



LONG WALK 2023

CHECKLIST:

Bib

Timing Chip



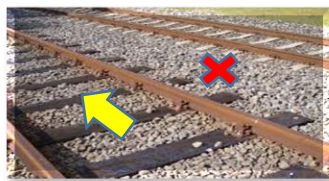
- Please put your bib on properly and wear it for the duration of the walk. It must be worn over all other clothing.
- The **timing chip** is to be put on your right ankle using the velcro band provided. Please ensure the number/silver side is against your leg and the black side is facing out.



BRIEFING ON RAIL SAFETY AND OTHER GENERAL DO'S & DON'T'S

Please adhere to these rules as it is a privilege for us to have access to the railway line.

- This line can be accessed **one day only** by our walkers and that is on **25 March 2023 from sunrise to sunset**
- On the day of the long walk you must use the path on the side of the railway tracks excepting where there is no path.



- Do NOT walk on the steel rail as this is likely to result in a twisted ankle
- Please walk together in groups of at least three on the line and **never walk alone**

LITTER:

- Please do not litter anywhere on the route
- Cardboard litter bins will be at every marshalling position as well as leading up to and leaving stops



ATTIRE / DRESS:

- Takkies (worn in) & ankle socks (+spare socks) – NO SHOES NO WALK
- Sensible Shorts and shirt (Lumo if possible)
- Sunblock
- Hat & Sunglasses
- Black bin bag/rain jacket (if it is raining)



CONDUCT / RULES AND ETIQUETTE

PLEASE:

- Don't incite dogs or ring gate buzzers when walking through the neighbourhood
- Don't run ahead as you will be stopped (THIS IS A WALK NOT A RUN)
- **If you go ahead of the Pacer (Walking Marshal who leads the walk) your bib will be taken from you at the next stop and you will be disqualified.**
- Don't walk 4 abreast on the roads
- Don't walk alone
- If you bail you must hand your bib and chip in at walker control at breakfast stop or walker control on Savory Field. If you are unable to continue walking please stop at a marshal on the route and a sweeper vehicle will collect you and take you to breakfast stop where you can withdraw at walker control and contact your parents to collect you. Don't just walk off the course and go home. (you will be billed if your chip and strap is not handed in)
- Please obey marshalls at all times
- Stay on the route
- Use common sense
- Walk on the pavements not on the roads
- The committee reserves the right to make changes to the route at the last minute for the safety of the walkers.

IMPORTANT HEALTH NOTES

- Warm up
- Wear anti-chaffing cream
- Remember to put on sunblock
- Keep hydrated – drink water and refreshments at stops
- Don't take anti-inflammatories – masks injuries
- Obey the rules – this will avoid injuries
- Allergy sufferers – carry emergency treatment
- Do not share medication



HAVE A WONDERFUL AND INSPIRED DAY

- Walk as far as you can to reach your goal
- Enjoy your time with your children/friends and peers
- Celebrate this one of a kind event
- Support/ Encourage one another along the way



Please go to our website and read through the various documents pertaining to the long walk:

<http://www.thomasmore.co.za/fundraising-events/>