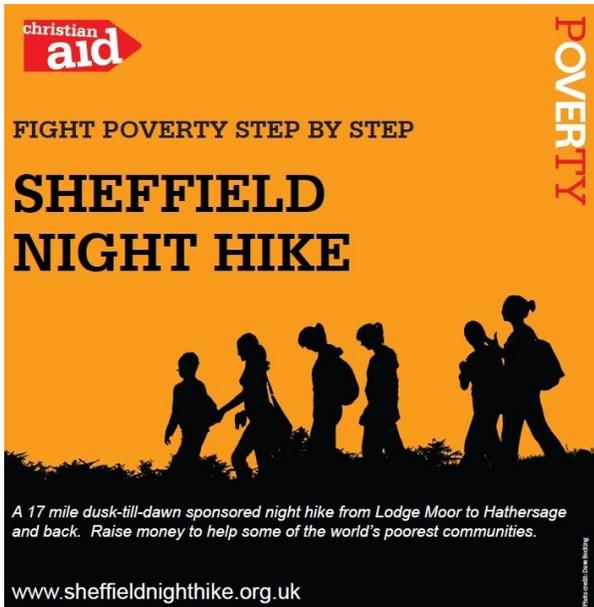


SHEFFIELD NIGHT HIKE

Raising money for Christian Aid

WALKERS GUIDE



Why are you walking?

You are walking to raise money for Christian Aid.

The money raised is used by Christian Aid to provide emergency relief and long-term development to lift communities out of poverty.

On behalf of the Sheffield Walks committee and Christian Aid;

“Thank-you, enjoy your walk, and we hope to see you again next year”

Organisation

The walk starts and finishes at St. Luke’s Church at Blackbrook Road, Lodge Moor, Sheffield, S10 4LQ.

Car parking is available near the church. Please be careful not to obstruct local residents.

Check-in starts at 7:30pm and the walk starts at 8:30pm.

There will be transport back to St. Luke’s from Hathersage Methodist Church at ½ distance for those on the 9 mile walk.

The walk is marshalled and includes emergency radio communication from Raynet. First aid is provided en route and at the checkpoints.

What to bring on the night

1. ***** your sponsorship form *****
2. ***** a torch and spare batteries *****
3. this Walkers Guide
4. something to eat & drink when walking
5. some money (for refreshments)
6. a few plasters (just in case)

What to wear on the night

- Comfortable boots or walking shoes, as it can be muddy.
- Waterproofs and warm clothing

Most importantly, be prepared for the weather, which can change during the walk.

Refreshments on the night

Hot and cold drinks, and snacks can be purchased at St. Luke’s Church at the start and finish, and half way at Hathersage Methodist Church.

Water and squash are provided free at checkpoints at about ¼ and ¾ distance.

Safeguarding and Consent

All walkers are briefed before the walk not to walk alone.

Walkers under 18 must have consent from a parent or guardian to walk, and an emergency contact number must be given on the young person's registration form.

Walkers under 14 are only permitted to walk in the care of a responsible adult. The adult must be named on the young person's registration form.

If a young person is injured during the walk then the responsible adult must remain with the young person until appropriate help arrives or is provided.

If the young person is between 14 and 17 then a friend or responsible adult must stay with the injured walker until appropriate help arrives or is provided. If at this point the friend wishes to continue the walk, they should not continue alone.



www.SheffieldNightHike.org.uk
info@SheffieldNightHike.org.uk



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Your sponsorship form

Your information pack contains a Christian Aid sponsorship form with your walker reference number included on it.

When you return your sponsor money, after the walk, this will be distributed to Christian Aid.

If your sponsor pays income tax please encourage them to tick the 'Gift Aid' box, and fill in their house name/number and postcode.

This allows Christian Aid to reclaim the basic rate tax on your gift from the Inland Revenue.

Gift Aid increases the value of your gift, for example, if you gave £10 using Gift Aid that gift is worth £12.50 to the charity.

Please try to get as many sponsors as possible.

If you need another sponsorship form please download and print another one from the Information page of the Sheffield Night Hike website.

Please bring your sponsorship form with you on the night of the walk. When you check in at St. Luke's Church you will leave it with the walk organisers, and it will be returned to you when you check back in at St. Luke's at the end of the walk.

Returning sponsor form money

After the walk collect your sponsor money and please send this as a cheque or postal order, with your sponsorship form, by post to;

CA Walks Treasurer,
Nick Morris,
7A Moorcroft Close,
Sheffield, S10 4GV

Just Giving

Feel free to use the Sheffield Night Hike JustGiving page from the Donate page of the website. A new JustGiving page is setup for the Hike each year;
www.sheffieldnighthike.org.uk/donate.html

Registration

All walkers must be registered.

All walkers must check in at St. Luke's Church at the start, at Hathersage Methodist Church at ½ distance, and at St. Luke's Church at the end.

We need to know who is walking, when you check-in at halfway and when you finish; to make sure that everyone is accounted for.

Conditions of Entry

The walk organisers reserve the right to cancel the walk because of inclement weather or other unforeseen reasons.

The walk organisers take all reasonable precautions for the safety and welfare of walkers, including insurance cover, they accept as walkers only those who agree to come in their private capacity and entirely at their own risk and who comply with the following conditions:

- **Obey the marshals in all matters**
- **To keep behind the official "first walker" and in front of the official "last walker"**
- **Do not collect money during the walk**
- **Keep the Highway & Country Codes**
- **Leave no litter**
- **Keep any dog in their charge under control and on a lead at all times**
- **Accept lifts only from official transport bearing the special sign displayed at the starting point**

Disclaimer

Please make sure you are physically fit enough to participate in this sponsored walk.

Christian Aid cannot be held responsible for any accidents, injury or loss of property that may occur during the walk.

