

Welcome!

Action for Burns and Children and the Phoenix Burns Project are delighted to welcome you to the 2019 Action for Burns & Children Foundation Hike and Bike Challenge South Africa and would like to thank you for choosing to participate in this wonderful event.

Our grateful thanks go to Cripps Sears and Partners, London who are our headline sponsor.

Everything that you will need for the run up to the event you will find enclosed in this pack and we are also here to answer any questions you may have including those regarding ways to help you raise your sponsorship monies. This year we have added a pdf PowerPoint presentation to help with your fundraising.

The monies raised will make a big difference in helping to fund the activities of the Phoenix Burns Project, in Cape Town, South Africa and Action for Burns & Children who work tirelessly helping children with burns from Sub-Saharan Africa.

You can find out more about the **Phoenix Burn Project** and the vital work they do inside this pack and by visiting their website: www.pbp.org.za

Listed below are the documents you will need to join the event. These include a contract document and other forms which we kindly ask you to sign and return soonest to ensure a place on the challenge and you can do this either by post to the address provided or by emailing through a scanned copy.

The Admin Team is headed by Carolyn Cripps with the support of Andrea Marsh and Gill White.

Andrea Marsh will be your main point of contact for everyday administration and queries.

She can be contacted by email on andrea@abc-challenge.com Tel: +44(0)7703828226

We look forward to having you on board as part of our intrepid team and can promise you a truly memorable adventure.

Best wishes from everyone at Action for Burns & Children

In this pack, you should find:

To be signed and returned

- Contract
- Application form
- Allergy form
- Indemnity Form (Day trippers)

For your records

- Challenge Introduction
- Checklist
- Safety Information
- Sponsorship Tips
- Training Tips/Kit Lists
- Travel Tips
- About the Phoenix Burns Project S.A. & Powerpoint



Dated: / / 2019

between

Action for Burns & Children Foundation

(‘The Organisers’)

47 Elms Rd

London

SW4 9EP

This confirms terms on which the Applicant is agreeing to participate in the Action for Burns & Children Hike & Bike 2019 in South Africa ("the Event"). It is agreed as follows:

1. The Organisers are entering into this agreement in their capacity as fundraisers for the Phoenix Burns Project which is registered in South Africa as a Non-Profit Organisation (NPO:57-154) and a Public Benefit Organisation (PBO:930031313).
2. The Applicant is granted permission to raise sponsorship monies on behalf of the Organisers for the Phoenix Burns Project in connection with the Event.
3. The Applicant agrees to comply with any fundraising and health and safety guidelines issued by The Organisers.
4. The Applicant will only use lawful means to fundraise for the Phoenix Burns Project and must not do anything which harms or is likely to harm the reputation of either the Organisers or the Phoenix Burns Project.
5. The Applicant agrees to comply with the financial procedures set out in The Organisers' materials which have been provided to the Applicant.
6. The Organisers may terminate The Applicant's authority to fundraise at any time by sending written notice to The Applicant.
7. To secure a place in the Event, the Applicant has paid a non-refundable registration fee of £295.
8. The Applicant undertakes to raise a minimum of £2700/£1800 in sponsorship monies for The Phoenix Burns Project. 50% of this must be paid eight weeks prior to the departure, with the remaining 50% paid two weeks prior to departure. The Applicant is responsible for making up any shortfall.
9. In the event of The Applicant withdrawing from the Event, all sponsor forms and monies must be forwarded to The Organisers.
10. The Applicant must be a minimum of 16 years old on the date of departure. Applicants under the age of 18 must provide The Organisers with a signed declaration from parents or guardians, allowing them to take part in the Event. Individuals over the age of 70 must provide The Organisers with a doctor's certificate to confirm that they are able to participate.
11. Itineraries, schedules and accommodation may change, and other alterations may occur which are beyond the control of either the touring company or The Organisers.
12. The Applicant's passport must be valid for a period of at least six months after the date of return.
13. The Applicant must take out adequate and valid insurance cover and forward a copy to The Organisers which MUST include emergency repatriation and medical cover.
14. If the Applicant has any medical condition which could be adversely affected by exercise or otherwise in connection with the Event he/she must obtain a medical certificate from his/her doctor. The Applicant must comply with, and be responsible for, any inoculations and health regulations required for South Africa.

Executed by The Applicant

Name of Applicant: _____

Date: _____

Signed: _____

Contract for participants

Action for Burns & Children Hike and Bike Challenge South Africa 2019

and

Name of Applicant: _____

Address: _____

_____ Postcode: _____

15. The Organisers reserve the right to refuse acceptance of The Applicant's application to take part in the Event.

16. The Organisers reserve the right to terminate The Applicant's participation in the event of The Applicant failing to raise the sum specified within the time specified in paragraph 9 or for any other reason. The Organisers' decision in this matter will be final.

17. The Organisers may engage tour operators or airlines direct on the Applicant's behalf and the Organisers do not accept any liability for any loss or damage however arising in relation to such arrangements or for cancellation of the Event for any reason outside the Organisers' control.

