

PEN Y FAN

Charity Walk

In support of
Great Oaks Hospice



Great Oaks
HOSPICE

Charity No. 1078186

£10
PER
PERSON

SUNDAY

29th SEPTEMBER

REGISTRATION CLOSES - 22/09/24

ENTRY IS £10 PER PERSON TO BE SENT WITH FORM

PLEASE TURN OVER AND ENTER YOUR DETAILS

THANK YOU FOR ENTERING AND SUPPORTING

GREAT OAKS HOSPICE



REGISTRATION FORM

Registration Form for Sunday 29th September 2024

The Pen Y Fan Sponsored Walk is for ages 14+ and following a set route up and down Pen Y Fan to see the sunrise. Marshalls will lead and follow all walkers. You must read the Risk Assessment before starting and sign to say you take responsibility for your own health & are fit and able to do the walk. First Aiders will be present. Registration and Safety information at **10AM**. (You must attend) The walk will start at **10.30AM**, weather permitting. In the event of adverse weather conditions you will be notified if it is cancelled.

The walk starts at Pont ar daf car park (Grid Ref 988199, Postcode LD3 8NL), on the A470 between Brecon & Merthyr Tydfil.

Name:

Address:

Telephone:

E-mail:

Parental/Guardian Consent (each 14-18 years old must be accompanied by an adult)

Name:

Relationship:

Signature to confirm consent for the above 14-18 year old to walk on the Moonlight Walk:

Emergency Contact

Name:

Relationship:

Contact No:

There is no minimum sponsorship amount required to take part, but all monies collected will be gratefully received by the Hospice. Wear suitable clothing and footwear for a sunrise hill walk, and dress accordingly & bring with you everything you may need for the walk. (drinks, torches medications etc.) Return form to: Great Oaks Hospice, The Gorse, Coleford, GL1 6 8QE.

I agree to take responsibility for my own health and welfare during the walk and agree that I am fit enough to take part in the Pen Y Fan walk. I have read the Risk Assessment.

Signature:

£10 Payment enclosed (please tick)

Please read the Risk Assessment prior to the walk.

Identified Hazards	Who is at risk?	Example Causes	Control Measures
Personal Injury e. g., Slips, Cuts, Twisted Ankles, Spinal Injuries, Broken Bones Heart Attacks Strokes, Night time walk, loss of communication	All Participants/Group Leaders	Tripping over rocks. Tiredness leading to falling over more easily. Descending steep routes. Back injuries caused by lifting heavy rucksacks Insect bites Own ill health Limited visibility	Organisers to provide health and safety briefing to prevent injuries where appropriate prior to walk. Marshalls to carry first aid kit. Walkers will wear head torches or carry a torch. Walk in pairs if able to. First Aid and emergency procedure training to be provided prior to walk. Consent form signed prior to walk. Walkers to take responsibility for own health and fitness to take part. (Own limitations and health conditions.) Marshall at front and rear of walking group. Walker must carry a torch or wear a head torch, and carry a fullycharged mobile phone.
Walking in adverse weather and night/day conditions	All Participants/Group Leaders	Cold, wet windy days or extreme heat days resulting in: Sunburn Heatstroke (Hyperthermia/ Hypothermia) Frostbite Colder weather during the dark, warmer weather after sunrise.	Obtain weather forecast and plan accordingly for early morning walking. Appropriate clothing to be worn / carried. Appropriate amounts / type of food and drink should be carried dependent on weather conditions, terrain etc. Use of sun cream to be encouraged if required. Appropriate group safety equipment to be carried. Head wear/hats to be worn. Use of sun cream to be encouraged. Wear gloves in colder weather
Ticks & Lyme's Disease	All Participants/Group Leaders	Sitting in long grass Walking through thick undergrowth	Appropriate safety briefing given to group beforehand First aiders in attendance.
Participants not turning up on time or returning at the end	All Participants/Group Leaders	Low cloud Injury Poor navigation	Marshalls to hand-out route details, including return check in details. Contact details and emergency contact details taken. Marshalls on the route in ratio to the number of walkers. Anyone who does not arrive at the arranged start time and who misses the safety talk and the roll call cannot be included in the organised walk. If you have not checked in you will not be monitored by Great Oaks Marshalls on the route.

Identified Hazards	Who is at risk?	Example Causes	Control Measures
			<p>Walkers must not lap the lead Marshall so that they can be accounted for. They must be ticked off the roll call list at the end. One Marshall must remain at the rear of the walking group at all times. Marshalls will return to the route to look for walkers who do not return, if safe to do so, and will inform the emergency services immediately. Marshalls to have all walkers contact details and emergency contact details with them.</p> <p>Any walkers who need to carry emergency medication with them please inform the Marshalls prior to the walk and inform who you are walking with.</p> <p>Role of a Marshall: to supervise the safety of others on the organised walk. To have prior experience of walking the route and to have experience of being a Marshall on other organised walks. To carry a fully charged mobile phone and first aid kit and to co-ordinate the walk with each other.</p>

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You must bring torches with you, a fully charged mobile phone and wear suitable walking gear and footwear.