

Abseil Challenge



Information Pack



NORTHAMPTON LIFT TOWER

Tallest Permanent Abseil Tower in the World!

418 Feet

Are you BRAVE enough?

Contact Marina Rae on: 01536 747755

Or email: marinarae@lakelandshospice.org.uk

JOIN THE TEAM

An awesome opportunity not to be missed...

This is an extreme challenge..... offering you the opportunity to abseil 418 feet down the side of an iconic listed building

Join our Team abseil this summer and you could experience the amazing thrill and adrenaline rush of your life!

Lakelands Hospice has teamed up with Extreme Abseil to offer this unique experience.



Doing it for Lakelands!

QUICK FACTS

Abseil a total of 418 Feet

Full Instruction Provided

Will take between 8 - 20 minutes to descend

Minimum Age 12
(with parent/guardian consent)

Fancy Dress Allowed
(No capes or loose clothing)

WHY ABSEIL FOR LAKELANDS

Abseiling is an amazing experience and as you abseil down the Northampton Lift tower, you will be making a difference to the lives of people living in your community living with cancer, motor neurone disease and other life limiting conditions.

Our specialist palliative care services are provided free of charge to the local community and we rely solely on the support from people like you, through their kind donations and fantastic fundraising efforts.

*Thank you for supporting
Lakelands Hospice*

HOW DOES IT WORK?

All our ABSEILERS are asked to raise a minimum £250 in sponsorship. If you raise the £250 or over for Lakelands Hospice, then your Abseil will not cost you anything and Lakelands Hospice will receive at least £150 in donations for your abseil!

Amount?	When?	How?
£50 Non refundable deposit	On registration	Cash or cheque
£50	2 Weeks prior to Abseil	Cash, cheque or Just Giving Online
£150 Plus any extra sponsorship YOU raise	Within 4 Weeks after abseil	Cash or cheque or Just Giving online

FAQ'S

Is there a weight limit?

Maximum weight to participate is 136kg (21st).

What are the age limits?

Minimum age is 12.

(All under 18's - Parent/guardian to be present on the day to sign consent forms).

There is no upper age limit - oldest person to abseil to date is 89 years young!

How fit do I need to be to abseil?

This is an extreme abseil and is physically demanding.

However if you seek an assisted abseil or have specific access needs please contact us.



FAQ'S

How long is the training?

You will have a short training session before you abseil. During this the instructor will explain about all the equipment that will be used and how to abseil correctly down the tower.



What do I wear?

Please wear a long sleeved top and full length trousers to protect your legs and arms during the abseil. Climbing/walking boots or trainers are best and must be closed toes. Slip on shoes or high highs are not to be worn.

Fancy dress is allowed but do NOT wear capes or loose clothing as this can get caught in the ropes.

Long hair must be tied back (plaited is perfect for really long hair).

You will be issued with helmet, gloves and all the equipment you require to abseil safely.

Can I bring my own Go Pro?

You are welcome to bring your own Go-pro camera if you wish to, they have helmets with mounts attached to them - you will just need to bring your own clips that fit into the mount.

Can I take photos?

Unfortunately no photographs are allowed to be taken past the first floor of the building (except a go-Pro).

However they take photographs as you go over the edge and will be available for you to buy on the day.

What happens if the weather is bad?

This is a weather dependant activity and a decision will be made on the day as to whether it is safe to abseil on the outside. Your safety is our first priority.

If the instructors confirm it is too dangerous, the abseil will be moved to inside the tower. Unfortunately there is not an option to postpone or rebook for another day, instead we will descend the 418 feet but from inside the tower!

Don't worry it will still be an awesome experience!

Please be aware should the abseil have to be moved inside - spectators are unfortunately unable to watch as there is limited space for health & safety reasons.

FAQ'S

Are there any medical restrictions?

Yes - This is an extreme abseil, certain medical conditions/disabilities that may make it more likely that you may sustain an injury.

If you have a medical condition please call us on: 01536 747755. We will seek guidance from the National Abseil Team as to whether you are able to abseil.

They may request you get a doctor to sign a BPA Medical Declaration form, confirming you are fit to abseil. Forms can be obtained from us before paying your deposit.

Maximum weight limit for doing the abseil is 21st.

Checklist

- Complete and return sign up form
- Doctors certificate (if required)
- Pay £50 non refundable deposit
- Set up a Just giving Page
- Fundraise for Lakelands Hospice
- Insurance
- Abseil... and have a year to remember!

What about insurance?
All abseilers will be covered by the NLT's public liability insurance for up to £10 Million liability. However, this does not cover you or your dependants for personal injury or death. We would advise that you arrange insurance for your Abseil.

Sign Up

YES! I *WANT* to abseil for Lakelands Hospice

Please complete this for and send it with your payment to:

Lakelands Hospice, Fundraising (Abseil), Butland Road, Corby, Northants NN18 8LX.

If you have any questions then please speak to our community fundraising team at the hospice (01536) 747755 or email community@lakelandshospice.org.uk

Name:

Address:

Postcode:

Email:

Please add me to the Lakelands Fundraising mailing list

Daytime Telephone:

I am available to abseil on Saturday 11th July

I will arrive at Northampton Lift Tower by 1.15pm on the day

My age on abseil day

12 - 17 years

18 - 39 Years

40+ Years

My weight does not exceed 21 stone

I agree to pay Lakelands Hospice a further £50 in sponsorship monies 2 weeks prior to my jump date and a further £150 minimum in sponsorship within 4 weeks after my jump. (please tick to confirm).

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

I confirm I have read the terms and conditions and understand I will have to sign a risk assessment and declaration form on the day.

Doctors certificate if required

Signed:

Date: