

TAYLOR WIMPEY CHALLENGE HANDBOOK 2023



CONTENTS

Welcome to the Taylor Wimpey Challenge 2023 Handbook!
We suggest all team members read through the whole handbook prior to the event.

- Page 2 - The Event
- Page 3 - Overview
- Page 4 - Itinerary - Black Mountains Beast
- Page 5 - Itinerary - Black Mountains Blowout
- Page 6 - Itinerary - Black Mountains Gwyllion
- Page 7 - Itinerary - Black Mountains Tyner
- Page 8 - What To Do Next
- Page 9 - Fundraising
- Page 10 - What Are We Fundraising For?
- Page 11 - Preparation & Training
- Page 12 - Frequently Asked Questions
- Page 13 - 14 Useful Documents
- Page 15 - Contact Us



THE EVENT

Congratulations!

You're now registered and on the way to undertaking the Taylor Wimpey 2023! By taking on this challenge you are helping us to change the lives of many vulnerable young people. THANK YOU!

Please take the time to read through the handbook at least once and then use as and when you need advice, clarification or inspiration. Good luck with your training and fundraising and thank you for your support.

With only 2 months to go, it will require some planning, training, and fundraising so here are a links to a few documents in preparation for May. You'll also be able to find a store of other useful information on our website:-

[Challenge Overview](#)

[Challenge Itineraries](#)

[Equipment Checklist](#)

[Training Guide](#)

[Fundraising Resources](#)

[Route Information](#) - On our website



OVERVIEW

On Friday 19th May 2023, your team will take on the Taylor Wimpey Challenge 2023! You will have signed up for one of the 4 challenges. The Black Mountains will provide a stunning backdrop for the challenge and although we can't promise sunshine (it is Wales after all) we can promise glorious scenery and a rewarding experience we are sure you will enjoy.

All teams will need to register on Friday before the challenge so that we can run through a safety and radio briefing with you. All team members need to be present for this!

All three challenges are tough and all of your navigation skills will be required so come prepared with your map and compass.

At the end of the hike we will head to the Celtic Manor for a gala dinner and prize giving where teams will celebrate their immense achievement.



ITINERARY

Black Mountains Beast

Friday 19th May - 11 Mile Hike

12 - 2pm - Registration and Safety Briefing

This briefing is vitally important and all team members must attend. It will cover more detail about the route itself, as well as essential mountain safety procedure

2pm - Beast Start - 11 mile circular route

Saturday 20th May - 20 Mile Hike

5am- Beast Start

Teams will set off on a circular route

Evening

**Celtic Manor for the Gala Dinner, Celebration
and Prize Giving**



ITINERARY

Black Mountains Blowout

Friday 19th May - Team Building Challenge

2 - 4pm - Registration and Safety Briefing

This briefing is vitally important and all team members must attend. It will cover more detail about the route itself, as well as essential mountain safety procedure

4.30pm - It's a Knockout!

This will include giant costumes, huge inflatables, wacky relay races and lots of team silliness!

Saturday 20th May - 20 Mile Hike

5am - Blow Out Start

Teams will set off on a circular route

Evening

**Celtic Manor for the Gala Dinner, Celebration
and Prize Giving**



ITINERARY

Black Mountains Gwyllion

Friday 19th May - Team Building Challenge

2 - 4pm - Registration and Safety Briefing

This briefing is vitally important and all team members must attend. It will cover more detail about the route itself, as well as essential mountain safety procedure

4:30pm - It's a Knockout!

This will include giant costumes, huge inflatables, wacky relay races and lots of team silliness!

Saturday 20th May - 13 Mile Hike

6am - Gwyllion Start

Teams will set off on a circular route

Evening - Celtic Manor for the Gala Dinner,
Celebration and Prize Giving



ITINERARY

Black Mountains Tyner

Friday 19th May - Team Building Challenge

2 - 4pm - Registration and Safety Briefing

This briefing is vitally important and all team members must attend. It will cover more detail about the route itself, as well as essential mountain safety procedure

4:30pm - It's a Knockout!

