

Frequently asked questions

Q: What exactly is a Firewalk

A: 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.

Q: Who organises the Fire Walk?

A: The Fire Walk and the training seminar is organised and conducted by UK Fire Walk, one of the UK's leading Fire Walk companies. www.ukfirewalk.com

Q: How much does it cost?

A: To reserve your place there is an entry fee of £25 (£20 Early Bird). We then ask you to try and raise a minimum sponsorship of £75.

Q: What time do I have to get there and where do I go?

A: The Fire Walk will take place at Yeovil Rugby Club, Church Lane, Yeovil, BA22 9TR and there is car parking available. We ask Fire walkers to arrive at 6:00pm, there will be an hour long training seminar at 6.30pm inside Yeovil Rugby Club then the fire walk will start at 7:30pm.

Q: What about age restrictions?

A: 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.

Q: Is it safe?

A: 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.

Q: Will it hurt?

A: 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.

Q: Can I burn walking on fire?

A: There are various degrees of burns, from minor small blisters to third degree burns. The common denominator of those who do burn is that they all believed they would. We are pleased to say at UK Fire Walk we have never had anyone who required medical attention after our public, corporate or charity fire walks. However, there is always risk with fire walking. If there are no risks, where would be the challenge and accomplishment of walking on fire be?

Q: How hot are the coals?

A: The temperature of the coals can be as hot as 1200 degrees Fahrenheit. Put into perspective: Paper combusts at 451 degrees, aluminium melts at 1100 degrees.

Frequently asked questions continued...

Q: How should I prepare?

A: 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.

Q: What Should I Wear?

A: There is no special clothing required. Casual comfortable clothes are best. Please remember that 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 having a hand towel might be a good idea. Flip Flops are a good, especially if the ground is cold. Nail Varnish and toe rings are fine.

Q: How fit do I need to be?

A: 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.

Q: Are there any medical restrictions?

A: 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.

Q: Can I bring my family and friends?

A: Yes of course. The more people we have there giving encouragement to our Fire Walkers the better!

Q: Why should I walk on fire?

A: We will never give you justification of why you should walk on fire, the choice is always your own however walking on fire gives people different results from overcoming their fears, self-fulfilment, spiritual awakening or just a wonderful experience.

Q: What is the hardest part?

A: The hardest thing to overcome is the fear of taking the first step!

Q: What are the added benefits?

A: Fire Walking is richly rewarding in terms of your personal self-development and the activation of your potential, realise and focus your talents, make decisions, set goals, awaking, and exercising inner strength to expand your conscious awareness beyond everyday experiences. You will discover meaning, prioritise the important things, understand the purpose of your life.