water or San Remo Kiosk next to the finish line on event day only.

Can I bring my dog?

Please ensure that you keep dogs on leads at all times, as you will have to walk alongside 2 busy roads. Please also bring water for your dog and collect any dog waste into a disposal bag, which you will need to provide. It is essential that your dog is fit and healthy before commencing the walk.

Can I fundraise for this event?

Absolutely, your entry fee only covers the cost of staging the event. Therefore, where possible we kindly ask you to use this opportunity to raise extra funds for your chosen hospital/ward within the Trust raising sponsorship from family, friends, colleagues and neighbours. Although we understand raising sponsorship can be difficult, if you are able to, this makes a huge difference to our patients, their families, and our amazing staff!

If you have any further questions, please call **0300 6153206** 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! Also, a huge thank you to our volunteers from Sewa Day and HSS Sewa!