

IBTE CHARITY WALKATHON 2024

Information Pack



Sunday
23 Zulhijjah 1445H
30 June 2024M



Taman Haji Sir Muda
Omar 'Ali Saifuddin
Bandar Seri Begawan



7:00AM



Students: IBTE CCA Shirt
Staff: Any shirt with IBTE logo

Please note that attendance is **COMPULSORY** for all IBTE staff and students. The public is also welcomed to join.

Contents:



Route



Itinerary



Guidelines

This is an interactive PDF file. Tap on the above icons to navigate.



Walkathon ROUTE



Total distance: 3.5km

LEGEND:

- 1-8 Checkpoints
- Gathering Point
- Water Bottle Station
- First Aid Station





Event ITINERARY

5:30AM – 6:30AM



Arrival of working committee members

7:00AM



Registration of IBTE Staff & Students

7:30AM



Arrival of the Guest of Honour

7:45AM



Recital of Doa Selamat

8:00AM



Warming Up Session lead by TVET Teacher Trainees from Angkatan Bersenjata Diraja Brunei & Pasukan Polis Diraja Brunei



Walkathon Flag Off for Male Participants by the Guest of Honour



Walkathon Flag Off for Female Participants by the Guest of Honour

10:00AM



End of event





Event GUIDELINES



Ensure you have a light breakfast before coming to the Walkathon. A small meal will provide you with enough energy without making you feel too full or uncomfortable.



Wear comfortable clothes that will keep you cool and suitable footwear that supports your feet during the walk.



Follow the designated route to ensure your safety and to help the event run smoothly.



Stay hydrated by taking frequent sips to avoid dehydration.



Walk with a buddy or in a group. Walking with others can make the experience more enjoyable and provide support if needed.



Obey traffic rules and use crosswalks. Follow all pedestrian signals and cross only at designated areas to stay safe.



Be aware of your surroundings and watch for hazards. Keep an eye out for any obstacles or potential dangers along the route.



Use sunscreen and wear a hat or bring an umbrella to protect against the sun. Shield yourself from UV rays to prevent sunburn and overheating.



Pay attention to the event organisers' instructions to ensure a safe and orderly event.



Pace yourself by walking at a comfortable speed and rest when necessary to avoid overexertion.



Do not litter. Keep the route clean by disposing of any trash in the allocated trash bins.



Bring an extra water bottle if required. Having additional water on hand can be useful if the weather is hot or if you need more hydration.



Enjoy the walk and have fun! Make the most of the experience, socialize with others, and have a good time.