18. The Applicant acknowledges that:

(i) The nature of the Event may include difficult and dangerous terrain, high altitude, extremes of weather, including sudden and unexpected changes, political instability, remoteness from normal medical services and from communications, and evacuation difficulties in the event of illness or injury;

(ii) In the region in which the Event is undertaken standards of accommodation, transport, health care, hygiene, safety and service provision generally may not be as high as those standards in the Applicant's country of residence; and

(iii) Operational control of the Event will be in the hands of third parties and any right of action with regard to any shortcomings of any third party's performance would be against the third party and not against the Organisers.

For the above reasons the Applicant accepts the inherent and increased dangers and risks associated with the Event and the accompanying risk of injury, death or property damage or loss.

19. In consideration of the Organisers accepting the Applicant's application and of the Applicant being permitted by the Organisers to join the Event the Applicant releases the Organisers and its officers, employees and agents from all financial or economic liability, loss or damage or damage to or loss of the Applicant's property incurred or suffered by the Applicant directly or indirectly in connection with the Event. The Organisers shall not be liable for personal injury or death unless caused by the negligence of the Organisers or its employees.

20. The Applicant agrees that the Applicant participates at the Applicant's own risk. If the Applicant is refused passage and/or entry/exit to or from any country, any additional costs incurred will be the Applicant's responsibility.

21. It is a requirement that the Applicant provides and wears suitable clothing, including a suitable cycle helmet when cycling, at all times whilst participating in the Event.

22. The Applicant agrees that photographs and written quotations may be taken of the Applicant during the Event and used to publicise future events and the work of the Organisers and the Phoenix Burns Project.

23. This agreement will be governed by the laws of England and the parties hereby submit to the exclusive jurisdiction of the English Courts.

24. Any notices or other communication shall be in writing and may be delivered personally or sent by post and if sent by post shall be deemed to have been delivered in the ordinary course of the post.

Executed by The Applicant

Title: _____ Name: _____

Date: _____

Signed: _____



October 26th – 4th November

Minimum sponsorship requirement £2,700

Outside UK £1800 (plus £295 registration fee)

Please Choose

Bike for Burns ☐ Hike for Healing ☐

Personal Details

Title: Mr ☐ Miss ☐ Mrs ☐ Other ☐

Name: _____

Address: _____

Postcode: _____

Home Telephone: _____

Mobile: _____

Email Address: _____

Date of Birth (dd/mm/yyyy): _____

Dietary Requirements: _____

Medical conditions we should be aware of: Yes ☐ No ☐

If yes, please give details: _____

Declaration

- I will be physically and emotionally fit to complete the challenge.
- I will take adequate medical and travel insurance advice and ensure that I am sufficiently covered.
- I will be responsible for raising a minimum of £2,700/£1800
- I will pay 50% of this eight weeks prior to the departure.
- I will pay the remaining 50% two weeks prior to departure
- I enclose proof of deposit paid for £295 made payable to which I understand will be forfeited should I withdraw from the trip.

Signed: _____

Date: _____

Application Form

Action for Burns & Children Hike and Bike

Challenge South Africa 2019

in aid of the Phoenix Burns Project South Africa

Account details

Bank Account: Action for Burns & Children Event A/C

Sort Code: 60-00-01

Account No: 48787825

IBAN No: GB36NWBK60000148787825

BIC/SWIFT: NWBKGB2L

Personal Details

Name (as appears on passport): _____

Passport Number: _____

Date Issued: _____ Expiry Date: _____

Place of Issue: _____

Emergency Contact Details

Name: _____

Relationship: _____

Address: _____

Postcode: _____

Home Telephone: _____

Mobile: _____

T-shirt Size

S ☐ M ☐ L ☐ XL ☐ XXL ☐

Introduce a friend who may want to participate

Name: _____

Relationship: _____

Address: _____

Postcode: _____

Home Telephone: _____

Mobile: _____

Please complete all sections, sign and return to the address below with your £295 deposit. We will be in touch shortly to confirm your place on the trip.

Information for Bike Fit and Food Allergies (Hikers and Bikers to Complete)

For Bikers

Name: _____

Please tick the appropriate boxes:

Height: _____

Weight: _____

Helmet size in case you damage your own: *(estimate head size in inches)* _____

Indicate pedal preference: *standard SPDs (I would like to have clip ins – N.B You must have special shoes for this)*

Other details / comments: _____

For All Participants

Food allergies: Yes ☐ No ☐

Details of allergies: _____

Please scan and return to team@abc-challenge.com

Thank you

Medical and safety info

Medical info

Bikers will be accompanied by a support vehicle, which they have the option of getting onto if very tired or injured. On the hike, there will be no supporting vehicles, except those called in the case of an emergency (and those carrying luggage between basic accommodation sites). There will be competent first-aid staff on the trip with you in case of injury. On the bike ride and hike, the nearest medical centre will never be more than 60 km away.

Day Trippers recommend that you have had a tetanus injection in the last 10 years and that you are immunised against polio, typhoid & hepatitis A.

