

# KPMG's Wheely Big Walks FAQ



## Frequently asked questions

### Who is organising the event?

This is a KPMG organised event, and we are working with [Vespucci](#), and the [NSPCC](#) to ensure that KPMG's 'Wheely Big Walk' is a huge success!

- [Vespucci](#): Vespucci Adventures was born from a passion for long distance walking and an appreciation of all the benefits that flow from that. They aspire to become a trusted source for great ideas for inspirational walks and to deliver the experience in the most inclusive, safe and enjoyable way possible.
- [NSPCC](#): The NSPCC are KPMG's chosen National Charity until September 2020. All funds raised will go to NSPCC.

### Why should I get involved?

- This is a fantastic opportunity to raise money for a cause close to all our hearts and has multiple additional benefits including:
- Team-building with your KPMG colleagues
- Improving your health and wellbeing
- Strengthening client relationships through client participation
- Using some of the volunteering time available from the firm
- Having some fun
- Enjoying a beautiful walk with everything organised for you!

### What is the entry fee?

You pay a non-refundable registration fee of £20. This reserves your place on the walk, includes your co-branded walking top, fruit and snacks and a contribution towards supporting the NSPCC's vital work with Childline and their 'Speak Out, Stay Safe' programme. You can pay your registration fee directly to the Wheely Big Walks virgin money page [here](#) – please ensure you quote your name so we can track those who have paid.

## What support will I get

### Before the walk

- You will receive a Welcome Pack from the NSPCC.
- The NSPCC will support you with fundraising ideas you can use to reach your fundraising target.
- Vespucci will provide you with a [5 week training plan](#), tips for nutritious packed lunches as well as essential items for your kit list. You will receive regular emails in the lead up to the walk that will contain useful information such as fundraising tips and training tips.

### On the walk:

The main walks are in Edinburgh, Leeds, and Tring and the Newcastle office is also arranging a walk with more limited capacity.

You can register as part of a team or register as an individual and we will allocate you a group based on your estimated walking pace. If registering as a team, try to make sure you are all planning to walk at a similar pace!

There will be KPMG volunteers along the way at check-points who will be there with water and snacks should you need it.

Vespucci will provide every walker with a map and guide with detailed instructions. Walkers will also be given access to the OS app allowing them to track their progress relative to the Vespucci route. On the day, Vespucci will be working with Extreme Energy, a company that specialises in events' logistics and who will ultimately be responsible for the safety of participants.

### Timings

#### Edinburgh

Registrations – 9:30am  
Start time – 10:00am  
Est. finished time – 5:00 to 5:30pm

#### Leeds

Registrations – 8:30am  
Start time – 10:00am  
Est. finished time – 5:30 to 6:00pm

#### Tring

Registrations – 8:15am  
Start time – 9:30am  
Est. finished time – 4 to 4:30pm

## What happens if the weather is bad?:

This is an all-weather event and will take place unless there is a weather warning in place. Given the unpredictability of British weather, it could be sunny, wet or cold. Indeed, all three is possible in one day! It is therefore essential to come properly equipped and Vespucci will provide a recommended kit list.

## How much do I need to raise?

We hope that you will fundraise as much as possible and we will support you every step of the way. We'd like all participants to raise a minimum amount £75 per walk. The money you raise will support children who are fighting abuse and neglect through the NSPCC.

## How can I fundraise?

You can fundraise as an individual or as part of a team, alumni, family or client group. The Corporate Responsibility and NSPCC teams are here to support you every step of the way and can provide lots of tips and ideas on how to fundraise, advice on setting up a Virgin Money Giving page and receiving donations through a charity account or from other corporates.

## How do I get my money in?

Your £20 registration fee needs to be received within 10 working days of your registration form being submitted. This should be directly to the Wheely Big Walks virgin money page [here](#) – please ensure you quote your name so we can track those who have paid.

For your sponsorship money to reach us there are two routes you can choose:

1. You can raise your money through Virgin Money Giving page (directions on how to set up your own page can be found just below). If you choose this route you will need to tell us your link when you set this up so we can receive your sponsorship.
2. We would encourage you to receive online donations as much as possible. However, if you are wanting to collect cash, you can then pass this onto your local fundraising champion to bank.

## How do I set up a Virgin Money Giving page?

Setting up a Virgin Money Giving page is a fast, effective and simple way to ask people for sponsorship. Simply go to <https://uk.virginmoney.com/virgin/> and search for NSPCC's page in aid of KPMG's Wheely Big Walks 2020, which you can then create and link to your individual fundraising page from.

## How fit do I need to be and do I need to train?

This challenge is suited to all abilities. Training is not essential, however Vespucci have pulled together a [5 week training plan](#) we would encourage you to follow (attached). We also highly recommend you wearing your walking shoes in (especially if they are new).

We appreciate some people want to get involved but may not want to do the full route. Therefore, there will be the option for each route to take a shortcut back to the finish line.

## I don't feel I can complete the full walk, can I still take part?

Absolutely! We have identified shortcut routes that you can take if you do not want to complete the full route. Your minimum sponsorship money (as stated above) and non-refundable registration fee of £20 will remain the same.

