



Abseil FAQs

Health and Safety Restrictions and requirements

- All participants must be above 1.4m tall and the age of 10 or above. If we suspect that a participant is below this height or age, then proof of date of birth will be required before they can participate and the participant assessed for height suitability.
- There is a maximum weight limit of 18 Stone or 115 kg.
- Ahead of the abseil, **please remove all jewelry**. Wedding rings may be taped to your finger, but this must be done prior to the event with fabric tape and loss, damage or injury will be at your own risk.
- All long hair is to be tied back where possible into a low ponytail to aid the fitting of helmets.
- Where possible please use an alternative to glasses as these can get caught or fall. These can be taped on the day if necessary.
- Clothing with hoods may need to be removed or the hood tucked into your clothing where possible.
- Please dress appropriately for the weather on the day. We recommend wearing layers as it can get particularly cold on the roof.
- Personal climbing equipment is not permitted. We will have qualified instructors on site with all the kit you require.
- Participating in the Abseil will be subject to the PPE (Harnesses and Helmets) fitting correctly.
- Access to the platform is restricted and participants will be expected to walk through/ climb obstacles to gain access.
- Any person wishing to participate, but has an injury, illness or difficulties with mobility, must contact Rockyventures in advance to discuss your abseil. Every effort is made to make the activity accessible for all people wishing to participate and your declarations beforehand will help assist this. Please contact Brian on: brian@rockyventures.co.uk

Delays and weather:

- Delays should be expected when the weather deteriorates to a point where access to the roof is not safe. This is to include extreme high or low temperatures, heavy rain, snow, hail, thunder & lightning. Light rain is permitted but will be monitored to ensure safety.
- If there is inclement weather, in the week leading to the abseil and on the day, we will cancel the event and rebook it for one of the alternative dates given pre-event. To avoid disappointment, please ensure you can make these dates.

- We understand that for some people, an abseil can be a nerve-racking experience, so please be patient if there are delays while a participant prepares for their abseil.
- Should any delays happen please be patient and we will get the event back on track as soon as we can.

What can I bring into the event?

- Please wear appropriate clothing for the weather on the day and be aware that whilst waiting on the abseil platform you will be exposed to further extreme elements. It will likely be cold, so wear appropriate layers.
- **Only gripped trainers or laced walking boots will be permitted on the abseil platform.** Trainers without a grip will make you slip down the wall during the abseil, which isn't the enjoyable experience we would like you to have! Any other footwear or bare feet will not be accepted. If you're unsure, please check with the team in the week before the abseil.
- Cameras and phones and anything loose need to be left on the ground with a friend or relative. We endeavor to take as many photos as we can.

Cancellation policy

- We have a strict no refund policy. Please see our terms and conditions given when signing up. You can transfer your place to someone else if you are unable to attend and this will incur an administration cost of £5.00. The deadline for this is 10am Friday 20th September.
- If you have fundraised and can no longer attend, please contact us for the process required to inform your supporters and sponsors, thank you.

Arrival

- Please bring with you a copy of the receipt you received when you paid for your abseil, this is proof of purchase and confirms your abseil time slot.
- The participant named on the registration ticket, must be the participant taking part.
- You will receive full Joining Instructions for the day the week before the abseil.
- On arrival you will come to our registration desk where you will be given a consent form to sign. Under 18's require a responsible adult to sign for them and be with them on the day. Participants not willing to sign this form will be unable to take part.
- Please arrive for the registration time allocated on your ticket. Late arrivals will not be allowed to participate as the groups are at a maximum of 10 people for safety reasons. Spectators will not be allowed on the abseil platform, but can view from a designated area below the abseil wall.
- Please be aware this is a working hospital so please only use the spaces as directed and follow marshal instructions at all times.