Tap water is drinkable. Bottled water can be purchased in all locations and the tour company will provide water to refill your own bottle that you have brought with you.

Safety Info

On your trip...

Your safety, and that of the rest of the group, is our highest priority. Day Trippers are responsible for safety on the trip and will make any changes to the itinerary they deem necessary, should local conditions dictate. They cannot guarantee the safety of personal belongings, but they have been conducting tours for 19 years and have never had an unpleasant incident. There will be at least 2-3 guides per group who are experienced and accustomed to the route.

- In Cape Town, you should be safe if you take sensible precautions, just like in any other city.
- Do not walk around alone at night.
- Do not stand on street corners looking lost and helpless with valuables or your camera visible.
- Do hand your valuables in at Reception or use hotel safes if provided.
- Do ask your tour guides if you have any safety questions as they will be able to advise you of the best course of action. Visit www.abc-challenge.com or phone +44 (0) 770 382 8226 for more information



**ACTION FOR
BURNS & CHILDREN**

INTRODUCTION

The Hike and Bike Challenge South Africa 2019



What is ACTION FOR BURNS & CHILDREN?

Action for Burns and Children - is an organisation dedicated to the PREVENTION of burn and scald injuries to children through basic fire PREVENTION EDUCATION in the home and the REHABILITATION of seriously burned children worldwide.

It was founded in 2008 by Cripps Sears & Partners Limited in celebration of the firm's 35th birthday with the goal of raising funds for good causes. The purpose is to help children whose lives have been adversely affected through injury to themselves or through an injury to someone on whom they are dependent. This aim lies at the heart of our long-standing concern for the devastating problem of child burns around the world - a concern that saw CS&P co-sponsor a Moscow-based programme which sought to reduce childhood burns in the region by providing schools with educational materials about fire safety and organising and sponsoring Burn Camps for young burns survivors.

The Phoenix Burns Project

Our current partner is the Phoenix Burns Project, a Cape Town-based charity registered in South Africa as a Non-Profit Organisation (NPO:57-154) and a Public Benefit Organisation (PBO:930031313).

Please note that Action for Burns & Children Foundation is a Charitable Trust held with Giving Works. Giving Works is a charity established under English law and registered at the Charity Commission under charity registration Number 1078770.

The Phoenix Burns Project promotes burn prevention and works to improve the quality of life for child burns survivors in the Western Cape. Phoenix takes care to consult with a whole spectrum of people affected by burns, from survivors and their families to medical professionals and government officials. Its initiatives range from practical measure such as providing Fire Recovery Kits to families whose homes have been damaged by fire and providing sensitively-written guides to parents whose children are being treated for burns or scalds, to specialised programmes such as psychiatric and reintegration counselling and devising fire safety curricula for primary schools.

This will be the ninth time that we will be organising a Hike and Bike Challenge following on from our great success in the 2011 2012 and 2018 Challenges raising over £275,000 for The Phoenix Burns Project. In 2008 we also worked with Phoenix to raise funds to purchase a D80 dermatone for the Burns Centre at the Red Cross Memorial Children's Hospital in Cape Town, the only dedicated children's hospital in sub-Saharan Africa. The dermatone is a vital piece of equipment which has allowed the burns centre to provide a much-needed update to their treatment procedure.

In 2019 we want to help the Phoenix Burns Project to make an even bigger difference! Therefore, we will continue to work with the Phoenix Burns Project, leveraging Phoenix's local insight and our broad network of contacts, to promote awareness and prevention of burns injuries, and to aid the rehabilitation and social reintegration of burns survivors in and around Cape Town.

What Your Funds Will Achieve

The funds you raise will help to fund Phoenix programmes focusing on three main areas:

- **Clinical – Scar Management**

Teaching survivors and their families to manage burns scars and providing the necessary equipment to do so can minimise the physical and emotional impact of a burns injury and make the difference between an arduous and a smooth rehabilitation.

- **Psychological – Therapy**

This may include one-to-one therapy programmes as well as familial sessions and group meetings for burns victims. Support for survivors and their families is often the key to helping burns victims' reintegrate successfully into their communities, schools, and wider society.

- **Educational – Awareness**

Education initiatives - which encompass a variety of activities, from training teachers to provide sensitive and specialised lessons about fire to providing posters for schools – are the most effective method of preventing burns, and may also lessen the impact of a burn injury by laying the foundations for an effective course of treatment. This fundraising effort specifically aims to support education programmes provided to residents of the townships most affected by burns accidents.

Did you know...

