



Opal Foundation Charity Abseil 27th September 2009

Terms & Conditions

Will you be able to do the abseil?

These events are always well managed, with experienced mountaineering instructors who understand that many of the people will be abseiling for the first time, and many of them will be terrified. They are used to dealing with this in a calm and sensitive manner. The abseil itself will employ a system that allows the instructor to control the speed of your descent, independent of your own ability to control your own speed. Abseiling is tremendous fun, and afterwards you will have a glowing sense of pride and accomplishment as you point to the building and tell others that you have abseiled down it.

Fear of heights

Acrophobia is a perfectly normal and useful survival mechanism. It only becomes a problem if the fear is so extreme that it stops you from doing things that are 'normal' in the modern world such as travelling over bridges, going upstairs in multi-floor buildings, etc.

About the Abseil Company

All specialist equipment will be provided by Rock and Ice, they will work on a ratio of 2 instructors per rope.

All instructors are fully qualified by UKMTB standards and will be supervised by a senior climbing /abseiling instructor (MIA or MIC holder). All instructors have first aid experience.

Rock and Ice are full members of AMI (the Association of Mountaineering Instructors) and abide by their code of practice. AMI is the association for qualified mountaineering professionals. Membership: R Hogan MIA, No. 789.

We are also AALA registered. (Adventurous Activities Licensing Authority) This means we can allow minors and young people under the age of 18 to attend the event legally. All participants should be a minimum of 13 years of age at the time of the event (unless otherwise agreed by Rock and Ice) Any minors between the ages of 13 and 18 wishing to take part in the event shall be required to provide proof of parental/guardian consent by providing a completed parental consent form.

A token police presence may be required in some areas to ensure safety. There have been occasions where hoax fire alarms have been called to these events.

Rock and Ice guarantee a fully qualified MIA or MIC (Senior Instructor) supervising the event as a minimum requirement. SPA alone is not usually adequate to ensure this level of safety as endorsed by the National Governing Body (BMC) MIA and MIC holders are professionals qualified to deal with rescue if required.

Insurance

Public and Employers Liability Insurance is provided by Rock and Ice underwritten by Royal & Sun Alliance, Perkins Slade, Limit £5,000,000 any one occurrence.

We will endeavour to go ahead in poor conditions e.g. rain, but will not run the event if there are extreme conditions / snow / gales etc.

All participants should have suitable clothing including waterproofs. Leather gloves are recommended.



INVESTOR IN PEOPLE



Payment

A registration fee of £25 must accompany you booking form, either as a cheque made payable to Opal Foundation or by donating online through our website, www.opal-foundation.com. We would also be grateful if you were to raise sponsorship, a target of £50 would be great, but just do the best you can. Once registered you will receive a full pack containing all the information you need to get you started. Do consider using justgiving to create a fundraising page.

Gift Aid

Please consider increasing the value of your sponsorship by 28%. To make your money go further, tick the Gift Aid box on your sponsor form and ensure you add your name and address. We can claim money back from the Inland Revenue. This will increase the value of your sponsorship by almost a third at no extra cost to you!

"We, who have given your names and address below, and who have ticked the box entitled "Gift Aid" want The Opal Foundation to reclaim tax on the donation detailed below, given on the date shown. We understand that each of us must pay Income Tax or Capital Gains Tax equal to the tax reclaimed by The Opal Foundation on the donation".

Sponsorship Donation

On completion of your abseil, it is your responsibility to collect your sponsorship money.

Return you sponsor form with your sponsorship money in the envelope provided to the Hall of Residence you and or your friends or family are residing within / working at.

Cancellation / Refunds

Where the abseil is cancelled by the Rock and Ice and or The Opal Foundation due to circumstances outside of our control i.e. hazardous weather conditions, accident, transport theft/malfunction, incapacitating illness, strikes, civil unrest, riots etc, we will endeavour to reschedule the event, if you are unable to attend on the rescheduled date we will refund your registration fee. Where the abseil is cancelled by the individual, we will retain your registration fee.

Health

Please ensure you fill in the additional health information sheet when submitting your application form otherwise your application will be rejected.

I have read and fully accept these Terms and Conditions (please tick)

Signed _____

Print Name _____

Date _____

