

EVERY  
ADVENTURE  
STARTS WITH  
A SINGLE  
STEP...



# FIREWALK

• SCOTLAND •



HIGH IMPACT,  
HIGH QUALITY,  
FIREWALKS,  
GLASSWALKS &  
MORE...



# Hi there,

Firstly congratulations.

If you are reading this you are about to organise or are considering organising an event with Firewalk Scotland.

We deliver high impact fire, glass and lego walks as well as board or arrow breaking workshops and a six week confidence building course customised to your needs.

All of our events are motivational, inspirational and fun.

We understand that you may have many questions about organising a fire or glass-walk, what happens on the day of the event and of course the general health and safety of such an event.

The information provided here should help you make an informed decision on the way forward and reassure you that your feet are in good hands.

## Why Firewalk Scotland?

Firewalk Scotland is one of the longest established fire-walk providers in the UK, we are experts in our field and have been delivering exciting motivational events and courses since 2006.

Lee our chief fire starter has a background in community development and many years' experience of working within the 3rd sector.

We understand the need for providing high quality events that give something back to participants alongside raising business confidence and team building.

Over the last 17 years we have worked with hundreds of charities from Kent to the Isle of Lewis raising hundreds of thousands of pounds for charities. We've worked with businesses to provide high impact team building and alongside this we deliver bespoke confidence building courses to groups utilising some of the tools from fire-walking to create something completely unique.

We deliver fire-walks from September to May (it is possible to deliver outside of these months but we prefer darkness for full effect). October and November are our busiest months and it's worth booking early for them. However September, April and May tend to have better weather.



## What's Involved?

Fire-walking is the act of walking barefoot across a bed of red hot embers. Our fire bed is around 2 metres long.

Fire-walking is a metaphor for life!

For every major decision in our lives it is the first step that is most difficult, after that we just keep going forward.

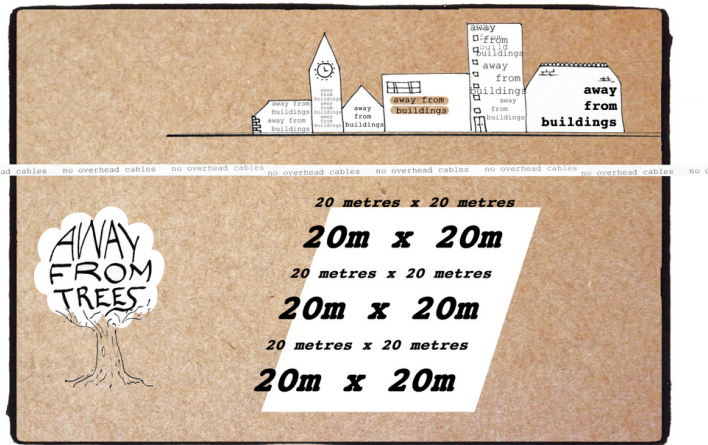
Fire-walks are a great high impact event that leave participants feeling truly empowered, think about if, if we can walk bare foot across red hot coals what else can we do if we put our minds to it?

There are always a minimum of two trained staff on site and the fire will always be attended.



# We Need...

- A private training room or outdoor marquee with enough space to comfortably seat all of your participants and a bit of space for other activities.
- FLAT outdoor space free from overhead wires, branches etc (basically anything that may catch fire). This should be approximately 20m x 20m x 20m This can be grass or a tarmac carpark, we've delivered fire-walks everywhere from castles to parade grounds to church halls.
- Access to running water
- Access to green waste disposal (if possible)



- We encourage you to organise drummers or a piper if possible- it lifts the energy of the group and is a great addition. When that is not possible we provide a speaker and music.

# We Provide...

- £10 million public liability insurance
- A written risk assessment (we provide either a virtual or in person site visit in advance of every event)
- A handout for participants letting them know what to expect from the event.
- Everything required for your event, we bring the logs, turf etc. a safety fence (we ask you to provide hard barriers for larger events) full burns first aid kits for 50 people, a fire blanket and fire extinguisher.
- Clean up- we always clean up behind us and aim to leave the site as we found it.



# On The Night Of Your Event...

We will arrive around 4 hours prior to the actual fire-walk for set up

We need around 2 hours on site afterwards for clean up.

Our workshop lasts around 90 minutes.

*Thank you so much to you and your team for providing us with such a unique and exhilarating experience! I will treasure it. Wonderful team building evening was had by all, everyone is sharing their stories today and very keen to do it all again!*

*Pauline Friskey  
YMCA Kirkcaldy*



# Health & Safety

We have £10 million public liability insurance.

Lee is a trained first aider We bring a full burns first aid kit for 50 people.

We provide fire extinguisher, fire blankets and water

We provide a written risk assessment for all of our events.

# What's Involved?

We deliver a 90-minute motivational workshop and safety briefing, with some high impact activities included.

This is a fun workshop that is designed to motivate and inspire!

At the end of this we go outside to the fire and walk across around 2 metres of red hot embers.



# What if it's Raining?

Our events are not weather dependent so unless there is torrential rain, high winds or heavy snow we will go ahead. We do always ask people to bring a rain jacket.

When we can't go ahead because of weather we can provide a glass-walk as a safe indoor alternative.

# Glass-Walks

Our glass-walks are similar to the fire-walk, we walk barefoot across a bed of broken glass. Mainly wine and spirit bottles.

This a great environmentally friendly alternative that can be delivered indoors all year round.

Our glass-walks are delivered on our custom-made glass runway.

The workshop runs for approx 90 minutes but this can be shortened if required.

Again we need a large indoor private training space big enough to seat all of our participants, the runway and some extra activities.

We arrive an hour before your event to set up and the need an hour to dismantle. Glass-walks take place indoors and are not weather dependent.

# Lego Walks

The lego walk is great 'risk adverse' alternative to glass or fire, its brilliant for team building and suitable for young people.

The event is challenging (we'd step on fire or glass over Lego every time)

The workshop runs for approx 90 minutes but this can be shortened if required.

Again we need a large indoor private training space big enough to seat all of our participants, the runway and some extra activities.



# Workshops

If you are looking for a high impact workshop that can be part of a networking event or conference.

We provide high impact

- Arrow Breaks,
- Board Breaks
- Glass -walks



All of these workshops focus on overcoming fear and self doubts.

All of our events combine humour, story telling, group conversation, positive psychology and fun activities to bring out the very best in you and your team.

# Fees

Our charity fees are for the central belt of Scotland and are all inclusive for up to 50 people.

- Fire-walks £1495
- Glass-walks £1195
- Arrow Breaking/ Board Breaking workshops £595
- Lego walk up to 50 people £595
- Confidence building courses prices available on request

If you want to book a joint fire and glass-walk or multiple events we are happy to offer a discount, just let us know.

We like to keep our upper limit to 50 people per fire bed and glass runway so you can walk multiple times if you'd like, usually by the time we get to 60 or 70 walks across, the fire is pretty cool.

We have run a 3 fire event for 150 people and are always delighted to work with you on a larger scale event.

“  
Wow! What an evening Friday was, Thank you sooooo much Lee for giving us the opportunity to take part in such an incredible event. So hard to put into words just what it meant to me. Thank you!  
~ Linda Sterry, Start Up Stirling

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## Contact us

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