- The difference between a burn and a scald lies in the source of the injury. Burns are the result of injuries sustained from contact with fire or burning or boiling materials, including ignited gas or paraffin used for cooking or heating, and boiling fat. Scalds, however, are caused by hot water-based liquids, such as steam emitted from a boiling kettle or boiling water from a cooking pot or drink. Many of the younger children admitted to the Red Cross Burns Unit are admitted with hot water burns, and older children from both fire-inflicted and electrical burns.
- At least 15,000 children suffer burns or scalds each year in South Africa - World Health Organisation (WHO).
- A recent WHO report on child mortality in urban South Africa found that burns are the most common cause of death in under-2s and the third most common cause of death in under-14s - WHO.
- There is a strong relationship between socioeconomic circumstances and burns injuries. Approximately 3,450 children with burns are treated in the Red Cross Memorial Hospital's Burns Unit every year; of these, 85% are under 6 years old and 98% are from disadvantaged communities - Red Cross Memorial Children's Hospital.
- A burn is visible and I think that is the tragedy of this injury. It is so visible, it is so in your face, it is so deforming, it is so destructive, it is so changing of your body image... and you can see that you will not be the same again and I think that is what is so disturbing to children.'
- Emertius Charles FM Saint Professor Heinz Rhode

Frequently Asked Questions

Is this trip for me?

Yes! Most people embarking on the trip will have never done anything like this before and will be just like you. Some people choose to bring along friends or family but most come alone and make a host of new friends along the way!

How fit do I need to be?

You're not expected to be a fitness fanatic or athlete but, to get the most out of the trip, we highly recommend you follow a training plan to maximise your fitness levels – we will provide basic guide lines as part of your welcome pack.

How will I be able to raise sponsorship money?

We recommend that you start fundraising early to allow yourself plenty of time. Once you've started you'll be surprised at how generous people are and how much fun raising the sponsorship can be! There are a few suggestions below to get you started and we will provide as many tips and hints as possible along the way with further ideas.

Can I stay on in Cape Town for longer?

It will be possible to extend your stay after the fundraising event – perhaps you would like to treat yourself to a second adventure in the form of an organised safari?! You will need to let the organisers know very early on however.

What do I need to bring?

A comprehensive kit list will be provided in the welcome pack (Along with your fitness plan and other important and detail information).

Will someone carry my luggage whilst I'm cycling/trekking?

Yes – vehicles will take the luggage to overnight spots during the day – you will only need to carry essentials, such as water and perhaps a camera.

Who leads the challenge?

We work with a company called Daytrippers who host and run many of these events and are well-prepared for anything! Daytrippers were established in 1992 and are a leading adventure touring company in the Western Cape.

Did you know...

- Think big! Start by asking everyone you know – the more people you ask the more you will raise. Try to get payment upfront, which will halve the effort, and always start sponsorship forms with a generous sponsor, as this will set a high standard for the rest!
- Ask your employer to sponsor you, too – many companies will consider matching pound for pound. Remember that some of your sponsors cannot claim Gift Aid as the funds are being raised for a South African charity so to claim this they need to be based in the UK.
- Arrange a £10 menu at a local restaurant on one of their quiet nights and charge 10 friends £20.
- Hold a karaoke in your local pub for a percentage of the drinks sales.
- Hold a car boot sale (get your family and friends to have a clear out!).
- Ask your local school to hold a non-uniform day.
- Hold a quiz night with a raffle.
- Get some publicity – contact local newspapers or radio stations and get the community involved
- Host a dinner party or barbeque for friends who each pay to attend – you buy food and they bring wine and a contribution towards your fundraising. You could alternate this amongst friends.
- Hold a skill auction where you ask friends with certain skills (hairdressing/massage etc) to donate their skills for free.
- Sporting events (Rugby, Football, etc) with a BBQ – charge for entry.
- Ask friends to fundraise for you – you might be surprised to find just how much they are willing to help you in your challenge, perhaps by throwing a fundraising party, hosting a pub quiz or organising another fun event on your behalf!

A Guide to Fundraising Countdown

8 months to go	£2700 seems like a lot to raise right now.... But aim to raise between £400 and £450 each month using some of the ideas above and you will be well on your way!
7 months to go	After one month of steady fundraising you have already tackled a good sum of £400. The outstanding amount has been reduced considerably to £2300.
6 months to go	You're definitely well on your way! You now have £800 in the Kitty and £1900 to go.
5 months to go	You are now approaching the half way mark and doing really well! You now have £1200 and £1500 left to raise.
4 months to go	You are now well over the halfway mark! £1100 left to raise and still plenty of ideas for fundraising activities to use.
3 months to go	You have now reached £2000 and should be very proud of yourselves for reaching this far! Only £700 to go!
2 months to go	Keep going! You should have raised a mighty £2400.... By now and only have £300 left to raise.
1 months to go	The Final Push! Tell everyone you know about your impending adventure to bring in the last £300. Money should be raised well in advance of departure date.
0 months to go	You've done it! Now you are off on your fantastic journey to South Africa!

Details

Date of Event: 27th October – 3rd November 2019

Participants to arrive in Cape Town by Saturday 26th October for the Hike & Bike Event Departure on Sunday 27th October (am)

Final registration date:

Saturday 27th July 2019

Payment:

- Registration Fee: £295
- Minimum UK Fundraising target: £2700 (to include flight costs).
- For non-UK participants, minimum fundraising target is £1800 plus a registration fee of £295. Flights will be at your own costs.

