

# LIVERPOOL CATHEDRAL CHARITY ABSEIL

**Indoor Abseil** 25<sup>th</sup> February 2017 11.30am – 12 noon  
**Outdoor Abseil** 5<sup>th</sup> August 2017 3pm – 4pm

**Please select from the following: Please tick box as required**

I would like to Abseil at the **INDOOR EVENT** on 25<sup>th</sup> February 2017

I would like to Abseil at the **OUTDOOR EVENT** on 5<sup>th</sup> August 2017

## REGISTRATION FORM

Please complete all sections of this form and return to:

Jan Robinson Freshfields Animal Rescue, c/o 21 Scargreen Avenue, Liverpool L11 3AX or return by email to [jan@freshfields.org.uk](mailto:jan@freshfields.org.uk)

**A £55.00 deposit is required to secure your place. Please contact Jan on 07983 160479 or email [jan@freshfields.org.uk](mailto:jan@freshfields.org.uk) for details.**

**A minimum sponsorship of £180.00 is required from each participant.**

Before completing this form please read carefully the Conditions of Entry which are listed below. Please write clearly and complete all the sections listed.



I will be raising money for ...

animal rescue

.....  
**PLEASE RETURN THIS FORM ASAP. HOW DID YOU HEAR ABOUT THE ABSEIL EVENT?** \_\_\_\_\_

### PERSONAL DETAILS (please use capital letters)

Title \_\_\_\_\_ Forenames \_\_\_\_\_

Surname \_\_\_\_\_ Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Home phone \_\_\_\_\_ Mobile \_\_\_\_\_

Email \_\_\_\_\_ Date of Birth \_\_\_\_\_ (You must be at least 18 years of age to take part)

I confirm that I am available on 25<sup>th</sup> February/5<sup>th</sup> August 2017 - Please circle  
**My T-shirt size is - S M L XL (Please select one).**

There will be two working abseil ropes so friends or partners can abseil at the same time, if you would like to abseil with someone please list their name below. (Please note we cannot guarantee your request, but will try our best.)

Solo abseil     Partner Abseil: Name of Partner: \_\_\_\_\_

### **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. Please note in addition to the 150ft free fall abseil participants will have to climb approximately 50 or 224 steps (if the lift is unavailable) up to the top of the tower to access the abseil platform.

Pre-existing medical conditions (include details about asthma, diabetes, epilepsy etc.)  
\_\_\_\_\_

Details of any hospital treatment in the last 12 months \_\_\_\_\_

Medication Taken \_\_\_\_\_

Are you allergic to anything? (E.g. penicillin, plasters etc.) \_\_\_\_\_

### **NEXT OF KIN DETAILS**

Name (in full) \_\_\_\_\_ Relationship \_\_\_\_\_

Home Phone \_\_\_\_\_ Mobile \_\_\_\_\_

## **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 over 18 years of age.
- 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 **25<sup>th</sup> February 2017/5<sup>th</sup> August 2017**. Please circle. I am aware that abseiling is an activity with a danger of personal injury or death; and accept these risks and responsibility for my own actions and involvement.
- In the event of illness or an accident at the event I hereby give my permission for Liverpool Cathedral or Awesome Walls Climbing Centre first aiders to initiate medical treatment and notify my next of kin in case of hospitalisation.
- I agree to abide by the rules and instructions given by the abseiling instructors to me on the day of the event.
- I understand that any participant who has been drinking alcohol, taken drugs or behaves irresponsibly; in such a way to risk his/her safety or that of other participants or the instructors will not be allowed to participate in the abseil event and may be asked to leave the Cathedral site.
- I understand that Liverpool Cathedral is a Grade 1 listed building and a place of worship and agree to respect the building and will not cause any damage to the fabric of the building.
- I confirm that the above information is correct and if any information changes I will inform Liverpool Cathedral.

I apply to take part in the Liverpool Cathedral Charity Abseil, and abide by the Conditions of Entry listed above

Signature

Name (capital letters)

Date

\_\_\_\_\_

### **Frequently Asked Questions**

Got a list of questions? Hopefully this help sheet will answer all those worrying niggles, but if you are still not sure about something please call the fundraising department on **Tel: 0151 702 7275** and we will be happy to help you. We are here to support you every step of the way until your feet are back on solid ground!

### **What is a freefall abseil?**

It is a form of abseiling that allows you to descend down a rope without a wall at your own speed. It is fun and exciting, and it provides a great way to get rid of any excess energy, as well as providing a thrill.

### **When does the event take place?**

The abseil will run all day, but our slot starts at 2pm The abseils will take place approx. every 6mins. We will try to ensure we accommodate your preference of session but cannot guarantee your preferred time.

### **How long does it take?**

Please arrive at least 30 minutes prior to your allocated time slot, this will allow you time to register and receive the safety briefing. You will also need time to climb the tower and put on the safety equipment. The session itself should take approx. 30mins in total but we hope you will stay and enjoy the rest of the day's activities.

