

3. The procession will advance at approximately ½ hr per kilometre. There will be 3 gatherings, of about 10 minutes duration each, before arriving at the sanctuary. Therefore, pilgrims need to be prepared for (about) 2½ hrs “on the road,” followed by up to 2 hours for our break, simultaneous Stations and Confessions, Mass and Benediction.
4. The total event from arriving at the first gathering place to after the Benediction will take approximately 4½ - 5 hours, starting at noon.
5. Pilgrims should take into account:
 - A. Their physical fitness.
 - B. The weather on the day of the pilgrimage.
 - C. The clothing they need.
 - D. The food and drinks (water in particular) they need. The organizers will not be providing refreshments.
 - E. The first aid supplies (such as band-aid plasters, sun-screen, insect repellents, etc.) they may require. The organizers will not be providing these.
 - F. Means of communication (cellular phones).
 - G. Having companions whom they know and who can assist them.
 - H. Arriving as a group in the same car.
 - I. No bathroom facilities will be available until arrival at the sanctuary.

The Parish/Community Hall will be open for us upon our arrival at the Grotto.

Bathroom facilities are available there, and we have arranged for tea and coffee to be served, before the Stations/Confessions begin.

Please bring your own snacks, if you wish any.

www.flatrockpilgrimage.org

INSTRUCTIONS FOR PARTICIPANTS

These instructions are meant to provide guidance to the participants with respect to their safety and comfort. However,

Every participant is personally responsible for his safety and comfort!

The organizers, as an informal group of volunteers, are in no position to ensure and do not take any responsibility for the safety and comfort of the participants.

1. After a consultation with the Royal Newfoundland Constabulary, the following order of the procession is established:
 - A. Travelling order
 - i. The participants will travel on foot and in cars in a one car wide continuous column.
 - ii. The column will be advancing on the right hand side of the road, using as much of the right road shoulder as possible.
 - iii. The cars will be travelling at the front and at the rear of the column, with flashing emergency lights, and keeping a safe distance from the pedestrians and other cars.
 - iv. The pedestrians will follow the front cars, with two persons walking side by side. That is, the pedestrian part of the column will be two persons wide. The pedestrians will keep a safe distance from the cars.
 - v. The pedestrians will make every effort to walk within the width of the front and rear cars, and in this way to create minimum obstruction to other traffic on the road.
 - B. Crossing the road
 - i. During the entire procession the cars will remain on the right hand side of the road using as much of the right hand shoulder as possible, and always keeping their emergency lights flashing.
 - ii. If individual pedestrians need to walk off the road, this needs to be done to the right hand side of the road to avoid crossing the road.

- iii. On four occasions the pedestrians as a column will have to cross the road to depart from or arrive at gathering places.

C. Departure from a gathering place on the left hand side of the road:

- i. The front cars will be positioned just ahead of the crossing location
- ii. The rear cars will be positioned a short distance behind the front cars.
- iii. At the marshall's signal the column of pedestrians will start crossing the road at right angles to the shoulder.
- iv. At the same time the front cars will start advancing, thus creating more space for the pedestrians.
- v. The pedestrians on the right hand side of the road will follow the front cars thus forming an advancing column.
- vi. When the last pedestrians cross the road and begin advancing on the right hand side of the road they will be followed by the rear cars. This will complete the formation of the advancing column.

D. Arrival at a gathering place on the left hand side of the road:

- i. The whole column will stop with the front cars just ahead of the crossing point,
- ii. At the marshall's signal the column of pedestrians will start crossing the road at right angles to the shoulder.
- iii. The rear cars will advance behind the column of pedestrians on the right hand side of the road until they stop a short distance behind the front cars, thus preparing the space for the departure from the gathering place.

E. The last gathering place is across the road from the sanctuary. This place is on the right hand side of the road.

- i. The arrival procedure amounts simply to stopping the front cars at the "up the road" end of the gathering place and stopping the rear cars at the "down the road" end of the gathering place, while the pedestrians fill in the gathering place.
- ii. Only the lead car (front end) and the last car (rear end) need to stay on the right hand side of the road. The other cars can

park on the parking lot at the sanctuary.

- iii. The departure from the last gathering place to the sanctuary repeats the arrival at a gathering place on the left hand side of the road. It is performed as an organized column of pedestrians.

F. Communication within the column:

- i. Will be maintained by marshals evenly distributed along the column and marching on its left side.
- ii. Anything that may require the attention of the organizers should be brought to the attention of the marshals.
- iii. The participants should follow the advice of the marshals in particular concerning the departures and arrivals at the gathering places.

2. We assume that the majority of pilgrims will arrive by car at the first gathering place, where parking space will be available. However, pilgrims are encouraged to arrive in groups with several pilgrims arriving in one car.

- A. The cars to travel at the front and at the rear of the column will be designated. Once positioned in the column, the cars cannot change their position unless in case of emergency, and then with extreme caution.
- B. The cars travelling in the column need to follow the advice of the designated marshals.
- C. The drivers of the cars need to fully understand the instructions considering the crossing of the road by the pedestrians.
- D. The cars travelling in the column will carry participants who cannot walk the entire distance of the procession.
- E. The passengers will get out of the cars or get into them only at the gathering places, except in case of emergency. To be picked up by a car, the passengers should stay on the shoulder side of the road.
- F. After the pilgrimage, the cars travelling with the column will take drivers who participated on foot to the initial gathering place to pick up their cars.