



EDSUK



Dazzle Walk

Your guide to getting started



ehlers-danlos.org/dazzle

Thank you!

We're really excited that you have signed up to EDS UK's Dazzle Walk, we can't wait for you to don your razzliest dazzliest zebra attire, pick a distance that is right for you and get walking! Here are a few things we'd like you to consider before you get started.

Where?

Your walk can take place anywhere! Most importantly you should choose a distance that's right for you - that could be five steps a day in your garden, a lap of your local park or a 5k woodland walk. If you're walking in a small group with your friends and family you might decide to meet at someone's house, or arrange to meet in a car park at the start of your walk. For larger walks think about who's walking with you and if you have enough space, you also need to consider practicalities such as parking and toilets.

When?

Once you know where you are walking, decide when and how long you would like to take - one day, one week or the whole month of May, it's up to you! If you are walking in a public area are there any busy times of day you should avoid? If the weather is hot maybe you could consider walking earlier in the morning or later in the afternoon? We recommend keeping your walk to daylight hours. If you're planning a larger walk with other people remember to give yourself plenty of time to organise everything.



If you have any questions or need support preparing for your Dazzle Walk, please contact the EDS UK fundraising team: fundraising@ehlers-danlos.org

Who?

You can choose to **'go solo'** and enjoy your own company, keep your walk a **'closed event'** which is private for your friends and family or an **'open event'** which is open to the general public.

Go solo

Pick a distance that's right for you, plan your route and pick a date – it's that simple!

You know your own level of fitness and what you are capable of, if in doubt consult your GP. If you have one then carry your fully charged mobile phone with you, including an emergency contact number, and make sure you tell someone where you are walking. However you decide to complete your walk, please make sure you consider your own health and safety at all times.

Don't forget to tell lots of people what you're planning to do so that they can all sponsor you!



Closed event

You could invite your friends, family or colleagues to walk together as a small group. Encourage everyone to raise sponsorship, you could even set a 'team' target!



Who?

If you're organising a larger 'open event' which is open to the general public here are a few things you need to consider.

Open event

Permissions

Ensure that you make appropriate notifications to local authorities and have the relevant permissions in place for the use of any start or finish venue and all sections of your route. For example, you need to let the council know if you're planning to erect any structures at your start/finish venue in a public park, or if any sections of your route cross private land you should request permission from the landowner.

Marketing materials

When holding an open event please state that your event is 'in aid of The Ehlers-Danlos Support UK' on any marketing materials that you produce such as posters and leaflets.

Public liability insurance

The Ehlers-Danlos Support UK's public liability insurance won't cover your event and, if your event has the potential to have an impact on the general public, it's important that you've arranged appropriate cover. Public liability insurance may be required by the owners of your start and finish venues.

Risk assessment

If you are holding an open event we recommend that you visit your start/finish venue and walk through your route in advance to identify the risks. This might sound daunting but a risk assessment simply shows that you've considered what could be a risk on your walk and that you've thought about how to minimise these risks. Please contact fundraising@ehlers-danlos.org for a risk assessment template.

First aid

Whatever the size of the event accidents can happen. When deciding what first aid cover you might need at your event you need to consider:

- the number of people walking, their age and level of fitness
- the terrain, how accessible the route is to vehicles and the distance to the nearest hospital
- how good the mobile phone reception is in the area.

For low risk events with fewer than 20 walkers spread over a small area with easy vehicle access and less than 5 miles from a hospital, it may be enough to have an 'appointed person' who would be in charge of contacting the emergency services if there was an incident.

For larger events it is recommended to have qualified first aiders present both at the start/finish venue and available to respond if an issue arises along the route. They may be walking with you or travelling separately in a vehicle, ready to respond. Before you set off on your walk, make sure you let everyone know what the emergency procedure will be if an incident does happen.

Accidents

Despite the most meticulous planning, accidents can happen, if you do have any issues arising from your event that could have an impact on The Ehlers-Danlos Support UK please do let us know so that we can resolve them together.

Here's how we'll support you!



You'll receive dedicated support from our fundraising team!



You'll access downloadable materials including:

- a fundraising pack containing top tips for a successful Dazzle Walk
- a press release template
- information to print out, cut out, pin onto your back and wear on your Dazzle Walk



£25 - Raise £25 and receive a printed certificate

£50 - Go on to raise £50 and you'll also have your name featured in Fragile Links

£100 - Smash through these targets, raise £100 and you'll also earn an exclusive Dazzle Walk medal