Passport & Visa:

No visa is necessary for UK citizens. A valid ten-year passport is essential for travel to South Africa and must be valid for at least 6 months after entry into the country. Please check your own country's requirements.

Vaccinations:

None required for the Garden Route but if you are to continue travel on safari etc you may wish to consult your doctor.

Weather in Cape Town in Nov:

The temperature is usually in around 25 degrees centigrade (although could range from 20-30 degrees centigrade), although nights can be colder. On average there are seven rainy days per month at this time of year.

Clothing and Equipment/Training for the event: Equipment information and a fitness plan will be included in the welcome pack.

Luggage:

The trek is supported by vehicles that move the luggage from camp to camp each day. All main luggage will be carried by the vehicles – you will need a daypack to carry water, camera and items you will need on your trek during the day. You are advised not to pack over 22kg for the trip as this will result in excess luggage charges which you will have to pay for.

Currency:

Local currency is South African Rand

Approximately £150-£200 is recommended for personal expenses and we strongly recommend you carry a credit or debit card in case of personal emergency.

Safety Information:

Your safety, and that of the rest of the group, is our highest priority. The guides of the adventure are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, and should local conditions dictate.

Flight Information:

For UK participants whose flight is included in the overall costs we aim to find the best flights that match our itinerary. There may be no direct flights to our destination, so do be prepared for transit stops: bring a good book or be prepared to chat to your fellow trekkers! Airlines that do offer direct flights rarely offer competitive rates for groups.

For those booking your own flights please ask us for a land-only cost. You will be responsible for making your own arrangements for meeting the rest of the group. We need to know if you do not require our UK group flight as early as possible.

Accommodation:

We shall be staying in basic accommodation along the route so do not expect luxurious hotels! The hotels provided are comfortable and clean with private facilities, however sharing is to be expected. Single room facilities may be available at own cost.

Enjoy the Experience!

For most people, the main attraction of travelling to a different country is to see new sights and enjoy new experiences. Sometimes those new experiences can make life harder or more inconvenient than you may like, such as toilet hygiene or different food, or simply a different attitude to solving problems. This is all part of the challenge you are signing up for!

Travelling exposes us to difference challenges – all of which help broaden our horizons. We can guarantee that coming face-to-face with experiences outside your 'comfort zone' will help you bond with your fellow trekkers and provide you with plenty of things to laugh about! A sense of humour and a sense of adventure are two of the most important things to bring with you!



**ACTION FOR
BURNS & CHILDREN**

Visit www.abc-challenge.com or phone +447703 828 226 for more information.
Action for Burns & Children Foundation, % GivingWorks, Charity No. 1078770.

Fundraising/Sponsorship Tips

Event Objective: To raise funds for badly burned children and help prevent burn injuries in South Africa

Enlist the support of family and friends to help you on your way. If they can't donate to you themselves, perhaps they can donate their time, contacts or resources and help you organise an event. Don't be afraid to ask you will be surprised at how willing people can be to help a good cause, such as badly burnt children.

- Auction/Raffle
- Art Exhibition
- Fashion Show
- Coffee & Cake morning
- (Pro) Football/Rugby match
- Jazz evening
- Karaoke night
- Old movie night supper
- Quiz night, raffle & supper
- Disco
- Dinner Dance
- Speed Dating / Singles Dinner Party
- Safari Supper (Home- cooked Dinner for a fee and get your friends to follow suit! – house)
- Ask your employer to contribute or match sponsorship raised
- Collection at work in fancy dress (with permission of employee)
- Car-boot sale. Get friends to donate unwanted stuff.
- If you get a petrol allowance, cycle to work and arrange for the allowance to be donated.
- Ask your old school to support you.
- Approach a local school about a non-uniform day or other fundraiser.
- Concert & dinner
- Cake/Guess the sweets in jar stall at local/school fete
- Golf Day

How?

- Show our literature for promotion, pointing out the bits you found most convincing.
- Show people some of the photographs from our gallery – harsh realities and happy outcomes.
- Rope friends and family in to help you out. You can't do it all yourself!
- Try to get payment upfront as this will make it easier for you!
- Start sponsorship forms with a generous donor. You'll set a bar that others will want to match.

Who?

Invite everyone you know. You may be surprised by who comes to support you!

When?

Pick your date carefully. Make sure it doesn't clash with a big sporting event on TV, be aware of school holidays when people have busy schedules.

Where?

Choose a suitable-sized venue. Try to negotiate a good deal by telling the venue manager why you're doing the challenge and show some shocking statistics. (e.g. Burns are the most common cause of death in under-2s in South Africa and the third most common cause of death in under-14s. World Health Organisation) If you're on a tight budget hold events outside.

Enlist the support of family and friends to help you on your way. If they can't donate to you themselves, perhaps they can donate their time, contacts or resources and help you organise an event. Don't be afraid to ask you will be surprised at how willing people can be to help a good cause, such as badly burnt children.

