



## Top tips for organising your Lorne Walk

- \* Pick a date in April
- \* Choose a suitable route
- \* Carry out a risk assessments
- \* Print off sponsored sheet
- \* Print of check-point sheet (optional)
- \* Return 50% of your fundraising to Lorne

### Getting started:

Register your unit for Lorne Walk via the Girlguiding Ulster website. Your walk can be as long or short as you want it to be.

### Your route:

A circular route that starts and finishes at the same place can work really well especially if there's parking, toilets and a refreshments afterwards. Once you have chosen your route you can have a few check points along the way where the girls could colour in a foot print on the checkpoint cards or use a stamp. Download these from Girlguiding Ulster website with an option of 3,4 or 5 checkpoints. When choosing a date, check what else is happening in the area to ensure you do not clash with another event.

### Health and safety:

Carry out a risk assessment and forward it to your DC at least 2 weeks before your event. <https://www.girlguiding.org.uk/making-guiding-happen/running-your-unit/safeguarding-and-risk/managing-risk/risk-management-for-activities-and-events/> When walking, always follow the rules of the Highway Code and the Country Code.

### And Finally:

Collect the money raised by your unit before 28th May and work out your total. This should then be halved and minus the badges purchased and returned your completed form to Lorne with the return slip attached.

### Rule:

1. Walkers should be suitably dressed and have good walking shoes.
2. Walkers must keep to the official route that you have chosen at all times.
3. Walkers must AT ALL TIMES comply with any instructions from leaders.
4. All units must have a first aid kit and a leader with 1st Response training.
5. Finally, have fun, enjoy the day and raise lots of money for your unit and Girlguiding Ulster.



# Lorne Walk 2022 Returns form



Unit name: \_\_\_\_\_

Total amount raised £ \_\_\_\_\_

Half the donation £ \_\_\_\_\_

Less badges purchased £ \_\_\_\_\_

Donation to Lorne £

Leaders name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Please return donation to Lee Kennedy, Girlguiding Ulster. 30 Station Road, Holywood, BT18 0BP.

Please make cheques payable to 'Girlguiding Ulster'.

For payments made by BAC please include Unit name & Lorne Walk.

Account Name: The Guide Association Sort Code: 98-07-60 Account Number: 29801340

