

# Louise Smalley Walk 2012

## Information Sheet

Thank you for taking the time to consider taking part in this years walk.  
It is important that you read this before you apply so that you fully understand what you are taking on. It won't tell you how much it hurts or how tired you're going to feel at the end of it but it does make the point that SAFETY IS OUR FIRST CONSIDERATION AT ALL TIMES.  
Therefore we lay out some basic procedures that you must adhere to on walk day.

We tell you about the walk itself.....checking in.....what to do if you need to stop.....important dates for your diary.....your responsibilities on the day.

Please take the time to read this write up..... have it with you on walk day - you may need it.

### Walk Acceptance

Having been accepted for the walk you will have been issued with the following:

- Information Sheet
- Sponsor Form

### The Walk

- It is 41 miles long – starting from Monsal Head in the Peak District and finishing at Whitwell in North East Derbyshire.
- There will be 4 support teams + 3 “floating” teams providing 8 checkpoints.
- The walk will commence as close to 4am as possible.
- The walk is to be completed within **20** hours of the start time.
- You will either:
  - ✚ meet ready to begin walking at the **Royal Oak Public House, Whitwell**. Please arrive between 1.30am & 2.15am. for a 2.30am departure (coach/bus!).
  - ✚ or advise us of your intention to meet us at the start point. Please ensure you can make it to the **correct place** and **ON TIME (check if you are not sure)**.
- We will provide First Aid Support at the checkpoints.
- Checkpoints will supply you with food and drinks and somewhere to rest those aching limbs.
- Hot cobs supplied at Checkpoints 1 & 2. Please don't be greedy – remember the walkers behind you – **CREWS WILL BE INSTRUCTED TO REFUSE GREEDY PEOPLE.**

### So, what do we want you to do?

**We would like you to adhere to the following procedures please.**

### Your Responsibilities.

- Remember, The Louise Smalley walk is undertaken on a voluntary basis and, as such, the committee cannot and does not accept any responsibility for any loss, damage or injury suffered by any participant or their belongings. Every participant must take all necessary precautions to ensure the safety of themselves and their belongings.

- Each participant is strongly advised to carry with them, at all times, a sufficient supply of water, a whistle and a set of walk directions.
- **You are strongly advised to inform a relative or friend of the activity you are undertaking and make them familiar with the route you are walking. Route description is available from the website.**
- Getting yourself home from a) The Royal Oak or b) if you retire early, from where you retire.
- **Your safety and the safety of those around you.** Therefore we instruct you **NOT** to leave a struggling walker **between** checkpoints. Help them to a checkpoint where they may wish to retire or wait for slower walkers.
- **Consider other walkers in your party.** For example: if you are truly struggling to keep up them “let them go” at the next checkpoint and wait for a slower group behind. Don’t hold them back. **It is just as hard to walk too slowly as too quick.**
- You must respond to any emergency calls during the walk. The calls may be coming from a fellow LSW walker so if you hear the following you must help out:
  1. EMERGENCY CALL – 6 SHORT BLASTS OF A WHISTLE AT 1 MINUTE INTERVALS
  2. RESPONSE – 3 LONG BLASTS AT 1 MINUTE INTERVAL.
- **REMEMBER – the whole point of the walk is to raise funds for local good causes as well as the obvious personal challenge you are undertaking. IT COSTS MONEY TO PUT THE EVENT ON.** Therefore it is only right that you do your best to at least cover the cost by raising a minimum amount of sponsorship – this will be set at £25. As you are aware you have paid a £5 returnable deposit on entry. This will be returned on receipt of minimum sponsorship monies raised as stated above.
- **Please Note – any walker who raises ZERO MONIES and does not return their form will BE REFUSED ENTRY ON FUTURE WALKS.**

## **Checking In For The Walk**

You will be required to check in at the **Royal Oak Public House, Whitwell** between 1.30am and 2.15am. **You will:**

- Telephone the Royal Oak pub between 1.00 and 2.00am to confirm that you will meet us at the start point. Phone No. is 01909 720331
- Be toggged up “ready to walk”
- Be issued with a “walker ID number” in the form of a badge for “checking in” reasons.
- Be given a “Route Description” – this will also carry the emergency number (referred to later).