Remember

The key is sponsorship of running costs (get sponsorship for different parts even in small ways, it all helps!), delegation to run the event and buckets of enthusiasm!

And finally, have fun!



Bike - Training Tips

Approximate distance – 383km **Longest distance in 1 Day** – Day 4 – 95km
Time – 6 months to go

Aim – to cycle at least 60 km fairly easily before you start.

Mix it up and challenge yourself – Increase your cycle speed. Vary your terrain. Hill cycling is very important to prepare for the route around the Cape.

Stretches – before and after your training - quadriceps, thoracic, shoulders, calves, hamstrings – 2 x 30 second holds.

Hydration – keeping fluid/electrolyte intake up is very important to sustain energy during your long cycle.

Training

2 short-medium cycles per week. 1 long cycle at weekend Long Cycle

Month 1 20km 2 x 10km in a week

Month 2 30km 2 x 15km in a week

Month 3 40km 2 x 20km in a week

Month 4 50km 2 x 25km in a week

Month 5 60km 2 x 30km in a week

A special thank you to Juliet Moss Physiotherapy Clinic for helping us put together these training tips.

Kit list

Bike & Equipment – Your bikes will be provided in South Africa by Daytrippers- our tour operators) but you **must bring your own helmet**. Also, gloves for shock absorption through the wrists. Saddles and pedals are provided but you may bring your own if you prefer.

- SMALL day bag to carry in the vehicle daily
- 3 cycling tops
- 1 waterproof shell
- cycling shoes
- 4 pairs regular socks
- bathing suit
- 4 T- shirts
- 1 sweat shirt OR jacket
- 1 pair flip flops
- Camelbak (hydration bladder) and / or water bottles
- basic toiletries (including NB* some sort of anti-chafe cream– essential to avoid nasty saddle sore)
- empty pillow case for dirty laundry
- 1 x sport towel
- large plastic bin liners (wet clothing)
- 3 pairs of cycling shorts
- 1 pair of cycling longs or leg warmers (optional)
- 1 set arm warmers
- 4 pairs of cycling socks
- Underwear
- 1 track suit pants or combat pants
- 1 pair of jeans
- 1 pair of trainers
- helmet if you intend to bring your own
- 1 set of smart/casual wear for celebration dinner (optional second outfit for last night)
- sun block – high factor min 30
- washing powder for hand washing kit
- camera
- **Last but not least a good sense of FUN and reasonably usable legs**

Action for Burns & Children Biking Tour 2019

27th October – 3rd November

Day 1	Shuttle to George	Total km:
From Cape Town and taking the shuttle to George, where we stay at #17 On Wellington Guest Suites. (option also to fly to George from connector in Jhb or CT) www.17onwellington.co.za		
Day 2	George to Hartenbos	Total km:67
We cycle out of George, Pass past Blanco and through farmlands on rolling dirt roads to Groot Brak, followed by a ride through the gorge (you may get your feet wet) and hopefully an elephant or rhino to be seen at Botlierskop game reserve. We then join the tar road to Hartenbos, near Mossel Bay, where we overnight at the Riviera Hotel set on the river mouth. www.rivierahotelhartenbos.com		
Day 3	Hartenberg to Garden Route Game Lodge	Total km:70
We cycle back up into the hills and have to ford another river to reach our destination but we are getting accustomed to this by now. The mountain range looms in the background. but thankfully our route is in the foothills, which lead us to our exciting destination at the beautiful Garden Route Game Lodge, where we enjoy a game drive and well-earned rest & delicious buffet – much needed especially with what is in store for tomorrow...! www.grgamelodge.co.za		
Day 4	GRGL to Honeywood Farm	Total km:95
This is the tough, long day with rolling hills through the farming town of Riversdale and some steep climbs before barrelling down the valley to the Big Monster – a 5km relentless climb up to the Grootvadersbosch Nature Conservanc, where John & Miranda Moody of Honeywood Farm are our most hospitable hosts. They are descendants of the first British settlers to put down roots in this part of the world. www.honeywoodfarm.co.za		
Day 5	Honeywood to Malagas to Fish Hoek	Total km: 55
A downhill start through the green grainlands taking us down to the Breede River and our unusal crossing, which is on a pontoon pulled across by hand - the only human powered pontoon in the country. A quick lunch at the local hotel, then shuttle 250 km to Fish Hoek on the False Bay coastline, where we overnight at the Quayside Hotel in Simonstown, well poised to tackle our last spectacular ride around the Cape Peninsula and into Cape Town. www.aha.co.za/quayside		

Day 6	Simonstown to Camps Bay	Total km: 69
<p>This is a classic Cape Peninsula Cycle past Simonstown, Boulder's Beach, Scarborough, Kommetjie, Noordhoek, Chapmans Peak and Hout Bay to Camps Bay, where we meet up with the hikers coming down off Table Mountain for a final photo and celebratory drink.. We then shuttle to The Signal Hill Lodge Hotel, situated on the Signal Hill to freshen up for a final celebration dinner with the the team from the Phoenix Burns Project.</p> <p>www.signal-hill-lodge.co.za</p>		
Day 7	Phoenix Burn Projects	Total km: 0
<p>Morning presentation by the Phoenix Burns Project followed by a visit to either the Red Cross Childrens Hospital or the schools prevention project. The rest of the day and evening at leisure. (Dinner for own account).</p>		
Day 8	Free day & Depart	Total km: 0
<p>Free day until airport transfers or stay on for the Africa Oil Week Conference.</p>		

