



WIDEHORIZONS OUTDOOR EDUCATION TRUST

Sponsored Abseil Information Sheet

The information below should allow you to explain to participants and their parents most of what they need to know before the day. If you have further questions, please contact the Trust on [020 8850 1581](tel:02088501581) or info@widehorizons.org.uk or go on to Facebook and search 'Widehorizons Outdoor Education Trust'.

The Trust will be in contact with every team member with special needs to make sure that we give you the best possible experience!

- **Clothing.** Wear clothing appropriate to the weather, but NO baggy tops or things with draw cords as these could get caught in the ropes.
- **Footwear.** Trainers are ideal, walking boots are fine, but definitely no high heels!
- **Jewellery.** No rings, necklaces or earrings. (studs ok)
- Long Hair should be tied back in a low pony tail or in a style that will enable a helmet to be worn.

- **Safety Equipment.** A Helmet, Harness and pair of gloves will be provided and fitted by a trained member of staff.
- The Trust is backed by both Lewisham & Greenwich Councils, and has full Public & Products liability insurance. Personal accident insurance can be arranged through your school or borough council if required.
- **Staff.** All staff are qualified and experienced climbing and abseiling instructors.
- Ty'n y Berth - who are running the abseil, holds an adventure activities AALA licence.
- **Parental Consent.** It is the responsibility of each abseil co-ordinator to ensure that a signed parental consent has been completed for each participant under the age of 18. Unfortunately, persons under 18 will not be allowed to participate without a signed consent form.

- **Registration.** Teams must report to the registration desk 30 minutes before their allotted time. This will enable participants to be equipped with the necessary safety equipment.
- **Briefing.** Participants will receive a full safety briefing and be instructed in abseil techniques prior to their abseil.
- Following the safety briefing, participants will proceed up the staircase to the roof, where they will be secured to a safety line. When it is their turn, they will proceed to an experienced instructor who will guide them through their descent.
- All participants will be attached to a safety rope throughout their descent, so even if they let go with both hands, they will still remain safe.

- Parking, Refreshments, Photographs & Souvenirs will be available at Eltham Green School

Widehorizons Outdoor Education Trust
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