## **Commencement of Walk.**

At the start of the walk there will be a minutes silence prior to commencement to remember Louise and also old friends. This will be started at 1 minute to 4 by the blowing of a whistle. At the second “blow” you are free to start walking.

## Procedures On Arriving At A Checkpoint.

- Before you do anything else **YOU MUST REPORT TO THE CONTROLLER.** Tell them your number so they can log your arrival time.
- You are then free to help yourselves to food drinks etc.
- When departing, inform the controller so we can log your departure time.

We need you to do these for the following reasons:

- SAFETY – ACCOUNTING FOR EACH WALKER
- Walk reports you like to see at the “Do”.

## What If I Need To Retire Early From The Walk?

Remember, it is **YOUR** responsibility to get yourself home.

In the event of retiring from the walk early (hopefully at a checkpoint) there are a number of options open to you.

1. Ring a relative or friend to come & pick you up. Ask them to come as soon as possible. Please remember to inform support crew that you have a lift and are departing. **This is the LSWs preferred option.**
2. Wait for the support team to complete its duties, and then travel back on the minibus. The support team **CANNOT AND WILL NOT** leave until it has accounted for all walkers and has given information to the team at the next checkpoint. **YOU WILL HAVE TO BE PATIENT.**
3. Forget retiring.....put the boots back on.....go for it.....what’s a bit of pain after you’ve got so far?

If you are between checkpoints and can go no further, then these are the procedures that you must follow:

- Get as near as you can to a road where you can be spotted more easily.
- Telephone the **EMERGENCY NUMBER** on the front of your route description.
- Inform Controller which was the last checkpoint that you registered at.
- Describe, to the best of your ability, your current surroundings (are there any distinguishing features nearby like a bus stop - road signs - building - etc. etc.). This is to aid the search team which will come to pick you up.
- Stay where you are – **DO NOT CHANGE POSITIONS.**

## Please respect the area where you are walking by:

- NOT DROPPING LITTER EVERYWHERE – THERE ARE BINS AT CHECKPOINTS.
- COUNTRYSIDE CODE – GET TO KNOW IT.
- DON’T LEAVE ANY GATES THAT YOU PASS THROUGH OPEN.
- BE QUIET FIRST THING – REMEMBER IT’S 4am AND YOU’RE IN A VILLAGE
- BE COURTEOUS TO FELLOW WALKERS.
- HAVE A GOOD WALK.

There will be informal meetings at the Royal Oak on some Friday’s leading up to the walk where you can ask questions and I will do my best to answer them.

There will be the usual **BIG MEETING** on **Friday 15<sup>th</sup> June at Royal Oak at 8.15pm.**

This is where I do one final run through of procedures and answer any questions you may have.

## **Diary dates for you to remember!**

There are a number of dates which we wish for you to remember. Please note these and stick to them where possible.

1. **31<sup>ST</sup> July 2012** – Midnight. This is the final date for nominating a recipient for the following years walk. As a walker you have the right to nominate a recipient and to vote as to who becomes the recipient for 2013.
2. **Last Saturday in August** – last date to request a proxy voting form for nominating year 2013 recipients
3. **2nd Friday in September** – last date to have your proxy voting form returned to the Chair.
4. **3<sup>rd</sup> Friday in September** – 2013 recipient election night. This will take place at the Whitwell Community Centre, The Square, Whitwell starting at 8.15pm. It is an “OPEN” meeting and all members are encouraged to attend to select the recipient of the 2013 monies.
5. **27<sup>th</sup> October 2012** – Would you please have your sponsor monies collected and given to Trevor Smalley by this date. We need to have time to ensure cheques are cleared ready for us to announce the “monies raised” total at the presentation night.
6. **10<sup>th</sup> November 2012** – Presentation Night – Held at the Whitwell Community Centre. Start time 7pm onwards. Badges, certificates handed out and the announcement of total monies raised for 2012.
7. **30<sup>TH</sup> November 2012** – AGM – Meeting to be held at Whitwell Community Centre, the Square, Whitwell. Start time 8.15. All members welcome. This is a “Closed” meeting. Doors will be closed at start of meeting and no further admittance allowed.

Visit the website at – [louisesmalleywalk.co.uk](http://louisesmalleywalk.co.uk)

Thanks for taking the time to read the info pack.

## **Joe Mason**