414 Voortrekker Road
Unit 8, Santos Park
Maitland, 7405
Tel: (021) 511 4766
Fax: (021) 511 4768
E-mail: info@daytrippers.co.za
Website : www.daytrippers.co.za



BICYCLE/HIKING TOURING INDEMNITY

I, _____ hereby state that I am not younger than 18 (eighteen) years of
(PRINT NAME)
age and that I am duly authorized to legally bind myself through this indemnity.

I, hereby undertake not to institute any claim for damages against Daytrippers cc as a result of
loss or injury to my person or property sustained during this biking/ hiking tour.

I also undertake to pay in full any medical expenses incurred due to injury to my person,
including helicopter services, ambulance services and the like.

In addition, I agree to pay in full for any damages that may be sustained to a bicycle owned by
Daytrippers due to accident or willful negligence on my part.

Any dispute that may arise in respect of the above will be subject to South African Law.

I fully understand the contents of this agreement and hereby bound myself according to the
contents hereof.

Date _____

(SIGNATURE OF PARTICIPANT)

(SIGNATURE OF WITNESS)

Parent/Guardian consent if person is less than 18 years of age.



Supporting The Phoenix Burn Project Cape Town



Why so many burns through fire?

Poverty

Severe drought conditions

Population influx

Electricity tapping

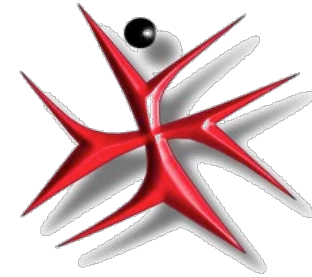
Overcrowded informal settlements



Haut Bay Cape Town 2017







Phoenix Burn Project





School and Community Burn Prevention Education

Because prevention is always better
than cure...



School and Community Prevention Education



The full size demo
Hazard Shack
“Spot the hazard”



Setting up the demo hazard shacks at the Burns Conference Cape Town



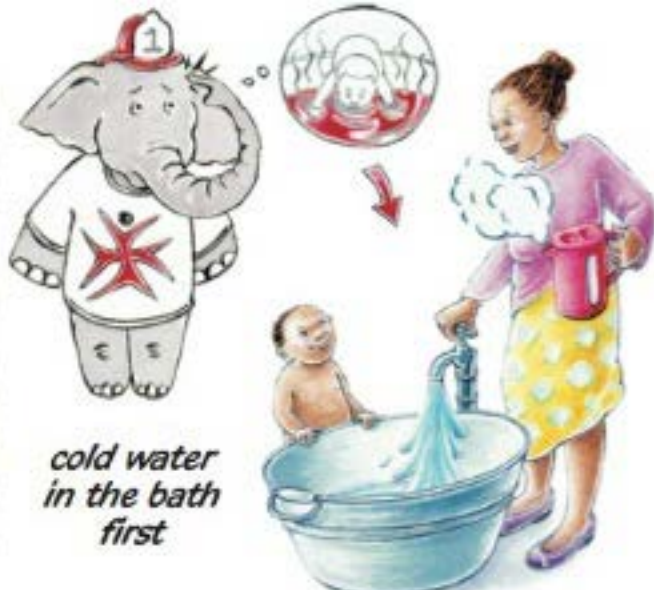
Modern housing can be just as dangerous



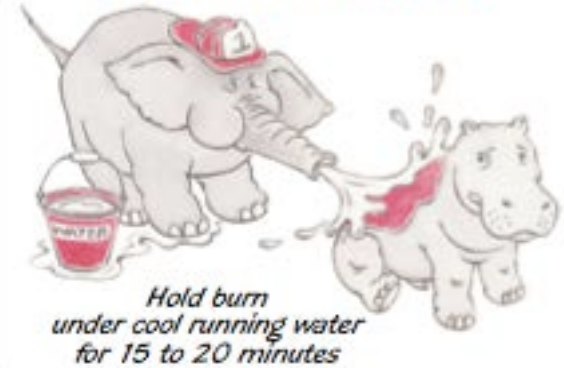


Teaching in township schools

AVOID BURNS



COOL the BURN



Phoenix Burns Project • www.pbproject.org.uk

AVOID BURNS

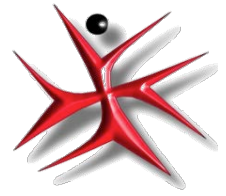


AVOID BURNS





Prevention drive 2018 -19



- Nearly 12,000 primary school children have been trained in burn prevention
- Our goal for 2019 is to double the number of workshops to around 90 to reach around 18,000 learners and at least 400 educators.
- The high schools have also requested training
- Hospital admissions and number of surgeries needed are lower than ever, despite population growth in the under 14 year age group of the Western Cape




Workshop Exchange with the European Burn Association

Burn Rehabilitation
Prevention Education
and
Sharing Experiences



**Burn Rehabilitation and Prevention
SHARING EXPERIENCES**

A two-day workshop for nurses, physiotherapists,
occupational therapists and counselors involved
in burn care in Europe and South Africa.



