

Walk Force

MASSAGE INFORMATION PACK

Thanks for your interest in becoming a Walk Force massage volunteer. As a member of the Walk Force you will play an integral role in the smooth running of the Pink Ribbonwalks, and as well as making the day special for our walkers, we're sure that you'll have a very enjoyable day too!

Pink Ribbonwalk 2015

The Breast Cancer Care Pink Ribbonwalk in association with woman&home is a much loved walking event that is now in its eleventh year. This year will see around 5000 participants taking part in either a 5, 10 or 20 mile circular route starting and finishing at one of our six stunning locations. This year we've introduced our brand new London at Night Pink Ribbonwalk, which will take in the beautiful sights and landmarks of our capital by night. Each participant will raise at least £100 for Breast Cancer Care to help us provide specialist support and tailored information for anyone affected by breast cancer.

Saturday 9 May	Blenheim Palace, Oxfordshire
Saturday 16 May	Scone Palace, Perthshire
Saturday 6 June	Stourhead, Wiltshire - NEW!
Saturday 13 June	Bakewell, Derbyshire - NEW!
Saturday 20 June	Leeds Castle, Kent
Saturday 4 July	London at Night - NEW!



Your role

We hope to offer our walkers a well deserved quick leg massage after they have crossed the finish line. As we expect between 750-1000 walkers at each event we know it will not be possible to offer each of them a massage. However, we will operate on a first come first served basis and massages will last no more than ten minutes to allow as many walkers to be seen as possible.

Around a third of our walkers have a history of breast cancer, and as such it may be prudent to ask if there is anything you should know about, or any areas you should avoid massaging. Hopefully by sticking to leg and foot massages we will avoid any sensitive areas.



Taking donations

We will have a donation bucket in the marquee in case walkers wish to make a donation to Breast Cancer Care in return for their massage, but this is not compulsory, as all our walkers have already committed to raising £100 in sponsorship each. This is our way of saying thank you, helping them to recover after the walk and making their day extra special.

Insurance

Massage therapists must be qualified in their field and have their own insurance. We will need to see a copy of your qualification and insurance prior to the event. Please email or post these to the address below. We are able to accept student masseurs if a teacher is able to volunteer with you on the day or you are able to provide a letter from your massage school stating that they are aware you are volunteering at a Breast Cancer Care event and are prepared to accept liability if a claim is made. We would also require a copy of your school's Public Liability Insurance.



Bringing equipment

If you have heavy equipment, you can let the car park marshals know you need to drop it off nearer to the event site and they will direct you to the massage marquee, but we will require you to then return your car to the main volunteer car park. However, all our parking is close by.

Please note for the London at Night Pink Ribbonwalk there is no designated Pink Ribbonwalk car park, but there may be some limited roadside parking available near the venue. We cannot guarantee this however, so we recommend that you plan your journey carefully and arrange to be picked up and dropped off if necessary.



How long will I be volunteering for?

Pink Ribbonwalks

We need you from 1.30pm – 6.00pm. The majority of walkers will finish between 3.30pm – 5.00pm, however some may not finish until 5.30pm. If you can stay for longer or can only come for a shorter time, that's fine – just let us know when you register.

London at Night Pink Ribbonwalk

We need massage volunteers from 10.30pm – 7.30am and within this period there will be two peaks of walkers finishing – the 5 and 10 mile walkers will finish between 10.30pm – 1.15am, and the 20 mile walkers will finish between 2.40am – 7.15am. We understand it may not be possible to commit to the full shift, so if you can't, please state the times you are available on your registration form.

What will I be provided with?

- Water and refreshments
- Walk Force volunteer T-shirt (although you can wear one advertising your massage school or business if you wish)
- Free parking at the venue (N.B. not available at the London at Night event, as outlined above)
- Hand sanitiser gel

What will I need to bring?

- Your own massage bed
- Your own oils
- Your own towels
- A small amount of money for a cold drink or to purchase something from the bar
- A small rucksack to keep your belongings together

How do I register?

Please complete our Walk Force Registration Form online. You will also need to email us copies of your qualification and insurance to rwassistant@breastcancercare.org.uk

We will send you final instructions by email two weeks prior to the event to confirm arrival times, directions to the venue, and what to do when you arrive. In the meantime if you have any questions please contact Isabel on 020 7960 3566 or email rwassistant@breastcancercare.org.uk

We hope to welcome you to the Walk Force soon!