

# Firewalk Challenge FAQs



## How long is the event?

5pm - Arrival

6pm - Training

7pm - Event Start

8pm - Event End

## Can we participate as a group?

Yes, to register as a group, email [fundraiser@ncm.org.uk](mailto:fundraiser@ncm.org.uk)

## Can my friends and family come to watch?

Absolutely! The more the merrier!

## Will there be food and drink available?

Yes, our Café will be open for everyone attending to purchase hot food and drinks. All participants of the challenge can enjoy a complimentary hot drink and 10% off further food and drink in the Café.

## Can I fundraise for my own cause?

The event is to raise vital funds for our Charity. Every step you take will help us to keep the story of coal burning bright and preserve the important history of coal mining. It's a story that shaped communities, powered nations, and transformed the world.

## Will I get a certificate?

Yes! You will get a certificate to commemorate your achievement at the event.

## Will the Museum be open during the event?

Our museum galleries and exhibitions in the Hub will be open for you to explore throughout the evening.

## What do I get for fundraising for you?

We are so grateful for your support in keeping the stories of coal mining alive. If you raise £50, you will receive a complimentary ticket for our immersive Time Tunnel experience. If you raise £100, you will receive two complimentary Time Tunnel tickets and a branded water bottle.

# FAQs from UK Firewalk

## What exactly is a Firewalk?

Participants will undergo training of around one hour. When the fire has burned to red-hot embers it is raked level and prepared for the walk. Participants go to the fire, remove their footwear and one by one are invited to walk the coals.

## Is it a trick?

No – the fire is very real. The embers will be glowing red-hot and we can often measure the temperature at around 1,200 degrees Fahrenheit. You will have bare feet, and they will not have been treated in any way.

## Will it hurt?

The sensation is described by some as walking on eggshells, and others as walking on hot sand. Each walker has his or her own experience. We have not known walkers to experience pain and when the opportunity arises many will walk across the coals more than once.

## How should I prepare?

There is no preparation to undertake. No treatment of the feet or mental exercise, just the training provided at the seminar. You should abstain from the consumption of alcohol or drugs prior to the event. Any person who is in the opinion of the trainer unfit to participate will NOT be permitted to take part.

Please ensure your feet are clean and free from massage and pedicure oils.

## How fit do I need to be?

There is no strenuous physical exercise involved. If you can walk normally then you should manage the Firewalk perfectly well. If you have any doubts please consult your GP before attending.

## What should I wear?

There is no special clothing required. Casual comfortable clothes are best. Please remember fires can be quite dirty and clothes may become ash stained. Footwear needs to be easy to remove, and will need to be replaced before going back indoors so a hand towel might be a good idea. Flip flops are a good idea, especially if the ground is cold. Nail varnish and toe rings are fine.

## Are there any medical restrictions?

We have many people walk who are pregnant, have diabetes, stroke survivors, and are blind amongst many other conditions. None have been an issue, however we always recommend if in doubt seek advice from your doctor.

## Is it safe?

There is an inherent risk in any activity involving fire. It is important that participants pay attention to all the training and heed the advice and instruction of the trainer, firewatchers and spotters. Whilst absolute safety is not guaranteed proper procedure reduces risk to the achievable minimum.

### **Will I be hypnotised?**

**No. There is no hypnotism involved. You will be fully awake at all times – indeed you will be more alert than usual. You may also withdraw at any time if you wish.**

### **What about age restrictions?**

**Ideally the walkers should be over the age of 11 years old. However we will consider slightly younger if they are mature. All we ask if under 18 that they are mature enough to listen to the training and will require a parent or guardian to sign a form.**