

**BOLD Adventures assisting SCCC with their Charity Fundraising Abseil.**

All information provided is strictly confidential and, it will, be filed away in a private and secure cabinet, at all times. We do NOT pass on any of your information or data, neither do we sell it to any marketing organisations. It will not be disclosed to any third parties.

Information	Responses
Event	
Date	
<b>Participant Name</b>	
Date of Birth (D.O.B):	
Age in Years and Months:	
Address:	
Postcode:	
Postcode:	
Email address:	
Home Phone:	
Mobile Phone:	
<b>Emergency Contact:</b>	
<b>Phone Number:</b> Build: <b>(1)</b> Skinny, <b>(2)</b> Athletic, <b>(3)</b> In proportion to height, <b>(4)</b> Well-built, <b>(5)</b> A few extra pounds, <b>(6)</b> Larger.	Place appropriate number here:
General Fitness: <b>(1)</b> Outstanding, <b>(2)</b> Excellent, <b>(3)</b> Very Good, <b>(4)</b> Good, <b>(5)</b> Average, <b>(6)</b> Other.	Place appropriate number here:
Mobility: Can you squat and you're your body weight?	The squat position is not dissimilar to the position you are in when abseiling. Yes / A bit / No <b>(Circle as appropriate).</b>
Please give details of any medical conditions, allergies or special needs; diabetes or asthma etc, etc.	
Current Injuries?	

Any joint pain? In particular the knees?	
Please give details of any current medical treatment	
Any current medication?	
NHS Number: Helps expedite treatment.	
Date of Last Tetanus Injection:	
Name of GP:	
Surgery Phone Number:	

**Declaration:**

Circle relevant statement.

I acknowledge receipt of and understand the information regarding the proposed forthcoming event, and consent to above name participant taking part. I understand the nature of the supervision arrangements. I have ensured that he / she / I understand(s) that it is important for his / her / my safety and for the safety of the group for him / her / me to behave in a reasonable manner and any rules or instructions given by staff will be followed and acted upon.

I will inform the BOLD Adventures Manager / Abseil Director of any changes in my health or of the participant / my health prior to the date of departure.

I am in agreement that those in charge may give permission for my son / my daughter / me to receive treatment in the event of an emergency.

<b>Signature:</b>	<b>Print name:</b>
<b>Relationship to Participant:</b>	<b>Date of signature:</b>

**OR (Over 18) Sign for oneself:**

<b>Participant Signature:</b>	<b>Print name:</b>
<b>Date:</b>	

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<b>Please before the event ensure you:</b>	
<b>Have a great event.</b>	We hope this is a positive memory for you, well done for stepping up to help others.
<b>You CAN do this!</b>	You need to believe in yourself we know anyone is capable, but quite often the mind lets people down, try to keep things in perspective. <b>#Youcan</b>
<b>Guidelines/recommendations:</b>	The ropes will have been checked, rigged and tested by the Leaders. Wear sensible footwear with tread.
<b>Get into small groups/pairs</b>	Doing the event with a partner or friend works well. You can prepare together, just slightly up your normal routine, instead of the lift take the stairs, walk around a bit more, do a couple of light exercise sessions, stretch. Encourage each other and most importantly support each other positively.
<b>Positive self-talk</b>	Keep talking to yourself and saying positive things, I can, I will, I can do this! Visualise yourself doing the event, this is really powerful and helps it to go well. If visualising and something goes a bit wrong you just rewind the thought or vision and

	then play it again with a positive outcome.
<b>Do some exercise in the lead up to the event</b>	If you aren't normally that active just do a few things differently, you will feel better for the little changes too!
<b>Stretch off and drink plenty of water</b>	Do some stretching and enjoy it, stick some relaxing music on and do a few stretches. Drink more water these will ensure you are well hydrated and that you do not get headaches and also it helps your muscles stay supple and your skin will look better!
<b>Sleep Well</b>	Sleep is essential, no-one can operate flat out all the time, mistakes are made when we lack concentration, so sleep and relax.
<b>Avoid Alcohol</b>	Drinking to excess the night before will disturb your sleep and dehydrate you. You need to be focused on the day of the challenge.
<b>Avoid any form of substance misuse</b>	Goes without saying, we need you crystal clear, responsive and alert for the task at hand.
<b>Remain calm before the event</b>	Breathing deeply, continuing with the 'self talk' believing in yourself and telling yourself WHY you are doing this in the first instant.
<b>Listen to the Briefings</b>	The information given is safety critical subject matter. The staff will help you gear up and check over before you are attached to the abseil rope and the safety rope.
<b>When you get chance to practice take the opportunity</b>	Before going up on the roof, we will give you a practice on a grass bank to test the equipment and to experience the actual technique of abseiling.
<b>Keep taking onboard the fluids</b>	Stay Hydrated, this helps concentration and focus.

<b>The Leaders</b>	Are all exceptional and qualified to National Governing Body standards. We have all the relevant insurances in place and have done these activities many times before. Regardless of this we take no risks. You are not on one rope you are on 2 ropes.
<b>The Equipment</b>	Is all stored, checked and every usage is documented so we know the condition of the equipment and exactly how many times it has been used and where. The ropes you are using are strong enough to lower a car on. The harnesses you will use have an Upper Load Limit well in excess of your body weights. The equipment is excellent.
<b>The Abseil</b>	Forget speed and jumping away from the structure, the point of abseiling is to safely and professionally walk down the building under control.
<b>During the Abseil</b>	For the first half of the descent listen to the Leader who set you off, as you get further down it will be easier to take direction from the Leader at the base of the rope. Do not rush. Safety over speed every time.
<b>The Achievement</b>	This will be a great achievement and we know you can do it!
<b>The Feeling</b>	You will feel amazing. You will feel literally on top of the world.
<b>After the event</b>	Relax and let the buzz subside. The natural chemicals in the body will be running wild: Endorphins, Dopamine, Serotonin and Oxytocin, read up about them!
<b>Collecting the amount you have raised</b>	Now for the really serious bit, the organiser will need you to do your bit now and as promptly as possible go

	and collect in your funds to help your chosen charity.
<b>Thanks on behalf of the charity</b>	YOU and only you know your motivations to help. As the provider helping out we are just full of pride and admiration to help in the way we can by giving our skills. YOU though are the one taking part and giving, and that is a beautiful gift, we thank you on behalf of the Charity SCCCC.

Thank you and see you on the day:

If you need any re-assurances please direct your questions through the Charity Fundraiser Ericka at SCCCC.

Regards

**Mark Harrop**

Managing Director

BOLD Adventures Ltd