



Pembroke Castle Charity Abseil 2018

The abseil will take place off the main tower inside the castle grounds. Each group taking part will be given a time slot (sent separately nearer to the event) to minimise waiting times, but please be patient as delays can occur for various reasons (for instance taking a little longer than we estimate to pluck up your courage!).

Weather – The charity abseil **WILL** go ahead in all weathers (unless extreme weather is forecast) but we will notify you as soon as possible if the abseil has to be postponed. Please bring the appropriate clothing suitable for our great Welsh weather.

If in the event of us having to cancel the abseil due to extreme weather conditions or unforeseen circumstances, we will re-arrange it for a date in the near future. We will do our best to make this suitable for everyone involved.

Clothing – safety is priority so could all abseilers be aware of loose or dangling objects like long earrings, bracelets, necklaces, hood strings (must be removed or secured for the abseil) and anyone with long hair please make sure it is tied back on the day. Please wear sensible shoes, preferably trainers, walking boots or climbing shoes.

Equipment – All equipment needed for the abseil will be provided by us.

Fees – The registration fee for the abseil is £12 which must be paid at the time of registration. Registration fees are non-refundable. Entrance into the castle is free for the abseiler and 2 spectators but any **extra visitors will have to pay the Castle entry fee**. Please see Pembroke Castle's website for details - <http://pembroke-castle.co.uk/>

Details – To take part the minimum age is 6yrs. We will require the details of each abseiler including full name, group/charity they are raising money for. (All personal information will be subject to the data protection act).

Declaration of fitness – By signing up to do the Charity abseil, you or the people you are registering, to the best of your knowledge, do not have any medical conditions that may be made worse by participating in this activity. If in doubt please seek medical advice from a doctor before taking part.

On the Day – Please report to main reception at the castle and the staff will tell you where to go. You will be met by a member of the team who will go through a small safety brief and you will be fitted with a harness and helmet.

Sponsorship money - The charities/group organisers are responsible for collecting sponsorship money after the event, but we would love to hear how much you have raised to assist us in helping other charities.

Photos - We would also like to take photos and be able to report on the day's event through social media. If anyone would not like this to happen, please can they make themselves known to us on the day.

Payment – Payment will be taken at the time of booking via the online sign-up form found on the website using Stripe.

Alternatively, payment can be made in cash, just pop into the climbing centre and preferably the charity/group organiser should collect their abseiler's registration fees as a group and submit as a single amount.

If you have any questions, please just ask and I look forward to seeing you all soon.

Many thanks,

Helena.

