



# Jersey Hospice Care

Please read this agreement carefully before participating in the abseiling event held in aid of Jersey Hospice Care, in conjunction with Jersey Adventures.

## **Nature of the Event:**

You knowingly and freely assume and accept all such risks, both known and unknown, and take full responsibility for your participation in the Event. You have familiarized yourself with the elements of the Event shown on the event website/online booking and/or in the description below:

The Abseil is designed to be a physical and mental challenge whereby you will abseil (descend) down a rope from height using Jersey Adventures climbing equipment as instructed by their staff.

## **Assumption of Risk:**

Abseiling is an inherently risky activity, and by participating in this event, you acknowledge and accept the potential dangers and risks involved. You understand that there is a risk of injury, including serious injury or even death, and you voluntarily assume all such risks.

## **Physical Fitness and Health:**

You affirm that you have no medical conditions that would prevent you from safely participating in the abseiling event. If you have any doubts about your physical fitness or health, it is your responsibility to consult with a qualified medical professional before taking part.

## **Medical Treatment:**

You have submitted true and accurate information of your medical history and present condition that may affect your participation or medical treatment in any part of the Event. In the event of a medical emergency whilst taking part in this event, you hereby give permission to our staff (Jersey Adventures) to initiate first aid treatment, any necessary medical transportation and to inform your emergency contact.

## **Qualified Instructors and Equipment:**

The abseil will be led by qualified and experienced instructors (Jersey Adventures) who will provide necessary guidance and instructions. You agree to always follow their directions. The event organisers will provide appropriate abseiling equipment, which you agree to use in accordance with the instructions provided.

## **Personal Belongings:**

You are responsible for your personal belongings during the event. The event organizers and instructors will not be held liable for any loss, theft, or damage to personal property.

## **Age Restrictions:**

You must be at least 18 years of age on the date of the event.

## **Equipment Limitations:**

We regret that beyond the following body sizes and weight we are unable to provide the required equipment to allow your participation. Harness size: • Minimum Height – 140cm high • Maximum Height - 200cm • Maximum Waist - 120cm • Maximum Thigh – 75cm Helmet Size: Head circumference: 48-61 cm Maximum Weight: 18 Stone / 114.3kg

## **Rules of participation summary:**

- You must always listen carefully and follow all instructions from the staff

- Do NOT adjust or remove the harness or helmet once fitted
- STRICTLY no phones or loose items are allowed to be carried
- STRICTLY No smoking or vaping during the abseil. Smoking or vaping is NOT permitted in the Castle.
- Long Hair must be tied up
- No necklaces, chains or loose jewellery
- Shoes must be laced up tight. No slippers or loose-fitting shoes
- No Hoodies or shorts
- All glasses and eyewear must have a banded strap so that they are securely on you and cannot fall off, otherwise they must be removed

If you have any concerns, please inform a member of our staff immediately. We recommend you bring leather gardening style gloves (if you have), if not we will provide gloves for you.

**Disabilities & Pre-existing Medical Conditions:**

Should you have any disabilities or pre-existing medical conditions which may affect your ability to complete this event safely then please let us know as soon as possible.

**Event Cancellations or Postponements:** We reserve the right to cancel or postpone the event if we consider there is an unacceptable risk (e.g. severe adverse weather) to the event participants, our staff, or the general public.

I agree with the above terms and conditions.

Signed:

Name:

Date:

Emergency Contact details

Name:

Relationship:

Contact number:

This form must be completed and returned to – [fundraising@jerseyhospicecare.com](mailto:fundraising@jerseyhospicecare.com) prior to the abseil, otherwise your place will not be confirmed.