

ABSEIL REGISTRATION FORM**Saturday 03rd August 2019**

I want to participate in the above abseil and enclose my non-refundable entry fee of **£20**. I also agree to promote the **St Asaph [Giving Page](#)** and try to raise money **which will be divided equally between the Tŷ Gobaith Children's Hospice and the St Asaph Parish Church restructuring project**. I understand that I take part in this event at my own risk. Abseiling is a risk activity – the risk being serious injury or death.

First name	
Surname	
Date of birth	
Home phone number or email	
Mobile phone number	
Address	
Emergency contact details	

- **If you are paying your entry fee or donating on-line please ensure that you include your name in the 'details' section on the donation page.**

Photographs:

During the course of the event we will be taking photographs for internal and external promotional purposes. Please tick this box if you **do not wish** for any photographs of yourself to be used:

FITNESS

To take part you need to be reasonably fit to climb the 126 steps to the top of the tower and do the abseil. If you are in any doubt about your fitness please consult a doctor, especially if you are overweight or have epilepsy, cardiovascular or respiratory disorders. If you are more than 3 months pregnant we cannot let you abseil. Please note that for safety and access issues there is a maximum weight limit of 15 stone.

AGE Restriction

Please NOTE the Minimum Age of a participant is 12 and any person abseiling under the age of 16 must have the booking form signed by a parent or

guardian and a parent or guardian must **be in attendance** at the time of the abseil. There is no upper age limit.

Medical details: Please indicate below if you have any pre-existing medical conditions or are on any medication. We may ask you to provide a doctor's note confirming you are fit enough to take part if necessary.

Pre-existing medical conditions (include details about conditions such as agoraphobia, angina, asthma, claustrophobia, diabetes, epilepsy, hearing or visual impairment, intense fear of heights, mobility difficulty, vertigo or any other condition we should reasonably know about):

If you take or might need medication during the day, **please bring it with you.**

Are you allergic to anything? (e.g. penicillin, plasters etc.):

Height:

Weight:

Please Note: That due to safety and access issues there is a weight restriction of 15 stone.

CONDITIONS OF ENTRY

In order to participate in the abseil event you must read and agree to the following terms and conditions and sign the declaration at the bottom of the form.

I agree that:

- I am aware that the abseil is strenuous.
- I am aware that abseiling is a risk activity and I know what the risks are, namely serious injury or death.
- I am not aware of any medical or other reasons that prevent me from participating.
- I agree to my personal and medical details being released by the medical team to the event organisers to inform my next of kin and statutory authorities in the event of a medical emergency.

- I am in a good state of medical and fitness health and have declared any medical conditions on this form and I take full responsibility for my own fitness to take part.
- I am able to participate on the 03rd August 2019. Exact time slot will be confirmed nearer the time.
- I absolve St Asaph Parish Church and St Asaph Cathedral from any responsibility for any injury incurred or damage sustained to property through participation in this event.
- I apply to take part in The Abseil, and abide by the Conditions of Entry listed above. I have read the booking terms and conditions, medical restrictions and information and I understand and agree to be bound by those terms and conditions and to comply fully with the same.

Tick the box to agree the above and sign below please.

Name:

Signature: _____

Date: ____/____/____

Guardian/Parent

Name: _____

Signature: _____

Once completed, please send or take your form with the entry fee of £20.00 (no cash in the post please) to:

**ABSEIL, c/o St Asaph Parish Church, Diocesan Office, High Street,
St Asaph LL17 0TW**

- If you have any questions please e-mail Abseil Enquiries to ch.rtd@btinternet.com or telephone 07808 878842, or 07974 269689.

ABSEILERS ESSENTIAL INFORMATION

If you are taking part in the abseil, you should note you have to climb 126 steps up a spiral staircase to the top of the tower. You will then be required to exit through a narrow doorway and climb a small step-ladder on to the tower stance, from where you will make your descent. If you think you might have difficulty with any part of this access route, please contact us to discuss.

Abseiling is a potentially dangerous activity and participants are particularly asked to note the following advice from Mr Dave Orange and his assistants who will be in charge of your safety and wellbeing.

- Anyone suspected of being under the influence of alcohol and/or drugs will not be allowed to take part
- All chunky jewellery must be removed, including watches etc.
- Any belly piercings must be covered i.e. no short 'T' shirts
- All long hair must be tied back
- Do not wear loose or baggy clothing, which may become entangled in the abseiling equipment - "no skirts or dresses even if tights or leggings are worn." All participants need to wear long trousers that do not restrict movement. **No ripped or holed jeans.**
- Suitable shoes must be worn - trainers are OK - **high heels and flip-flops are not.**
- Gloves **must be worn** when abseiling, (these **will be provided** by the organisers).
- Any person abseiling under the age of 16 must have the booking form signed by a parent / guardian and a parent / guardian must be in attendance at the time of the abseil.
- All pockets must be emptied and no cameras/phones etc, will be allowed to be carried during the abseil. (If necessary, these can be left at the registration desk in the cathedral).
- Visitors and abseilers are asked to heed the advice and instruction of members of the abseil team **at all times.**

ANYONE NOT ADHERING TO THE RULES WILL BE REMOVED

Once we have received your booking form we will send you details of the Procedure of the day with your allocated time slot.

Please tick your preferred time slot. We will do our best to accommodate this or offer an alternative slot closest to your choice.

Time slot	Please indicate your preferred choice.(1 st , 2 nd , etc)
10.00 -11.00	
11.00 -12.00	
12.30 -13.30	
13.30 -14.30	
15.00 -16.00	