## Once registered, what's included?

- A welcome pack including: cover letter, sponsor form, paying-in form, cardboard coin collection box, booklet of fundraising event ideas and guidance for organising fundraising events
- Insurance covered by KPMG (internal)
- Vespucci will be sending you a [training plan](#) as well as tips for a nutritious picnic and the recommended kit list.

## What's not included?

- **Accommodation:** if you wish to stay overnight before or after the walk, this will be your responsibility to book and cover the cost. Where the walks fall on a Monday (Edinburgh) and a Friday (Leeds and Newcastle) we suggest making a weekend of it!
- **Food:** you will need to bring a packed lunch and snacks. We will provide water and snacks along the way, but please do not rely on these alone.
- **Water:** it is mandatory that you start with at least 1 litre of water in your own water bottle. We will then provide more.
- **Transport:** to and from the walks' starting and finishing points.

## What should I wear?

- **Clothing :** Vespucci will send a recommended kit list before the event. Key essentials are:
  - Reasonable walking shoes are essential.
  - Vespucci will check the weather forecast during the week and can advise whether any additional clothes are suggested.
  - Dress in comfortable clothing suited to the weather conditions and temperature.
- It's crucial that you are carrying a decent set of waterproofs (i.e. at least one waterproof layer with you such as a rain mac)
- It is better to have layers of clothing as this will keep you warm and dry; and if you get too hot you can peel away a layer at a time.
- The NSPCC will also be providing a walking jersey. Click [here](#) for the size guide.
- A light back pack that can carry spare clothing, waterproofs and 1litre of water is essential

## What should I eat on the walk?

- Please bring a packed lunch that you can take with you (e.g. a sandwich, fruit). Do not depend on snacks provided at the check-points, these will be minimal and will not be enough to fuel you for the full walk.
- Feel free to carry light, healthy snacks with you.
- Make sure you take a 1 litre water bottle with you to keep you hydrated through the day.
- Try different drinks and foods to see what agrees with your body and makes you feel good.

## Who can participate?

The event is open to the whole of KPMG, including alumni, clients, friends and family of KPMG employees. Due to insurance reasons, unfortunately under 16s will not be able to participate. If you are considering inviting your client to participate, please contact the Client Lead Partner before extending the invitation as the same independence rules apply as for our client engagements.

## Do I need my own insurance?

It is the participant's responsibility to ensure that they have adequate insurance in place relevant to the event, but not limited to personal accident and personal effects insurance, if you deem such insurance necessary. It should be noted by all participants that the organisers will not provide any such insurance and each participant must make their own decision as to whether any such insurance is necessary. The organisers will take all reasonable precautions, including undertaking risk assessments for each walk, to ensure the safety of all the participants. However, by registering, you must agree to the [terms and conditions and waiver](#) of the walk including abiding by the rules.

## Will there be any medics along the way?

A mobile medic will be available for each of the walks and there will be emergency contacts numbers. We would recommend bringing plasters for blisters.

## Do we follow a guide, or is it down to me to find my way?

Vespucci will be providing each walker with a map and guide with detailed instructions for navigating the route. In addition, in association with OS, walkers will be able to download the OS app and track their progress relative to the Vespucci route. Important navigation waypoints will be highlighted and, in some cases, manned. In addition, there will be one aid station at the halfway point.

To see an overview of each map, please [click here](#).

## Will there be rest stops along the way?

There will be no designated rest stops along the way. However, there will be an Aid Station at the halfway point with water and snacks.

You are able to stop whenever you feel necessary but you must ensure you stay with at least one other person. There will be a cut off time ahead of the Aid Station with the short cut becoming obligatory after this time.

## Can I take part with my team?

Yes! We would love to see teams get involved in this together. If you are taking part with your team, please make sure you select this option on the registration form so we can make sure you are all together.

## Can I take part in more than one walk?

You are more than welcome to sign up to more than one but please note it will be your responsibility to get yourself to each walk and cover the expenses. The fundraising target is also £75 minimum per walk.

## Can I only take part in the walk closest to my office?

No you are welcome to sign up to any and multiple walks.

## Can I use my 6 days volunteering allowance?

Yes, you can use your volunteering days to take part provided that you have the days left to take, have had approval from your Line Manager and meet the minimum fundraising requirement (£75 for each walk you are taking part in).

## I don't want to walk, but would like to help - what else can I do?

If you don't want to walk, we would love to welcome you onto the volunteering team! You can support the event by volunteering your time to support the registration desk, man a check point along the way, or support with a celebration event.

If you are interested in volunteering please contact [UK-FM National Charity](#).

## How can I find out more information?

You can email [UK-FM National Charity](#).

## Next steps

Why not sign up today! To find out more information, read through the information page here where you will also find a link to the [registration form](#). Moreover, don't forget to pay your registration fee to reserve your place. You will then receive a walker pack with fundraising and training tips in preparation for the challenge.

[kpmg.com/uk](https://kpmg.com/uk)



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