This will include giant costumes, huge inflatables, wacky relay races and lots of team silliness!

Saturday 20th May - 3 Mile Walk

7:30am - Start

Support drivers to take their teams to start their gentle three mile walk



WHAT TO DO NEXT

Rally the team!

You will now have confirmed your team of 4-6 walkers to take part in the event; don't forget, you need to complete the whole challenge as a team. Faster members won't be able to run ahead and leave slower members behind, so make sure you are all comfortable walking together as a group.

Medical Forms

Each participant **MUST** complete a Medical Form. Please fill in the forms as fully and accurately as possible. All information will be treated with the strictest confidence and only divulged to medical personnel in the event of an emergency. We must have the Medical Forms a minimum of six weeks before the event.

Note: Please remember to notify us of any changes in your team or medical details.

If you or any of your team takes regular prescription medication remember to take an adequate supply with you when you are training and also on the day of the event. It may sound like common sense, but experience has shown that it is not uncommon for someone to have forgotten his or her asthma inhaler or not realised it was nearly empty. This is equally relevant for more standard medications e.g. ibuprofen, aspirin.

Plan a Team Meeting

Arrange a meeting once you've established your team – we advise that you go through our Handbook when you're all together and able to discuss your next steps. Download our Training and Fundraising Plans and get to work on a team schedule to follow over the next few months. This should include fundraising and training goals, deadlines and as many team walks on the hills as you can fit in

Decide who goes on the Mountain Awareness Day - 15th April, 2023

The Taylor Wimpey Challenge will be very demanding. All teams must have one, ideally two team members who are familiar with navigation techniques and mountain safety. Please nominate one or two people from your team to attend the Mountain Awareness Day. For those teams wanting more places (it's a great opportunity for some team training) then please contact Charlotte to enquire about availability

Please email Charlotte Clark on Charlotte@youthadventuretrust.org.uk to book your places or enquire about team participation



FUNDRAISING

Ready, Set, Fundraise!

It's time to share your team fundraising page! The great news is that when your team leader registered, your team fundraising page was immediately set up for you.

Now that you're registered we recommend customising your page and personalising it to encourage more donations, provide supporters with a greater awareness of the challenge you're undertaking and the work of the Youth Adventure Trust.

If you want to come back and do this later, you can of course do so, but please don't forget! Personalisation is key to encouraging support! You've got plenty of time to work your way towards the fundraising target.

Prizes will be awarded for the highest fundraising team, so while winning isn't everything, it doesn't hurt to aim for the top, right?

Splitting Donations With Another Charity

If you have decided to split your fundraising with another charity, you must make sure that you add some information on them to your fundraising page. It is a legal requirement that your supporters know where their money is going.

We are only able to split your donations from the date that you add this information to your page.

All funds will be split 50% between the Youth Adventure Trust and your chosen charity after the challenge date.



WHAT ARE WE FUNDRAISING FOR?

Outdoor adventure can have a massive impact on somebody's life. Especially when you are 11 and vulnerable.

The Youth Adventure Trust works with disadvantaged young people from the age of 11 until they are 16. Many of them are struggling at school, aren't able to fit in, hate being in the classroom, have no positive role model, no aspirations, or chaotic and unstable home lives. They could be young carers looking after a parent or other family member, they may be in foster care, on the brink of getting a criminal record or being excluded from school.

“

"When I started the programme I was 11 years old. I was quiet, shy, worried, lacking in confidence and I felt like I didn't really fit in at school. My anxiety was constantly getting the better of me and I found myself asking questions all the time.

If I hadn't taken part... I'd be in a completely different place, I reckon I would still be really anxious, worried and still fearing any sort of change."

-Ben, Young Person

Their circumstances make it all too easy for these young people to make poor choices that will affect the rest of their lives. By taking them outside, we help them discover their true potential and exceed their expectations. Our three school-year programme uses outdoor adventure to inspire them and give them the hope, confidence and skills to face their personal challenges. We stop them becoming another statistic.

Our life changing programme is free to the young person, but each place costs us £3,900. Your fundraising will support our work with young people and will make a real difference to their lives. For more information and examples of how your sponsorship changes lives, go to our [website](#).