Red Cross War Memorial Children's Hospital
Cape Town, 16 – 18 January 2017
Paediatric Skills Lab, 6th Floor, Child Health Institute

Co-organised by
Phoenix Burns Project
European Burns Association





8 years of Hiking and Biking
by
Action for Burns & Children
for
The Phoenix Burn Project
funds the projects

Thanks to Africa Oil Week and the intrepid participants of 5 major companies – Cripps Sears & Partners, Woodside, Total Oil, Schlumberger, Wood Mackenzie and members from the European Burn Association

The Future Aims



- To further widen the Burn Prevention Education Programme for schools and families within the immediate community and beyond.
- To build on the important exchanges with the EBA and develop ongoing working relationships.



The Action for Burns & Children Foundation is working in cooperation with Givingworks

MICRO-TRUST AGREEMENT

GIFT AID DECLARATION

Name of Charity:



Details of donor

Surname:

Title:

All forenames:

Date of birth:

Principal residential address:

Postcode:

I want the charity to treat,

(please tick one option only)

☐ the enclosed donation of £ _____

☐ the donation(s) of £ _____ which I made on ____/____/____

☐ all donations I make from the date of this declaration until I notify you otherwise

☐ all donations I have made since 6 April 2001, and all donations I make from the date of this declaration until I notify you otherwise

as Gift Aid Donations

Signature:

Date: ____/____/____

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6th April to 5th April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 28p of tax on every £1 that I gave up to 5th April 2008 and will reclaim 25p of tax on every £1 that I give on or after 6 April 2008.

This completed form should be returned to: GivingWorks,
65 Leadenhall Street, London, EC3A 2AD

GivingWorks is a charitable company, limited by guarantee, number 1078770, whose registered office is 65 Leadenhall Street, London, EC3A 2AD.



DONATION AND GIVING

By making a direct donation you will be making a huge contribution to the treatment of burns and scald victims across Sub-Saharan Africa.

We help to fund a variety of initiatives, but our current core focus is the Phoenix Burns Project which is closely linked to the Red Cross Children's Memorial Hospital in Cape Town. The hospital is the main children's burns unit for Sub-Saharan Africa and provides the gold standard for care and treatment of burns and scalds.

Phoenix Burns Project provides direct care for children affected by burns and scalds. It also helps to support their families through extremely difficult times. In addition, it runs immensely important education projects, with the aim of reducing the number of burns and scald incidents.

Whether an individual or corporate giver, you can rest assured that every donation big or small will be put towards helping the burned children and their families and building burn prevention awareness within the local communities through an effective schools programme.

Since its formation Action for Burns & Children has helped raise over £275,000 to help prevent burns and scalds and to deliver care for those affected. Our aim is to match and better that over the next ten years so that we can expand the projects to other areas of need.

Action for Burns & Children with GivingWorks to benefit from Gift Aid

GivingWorks is a UK-registered charity that exists to support organisations such as the **Action for Burns & Children Foundation** carry out their charitable projects and be able to benefit from Gift Aid thereby maximising the funds raised for their purpose.

Gift Aid can be applied to donations made through JustGiving to Action for Burns & Children Foundation c/o GivingWorks.

The UK differs from most other countries. The tax benefit goes to the charity not to the donor. The donor will need to provide their name and address, confirming that they are a UK taxpayer and give their permission for the charity to claim Gift Aid. The charity can then claim Gift Aid of 25% i.e. £25 for every £100 donated

Donations made by individual UK taxpayers benefit from full charitable tax relief provided the project supported is charitable – whether or not the cause is itself a charity, and whether or not it is based in the United Kingdom.

Corporate companies need to quote Charity reference number as below:

Action for Burns & Children Foundation, % GivingWorks, Charity No. 1078770.



Sponsorship Form

Action for Burns & Children Foundation Hike and Bike Challenge South Africa 2019

Participants Name/s: _____

Each participant is required to pay a £295 registration fee. Plus a further minimum of £2700 (per UK participant) or £1800 (non-UK participant) to enter Action for Burns & Children Hike and Bike Challenge South Africa 2019. It is possible to claim Gift Aid (only in the UK) on your donations by using Just Giving which has been set up by Giving Works - a Charitable Trust under charity registration number 1078770.

[illegible]

please photocopy this form as many times as you need it so you can raise more money!

Please make cheques payable to: Action for Burns & Children Event.

If you are collecting donations from outside the UK please refer to payment and donations guidance form.

Signed: _____ Name: _____ Date: _____

Please ensure you have signed and submitted this sponsorship form along with your donations.