**FAQs – Liverpool Cathedral Abseil 2022**

**TO DO’s NOW**

**READ THE TERMS AND CONDITIONS CAREFULLY** Pennine Events run the event each year with the Liverpool Cathedral. To take part in the abseil you will need to read their Conditions of Entry document (attached separately) and accept their terms and conditions. When they refer to the term 'organiser' in their terms and conditions, this means Liverpool Cathedral and Pennine Events.

**TEXT or EMAIL YOUR NAME AND HAPPY to 07591205078 or team@freshfields.org.uk**

This will hold your place for 24 hours whilst you complete the steps below. We will send you further information and your participant code.

**COMPLETE YOUR REGISTRATION WITH LIVERPOOL CATHEDRAL** To have a guaranteed place at the abseil, please ensure that each fundraiser has completed the registration form via the link below. <https://liverpoolcathedralabseil-0922.wescantickets.com>

*Important:* You will need to enter your participant code when prompted. You will need to **Contact Us for This** This will give to you 100% discount, so that you are not charged the registration fee. We have paid this for you in advance and will be reimbursed to the rescue from your sponsorship funds.

**SET UP YOUR FUNDRAISER PAGE**

Get your page set up. *Send us your page link in your participant form when done*

Follow either of these links to start your fundraiser to support Freshfields Animal Rescue.

We recommend ‘Just Giving’ <https://bit.ly/JustGivingPageSetUp> or if all your contacts are on

Facebook you could use this <https://bit.ly/FacebookFundraiserPageSetUp>

**PAY YOUR £20 DEPOSIT TO FRESHFIELDS**

Simply make the first £20 donation on your fundraiser page – that’s your non-refundable deposit.

I’d imagine this is the most fun you’d ever get for £20!

Alternatively, you could pay the deposit via the general donation button on our website with a reference note of ‘Happy 2022’, or in cash at one of the rescues – don’t forget to get a receipt!

**SEND US YOUR PARTICIPANT FORM** – attached

This provides us with your contacts details and consents, and a checklist for the above.

**☺ YOUR PLACE IS NOW SECURED - WOOHOOO ☺**

**NEXT STEPS..**

**GET YOUR TIME SLOT** Freshfields will send you a specific 6 minute time slot sometime between 10 and 11am. Let us know if you have a friend you want to have the same slot as you. Please arrive 30 minutes before your slot time to be checked in.

Note: If you arrive early on the day and are offered a slot to abseil earlier by the Pennine Event team please refuse it and stick to your allocated time, so that the Freshfields team can say hello properly, keep everyone together, support you, and get photos – thanks.

**SPONSORSHIP GOALS** Your target is to raise a further £180 in sponsorship, making it £200 including your deposit. Feel free to raise more, then we can rescue more ☺ You need to meet your sponsorship target by Monday the 6th June 2022 please. Because the primary purpose of the event is to raise funds for the rescue of vulnerable animals, we would need to offer your place to another participant if you hadn’t raised enough funds to benefit the animals.

**AGE RESTRICTIONS** Participants aged 16/17yrs MUST be accompanied by a responsible person aged of 18yrs+. Pennine Events reserve the right to request photo identification and/or proof of age from participants at any point. Failure to comply may result in being withdrawn from the event.

**WEIGHT RESTRICTIONS** There are no weight restrictions to taking part at all. It is worth noting that the largest harness size is 150cm around the waist and a maximum leg loop size of 90cm. This goes to the very top of the leg. You would need to be fit within that range.

**MEDICAL DETAILS** To take part in the abseil you must tell us or your Freshfields about any pre-existing medical conditions and/or medication. You may be required to provide a doctor's note to confirm you are able to take part. Please note, you will need to climb stairs to get to the abseil platform.

**WILL THERE BE ANY PHOTOGRAPH OPPORTUNITY?** Yes

* There will be an event photographer who will be taking photos of you at the top with a great view. These photos will be available to purchase about 15 minutes after your abseil if you go to the Pennine desk. They cost around £15 each.
* You can wear a go pro and get video, or get your abseil partner to wear it if you want to be in it.
* Freshfields staff will take photos and videos of you from the bottom – can’t guarantee quality though.

Note event organiser T&Cs on image rights for publicity purposes

**ON THE DAY**

**TRAINING and SAFETY** The abseil itself is managed by highly experienced and fully licensed TNR Outdoors, a multi outdoor adventure company based in Llangollen, North Wales. Here is their website for more information <https://www.tnroutdoors.co.uk/>. They are happy to answer any further questions you may have.

You are in safe hands every step of the way. They have safeguarding thousands of first time abseilers since 2015. A qualified and experienced instructor will show you how to operate your equipment to lower yourself in a gentle, safe and very easily controlled way. You have a second safety rope that an abseil instructor can use to lower you down as a back up, *but you won’t need it.* The abseil takes around 6 minutes and you abseil in pairs - so maybe enlist a friend… or make a new one on the day.

**TRAVEL and PARKING** – see Pennine events Terms and Conditions document for more public transport and parking information.

**WHAT HAPPENS IF I AM LATE GETTING TO THE VENUE?** Please call Emma to keep her updated. If very late you will probably be allocated any later available slot.

**WHAT TO WEAR.** You must wear sensible, comfortable clothing and footwear. We highly recommend wearing sportswear. You can also wear a go pro to record the abseil experience and the views from the top of Liverpool Cathedral. You will be asked to leave bags and phones behind. Freshfields staff can keep them safe for you if necessary – just ask.

**AFTER YOUR ABSEIL**

1. Enjoy the buzz, admiration, celebratory hugs, and pride in your achievement
2. Come and see the Freshfields team for your official abseil certificate and photo.
3. Get official photo if you wish from the Pennine event desk

**GATHER YOUR SPONSORSHIP FUNDS**

We ask that you pay in any final or additional sponsorship donations within 10 days of the event, which is Tuesday the 19th of July. Donations made via a fundraising platform will be transferred to Freshfields Animal Rescue automatically so you don’t need to do a thing.

Other donations can be brought to one of our rescues in Liverpool or Wales***.*** *Please bring, or photograph and email, your sponsorship form AND request a written receipt*. Or you can pay via the donation button on our website with a reference note of ‘Happy 2022’.

**WHO IS OUR CONTACT AT FRESHFIELDS?**

Emma Jensen will be your main contact for any queries or support. Maybe save these to your phone?

Email: team@freshfields.org.uk

Call or text: 07591205078