



ABSEIL REGISTRATION FORM

Sunday 12th May 2019

I want to participate in the above abseil and enclose my non-refundable entry fee of £38*. 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 _____

ADDRESS _____

POST CODE _____

HOME PHONE NUMBER _____ MOBILE PHONE NUMBER _____

EMAIL _____ DATE OF BIRTH _____

Photos will be available on the
day - £10 cash

FUNDRAISING FOR : _____

FITNESS

You need to be reasonably fit to climb the 130 steps to the top of the lighthouse 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 pregnant we cannot let you abseil.

DISCLAIMER

The aim of this form is to ensure that you are aware of what the risks are and to confirm that you have received sufficient detail to enable you to make an informed decision.

By signing below I CONFIRM 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 absolve The Friends of Leasowe Lighthouse CIO from any responsibility for any injury incurred or damage sustained to property through participation in this event.
- I give permission for the information submitted on this form about me to be used for the purposes of organising this and future abseils and acknowledge that this information will not be passed to any other party. FOLLCIO Privacy Policy in full is available to read on our website.

Signed _____ Date _____

* Cheques payable to: **The Friends of Leasowe Lighthouse CIO**,
or bank transfer to Unity Trust Bank sort code: 60-83-01 Acc: 20345363
(Please use your surname as a reference if using bank transfer)

Address: **Abseil Secretary**, Leasowe Lighthouse, Leasowe Common, Moreton, Wirral CH46 4TA

email: abseil@leasowelighthouse.co.uk



LEASOWE LIGHTHOUSE ABSEIL PROCEDURES 2019

The Friends of Leasowe Lighthouse (FOLL) CIO are happy to make the lighthouse available for this abseil event and hope you have a successful and enjoyable time. We ask that you take note of the following safety precautions.

Please arrive to register at least 30 minutes before your allocated abseil time. Your abseil may take place up to 30 minutes either side of your allocated time. (Please make sure your spectators are also aware of this.)

On arrival at the lighthouse, charity representatives and participants should make themselves known to the FOLLCIO guides on duty and they will advise you on how to proceed.

Registration takes place on the ground floor and participants will be called in turn to climb the stairs to the lamp room at the top of lighthouse.

ON STAIRS

The security gate at the bottom of the stairs should be kept shut.

A FOLLCIO member or other authorised person will be positioned in the doorway to direct activities.

Anyone wishing to go up or downstairs must check with one of the FOLLCIO members.

Small groups of participants will be accompanied by a FOLLCIO member and no more than 15 people at any one time will be allowed on the stairs.

IN LAMP ROOM

The ropes man and one FOLLCIO member will be in attendance at all times in the lamp room.

On arrival in the lamp room, please pay close attention to the instructions given by the ropes man who is in charge of harnessing participants to the ropes and making sure they make a safe drop.

Only the person in charge of the rope, the person actually taking part in the abseil drop and our own photographer are allowed on the balcony and they will be attached by a harness at all times.

No mobile phones or cameras are allowed up in the lamp room.

Please note: We do not allow any other photographers including press photographers to go to the top of the building.

PARTICIPANTS

Abseiling is a potentially dangerous activity and participants are particularly asked to note the following advice from Abseil UK who will be in charge of your safety and wellbeing.

If you are taking part in the abseil, you should note you have to climb 130 steps up a spiral staircase to the lamp room at the top of the building. You will then be required to climb a small step ladder and exit through a window on to the balcony, 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.

- Anyone suspected of being under the influence of alcohol and/or drugs will not be allowed to abseil
- All chunky jewellery must be removed, including watches etc.
- Any belly piercings must be covered ie no short 'T' shirts
- All long hair must be tied back
- Please do not wear loose or baggy clothing.
- Abseiling in a superhero etc costume will be allowed. Please check before the event and with the ropes man on arrival.
- Suitable shoes must be worn - trainers are OK - high heels are not.
- 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 by the abseiler.

ANYONE NOT ADHERING TO THE RULES WILL BE REMOVED

Radios will be provided to ensure constant communication between FOLLCIO members, the ropes man in the lamp room, and participants on the stairs/ground floor.

Visitors and participants are asked to heed the advice and instruction of FOLLCIO members at all times.

PHOTOGRAPHS

Due to the very limited space and access, it is not possible for members of the public or third parties to take photographs from the balcony.

Our professional photographer will be stationed up there to capture your daring deed as you step off the balcony.

These photos are then available for you to buy a few minutes after you land. Photos may be purchased as mounted 6"x 4" prints, like the one in this picture, or a jpg emailed to you.

Some of the profits from these sales are donated to the Friends of Leasowe Lighthouse CIO.



FREE BADGE

After you land, please report back to the registration desk to claim your FREE special abseil badge and certificate.