### **How should I prepare?**

You do not need any prior experience and you will be given full instructions and a safety briefing on the day by our partners from Awesome Walls Climbing Centre.

### **Are there any fitness requirements?**

There is no upper age limit or weight limit for participants. You need to be in a fairly good state of medical and fitness health. If you have any medical conditions or doubts about your fitness level we advise you to consult your doctor beforehand. Anyone with a medical condition will need to provide a doctor's note confirming that they are fit enough to take part in the abseil.

### **Do I need personal insurance?**

No – Public Liability Insurance has been arranged by all parties involved in this event; i.e. The Dean and Chapter of Liverpool Cathedral and Awesome Walls Climbing Centre.

### **Is there a minimum age?**

Yes – you must be at least 18 years of age to take part in the abseil.

### **Can I do it with friends?**

Definitely and it adds to the fun! If you have come to the abseil in a group you will all go through the safety briefing and ascend the gallery together. The abseil allows two ropes down at the same

time - so the more the merrier! Let us know on your registration form whom you would like as an abseil partner and we get you in the same time slot.

**Can people come and watch?**

Yes of course! We have a dedicated cheering point opposite the main entrance with a great view, but your supporters will be able to see you from many vantage points. The only places they are not permitted is in the area where you put on your safety equipment and on the roof.

**Can I take a camera?**

No cameras or video recorders can be held during your abseil. But we will have a photographer there on the day who will take photographs of you in action from the top and the bottom of the abseil; which you will be able to purchase on the day. Spectators are welcome to bring cameras and video cameras but paid or official photographers are not permitted.

Two ropes are available so that friends can abseil together, and it is open to anyone over the age of 18 in a good state of medical and fitness health. No prior experience is necessary.

**What should I wear?**

Wear comfortable sports clothing (long trousers) and trainers are the ideal footwear. No jeans / No heels / No leather soled shoes

Avoid very loose clothing and make sure long hair is tied back.

Avoid having anything dangling from clothing and remove all jewelry and items in pockets.

**Is equipment provided?**

Yes. All ropes, harnesses, helmets and gloves will be provided on the day.

**Will there be medical support?**

There will be fully qualified first aiders present on the day from both Liverpool Cathedral and Awesome Walls Climbing Centre. There will be a first aider available at the top and the bottom of the abseil route.

**What can I do after the abseil?**

After experiencing the amazing views outside, head inside and discover the Cathedral's awesome scale and beauty. There are friendly and knowledgeable guides, audio tours (in 8 different languages) for adults and children, computer interactive 'stations' and cases of artefacts previously not on view and sound.

**How do I get there?**

Come to the main entrance of the Cathedral. You will see signs leading to our registration desk. The following link provides comprehensive directions and public transport options;

<http://www.liverpoolcathedral.org.uk/visiting/how-to-find-us.aspx>

**Is there parking?**

There will be a limited amount of visitor parking for cars only.

**Any more questions?**

Contact the Fundraising Department at Liverpool Cathedral, St James House, 20 St James Road, Liverpool. L1 7BY Tel: 0151 702 7275 or Email: [appealoffice@liverpoolcathedral.org.uk](mailto:appealoffice@liverpoolcathedral.org.uk)

## How to set up a Just Giving Page linked to Freshfields Animal Rescue

Go to Freshfields Just Giving Page

You will need to open an account with them and you do that by signing up.

Once you have set up your account you can access Freshfields Just Giving page and sign in.

<https://www.justgiving.com/freshfieldsrescue/donate>

Click on Fundraise for Us

Click on Personal Challenge

Choose a non sporting event

Fill in the Event name and date

Click no to question is the charity contributing to your fundraising

You will then be given an address which links directly to your fundraising page.

Your sponsors can donate in person using the Sponsor form or they can access your Just Giving page and pay online.

*giftaid it*



## Sponsorship and Gift Aid declaration form

Please sponsor  
me.....

To take part in LIVERPOOL CATHEDRAL CHARITY ABSEIL...30<sup>th</sup> JULY 2016

In aid of Freshfields Animal Rescue Charity Number CIO 1160348/ Formerly Registered Charity 508579

We, who have given our names and addresses below and have ticked the box headed 'Gift Aid?

We want the charity named above to reclaim tax on the donation detailed below, given on the date shown. We understand that each of us must have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that you donate to will reclaim on your gifts for that tax year. We understand that other taxes such as VAT and Council Tax do not qualify.

Freshfields will reclaim 25p of tax on every £1 that we have given.

We may cancel this arrangement in writing within 30 days and, if we do so, it will be as if this agreement had never been made.







Full Name (First name and surname)	Home Address of Sponsor (not your work address this is essential for Gift Aid)		Post Code	Amount £	Date Paid	Gift Aid (√)
<b>Total donations received</b>				£		
<b>Total Gift Aid donation</b>				£		

**Remember: Full name + Home address + Postcode + √ = gift aid \***

**\* Under the Gift Aid scheme, charities can reclaim an extra 25% in tax on every eligible donation by a UK taxpayer.**