

Terms and conditions for abseiling at the National Abseil Centre:

It is vital that we know of any **medical conditions or concerns**. If you do not disclose any **medical conditions or disabilities**, you may not be permitted to abseil.

The **minimum age** for the activity is **14** years old. Consent will need to be given by a parent or guardian for anyone under the age of 18.

There are no **height** restrictions but there is a maximum **weight** restriction of **136kg**.

All participants are required to complete a **consent form** on the day of the event. A copy of it can be found at the bottom of this document.

Participants will need to be **fit** enough to be able to climb a short section of **staircase** and a small **ladder**. Also, this is an extreme abseil and is hard work!! You don't need to be an Olympic athlete, but a reasonable level of fitness will make it a lot easier and more fun. Due to the laws of physics, this is particularly true for light people. Please give us a ring if you have any concerns about this.

You can expect to be abseiling about 30 minutes after you **arrive**. However this is not guaranteed. Delays may creep into the day as the speed at which people descend varies from person to person. **Arrival times** are normally sent out about 3 weeks before the event when we know what groups and individuals we have coming and can allocate times appropriately. If you have a preference for a specific time, please get in touch before booking so we can see what we can do.

Abseiling is **weather** dependent. High winds in particular may prevent us from abseiling on the outside of the building. If that happens, we will move the event inside the building where we have set up that add up to the height of the tower. You will have the chance to a 'traditional' abseil and a 'free' abseil which is where you don't have your feet against anything.

Our priority is to keep you safe at all times however it is not possible to remove all inherent risk involved with this activity. For example, there is a **risk** that if the wind picks up while you are abseiling you could be blown away from the building and hit it on the way back in, possibly resulting in bruising and other injuries.

Parking at the site is extremely limited. We ask that both participants and spectators park away from the site and walk in. The parking that is available will be reserved for participants who really need it. Northampton train station is on the West Coast Main Line and should be considered as an alternative where possible.

Spectators are welcome but please advise them that this is a residential area and that we need to be considerate to our neighbours. Please keep noise to a minimum, use the litter bins and follow instructions from the marshals. Our marshals are there to keep people safe, manage the parking and keep our neighbours happy. If they are in any way abused by spectators then those people will be asked to leave the site along with the person they have come to support.

Toilet facilities are available to onsite. Spectators and participants are advised to bring their own refreshments.

We will supply all the equipment required. All you need to bring with you is **clothing** appropriate to the weather and the activity. **Long** shirts and trousers are a **must** to minimise the risk of grazing should you come in contact with the building.

We reserve the right to refuse admission to anyone suspected of being under the influence of **drugs or alcohol**.

When you are **fundraising**, please follow the advice and guidelines provided by your chosen charity.

The National Abseil Centre is **located** at the National Lift Tower. The address is as follows...

The National Lift Tower
Tower Square
Northampton
NN5 5FH

Directions to the venue can be found [here](#).



National Abseil Centre Risk Acknowledgement and Disclaimer

Participant's Name	
Date of birth	
Address	
Email address	
Name of charity	
Date of abseil	
Height	
Weight	

I am aware that this is a physically demanding activity and I certify that to the best of my knowledge I do not have a medical condition which might make me more likely to sustain an injury.

Please indicate if you have any medical condition that we should reasonably know about :-

No/Yes (if yes, please specify)

I understand I will be abseiling 120 metres down the outside of a concrete building and that there is a risk of injury being sustained whilst undertaking this activity. For example, if the wind were to suddenly increase whilst abseiling, I may sustain abrasions, bruising and other injuries caused by being blown against the building. Whilst I accept that it is not possible to remove all risk inherent in this activity, I agree to follow all instructions given to me by National Abseil Centre staff before and during the abseil in order to reduce the risks.

I acknowledge that the National Abseil Centre accepts no responsibility for loss or damage to personal property including vehicles or for the death of or injury to any persons or for any loss or damage resulting thereof unless caused by the proven negligence of the company or servants.

The National Abseil Centre does not accept responsibility for loss or expense due to delays or changes in travel services, sickness, weather or any other cause outside the control of The National Abseil Centre. If it is decided, on the day, unsafe to abseil on the outside of the building then an alternative inside route will be used. The National Abseil Centre reserves the right to refuse admission to anyone suspected of being under the influence of drugs or alcohol.

I understand that photographs and video may be taken at the event and give my permission for these to be used for publicity if required.

Participant signature Date.....

Alternatively, name of parent/guardian
(if participant under 18)

Signature of parent/guardian Date.....