

## WHY WALK WITH THE IVV

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The IVV operates an award scheme in which all member organisations participate, the aim being to provide participants (walkers) with proof of their own personal achievements. Each event registered with any member organisation of the IVV (such as BWF) is issued with a unique stamp for insertion into an IVV Record Book. Stamps can be gained for participating in IVV main events, series events, Permanent Trails, Long/Medium Distance Walks and National Trails.

Multi daily events that offer different routes for each day will have a different stamp for each day. Stamps can be earned for both event and distance completed and are accumulated to gain awards. Awards are gained at 10, 30, 50 events and then in multiples of 25, while distance awards are gained at 500km and then in multiples of 500km. When you reach the correct number of events or kilometres to earn an award, you need to send your books to the Awards Officer. They will check your books and stamps and return them with the correct awards.

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## RECORD BOOKS

To participate in the IVV award scheme, it is necessary to purchase an IVV Record Book, either Event or Distance (or Both). The purchase of record books entitles the holder to obtain a Certificate, Pin Badge and Embroidered Cloth Badge upon completing the set number of Events or Distances. Record books from any member country worldwide are recognised by all other member countries to obtain Award Stamps. This means if you go abroad, you do not need to purchase books for the country you are visiting.



Image of a completed page of IVV distance stamps and an individual event stamp



In addition, the BWF produces free Insert Cards that can be used to collect initial stamps or Permanent Trail Stamps when the trail is administered by post. Insert Cards are recognised by all IVV member countries. Insert cards can only be redeemed when accompanied by a book that you have purchased.

## GETTING STARTED

At the event, the first step is to register for the walk, most events will have a table clearly marked for this purpose. Please ask someone if you need any help. You will need to pay the event entry fee which entitles you to your IVV stamp when you have completed the walk; some events may have a commemorative award such as a badge or medal but these are an extra charge but are not compulsory. You will need one start card per participant to be registered to take part. Most walks will offer a distance of 10km and 20km, occasionally a 5km distance will be available. Larger events may have longer distances up to 42km. For your first event especially if you are accompanied by young children we recommend a short route. Our walks allow you adequate time to finish at a leisurely pace, so don't feel pressurised to push yourself.

### ON THE WALK

The route may be marked with directional arrows, coloured tape or signs; alternatively you may be provided with written instructions or be led in a group. On longer events you will find control points at regular intervals where you will be able to get a drink and have a rest. You will need to present your start card at the control point to indicate you passed this point. Should you not complete the full walk distance, you can still receive credit for the distance you have covered.

### THE FINISH

After completing the walk you need to present your start card at the finish table to obtain your IVV Stamp. The person stamping will enter the distance in kilometres. IVV Stamps should only be placed in IVV Record Books or Insert Cards, in no circumstances should IVV stamps be placed on pieces of paper or card for later insertion into IVV record books. If a mistake is made the stamp should be deleted and initialled, please do not use "tippex".

## RECORD BOOKS (continued)

In Great Britain, you are able to purchase Two types of Record Books:

- Award Books:



Certificate included in the cost.  
Pin Badge and Cloth Badge are available to purchase separately

- Optional Award Books:



Certificate, Pin Badge and Cloth Badge all available to purchase separately

## MEMBERSHIP

You are invited to be an individual (or family) member of the BWF so you are personally informed of the latest happenings in BWF. Members also receive a Membership Card, Annual BWF Calendar of Events/Trails, Footprint (Newsletter), free vouchers for BWF Permanent Trails and discounts with outdoor and leisure retailers. Membership forms are available at <https://www.bwf-ivv.org.uk/membership/> or via email from [membership@bwf-ivv.org.uk](mailto:membership@bwf-ivv.org.uk)