PREPARATION AND TRAINING

The Taylor Wimpey Challenge is going to be tough for teams taking part in any of the challenges! It is essential for your own comfort and enjoyment that you have adequately prepared yourself physically and mentally for the event.

Whether you're a seasoned walker, fitness fanatic, occasional exerciser or a couch potato, we've put together some documents to help you effectively train for your time on our challenge. Our Challenge Preparation Top Tips is a good place to start. Note: If you have not trained for a long time or feel that you may be particularly unfit, we recommend you seek the advice of a Doctor prior to beginning any exercise programme. This is also true if you are suffering from any illness particularly relating to the heart and lungs.

The mountains are calling...

Remember, although it is advised that you commit to regular exercise, this will be no substitute for heading for the hills! Try and get the team together for at least one hike – you will be able to better assess your combined fitness level. Also, please note that whilst we will have marshals along the route it is essential that your team has two members who are able to navigate using a map and compass. Otherwise you will find the challenge might take much longer!

It is also essential to have the appropriate kit such as walking boots, waterproofs, water bottle, plus team things such as a compass, whistle, first aid kit & walking poles. See the [Equipment Checklist](#)



FAQs

How many team members need to be present for the safety briefings?

It is compulsory for all team members to attend the safety briefing. If there is an issue with team availability, give us a call.

How fit do I need to be to complete the challenge?

You will need to have a reasonable level of fitness for the challenge, though you are advised to follow the advice in our handbook to be as prepared as possible! Consult your doctor if you are concerned about any injuries or illnesses that may interfere with challenge participation.

Will I actually need walking poles?

Yes! Walking poles are recommended to reduce stress on your knees during areas of descent, and are useful in cases of injury to help assist the individual off the mountain, preventing a full scale rescue.

We ask each team to carry at least one pair of poles between them.

Should I carry full waterproofs?

Yes! Conditions in the mountains can change rapidly – you'll be miserable if you get caught out and you have far to go!

Can't I just wear trainers?

NO! You will absolutely require boots with ankle support in a material that offers protection against the elements. Low and mid cross trainers are not allowed.

What food and drink should I take on the walk?

Full meals are not advised as you'll be snacking constantly rather than stopping for a big lunch. Lightweight, high energy foods such as nuts, muesli bars, dried fruit and chocolate are all good hiking snacks. Every team member should also carry at least 1 litre of water – we will let you know if there are any water stations on the route in the safety briefing.

Do I need insurance?

As an event organizer, we have public liability insurance. You are responsible for obtaining personal liability insurance.

What is the dress code for the dinner?

There is no strict dress code for the dinner but we recommend smart casual!



USEFUL DOCUMENTS

Here is the list of all the downloadable documents you can find on our website.

Click on the links below to access them.

Administration and Important Forms

- [Medical Form](#) please complete ASAP!
- [Challenge Itinerary](#)

Physical Preparation

- [Equipment Checklist](#)
- [Training Guide](#)
- Mountain Awareness Day - email charlotte@youthadventuretrust.org.uk
- [Route Information](#)

Fundraising

- [Fundraising Top Tips & Advice](#)
- [Fundraising Mountain](#)
- [Sponsorship Form](#)



USEFUL DOCUMENTS PROVIDED BY ORDNANCE SURVEY

[How to use OS Maps: video guides](#)

[A lowdown on the features of OS Maps](#)

[Free map reading guides](#) – a huge bank of content from
beginner guides, advanced and even kids.

[Safety when hiking outside](#)

[What to wear walking](#)

[What to take walking](#)

[Guide to layering](#)



CONTACT US



Philippa Cox
Corporate Partnerships Manager
E: philippa@youthadventuretrust.org.uk
T: 07956 934 100



Charlotte Clark
Events Fundraising Officer
E: charlotte@youthadventuretrust.org.uk
T: 07944 803 015

Registered Charity No. 1019493

Tel: 01793 441446

Website: youthadventuretrust.org.uk

GOOD LUCK!

