



BEECHEN CLIFF

The Great Walk

Friday

October 21st 2016

Name: _____

Sixth Form

An opportunity for the

BEECHEN CLIFF SIXTH

*to raise money to enrich
and enhance Sixth Form life at*

BEECHEN CLIFF

BEECHEN CLIFF SIXTH

Arrive at school by 8:15 am

Register in Hall

Start outside The Sixth Form Block at 8:30 am

Lunch at 11:30 am

Return to Beechen Cliff School

Finish by 3:00 pm

Please remember these points

- Raise as much money as you can
- Bring your sponsorship form with you
- Register when you arrive
- Wait in front of the **Sixth Form Block** until the start at **8:30 am**
- Wear comfortable clothes
- Wear comfortable footwear : trainers with good socks
- Bring with you in your small back pack :
 - A waterproof coat – if it's going to rain
 - At least 1 litre of a drink - water is best
 - Your lunch and any snacks you will need for the walk
(slow release carbohydrates are best – beware of sugary drinks/sweets)
 - Any medication you need – your inhaler
- Walk don't run ... it's a long way
- Bring a few plasters just in case you get blisters
- Please bring your mobile phone (to be used in an emergency only)
- Texting and posting social media when walking don't really mix – so be careful
- iPods and MP3 players may distract : you should leave them at home
- For safety, walk in groups of 3 to 5, but be careful not to block the footpath
- Be considerate to other walkers and path users: keep to the LEFT if possible
- Please put all sweet wrappers and other rubbish in bins or take it home
- If there is an emergency, talk to a member of staff on the towpath
- Once you are back at school, register so we know you have completed the walk
- Cheer on and congratulate all those who finish !

And Finally: Enjoy your walk

Emergency contact number for school:

01225 480466

BEECHEN CLIFF SIXTH



Start

Lunch

Return

Miles

Medical Information – please complete if necessary