



## Norwich Abseil 2024

### Frequently Asked Questions



#### Where do you abseil down?

The abseil takes place on the left hand side of The Forum in Norwich and you abseil down the circular brickwork. It is 14 metres or 45 feet high.

#### Where do I come on the day?

Please report to the EACH gazebo in front of The Forum on arrival. We will get you registered and ready for the challenge!

#### How do I get to the Forum?

The Forum is in Norwich City Centre on Bethel St, Millennium Plain, Norwich NR2 1BH.

#### Where can I park?

There will be no designated parking for participants of the abseil; however, you can use the Forum car park for a small hourly fee. As the Forum is in the City Centre, you can make use of any other car park – the next closest would be Chantry Place car park. There are also many park and ride options to get you into the city from further afield.

#### What happens if it is rainy/windy?

Rain and wind can cause issues when abseiling. The weather will be monitored on the day, if high winds/heavy rain do occur there is the possibility of a cancellation/postponement as participants safety is paramount.

#### Do I have to register in advance?

Yes, the abseil is a popular event so in order to secure you time slot please register in advance at [www.each.org.uk/abseil](http://www.each.org.uk/abseil)

#### What is the minimum age to take part?

The minimum age is 14+ years to participate. **Participants under the age of 18 require on the day supervision from a parent or guardian.**

#### Are there any height, weight or health restrictions?

There is no maximum weight limit however the harnesses must fit correctly in order to participate. The maximum harness sizes are 60" for the waist and 38" for the leg. **If you have a medical condition which may affect you abseiling please consult with your doctor prior to participating.**

## Do I need experience/ or to train for the event?

You **do not** need any experience to participate. Our team of highly skilled instructors from Howard Adventure will ensure you are safely equipped with everything you need to make your abseil safe and enjoyable. You will be checked to ensure that your equipment is fitted correctly, during the ground training and by the safety supervisor prior to the descent.

## What should I wear?

It is recommended that participants wear suitable clothing for the time of year and envisaged weather conditions, eg. items that provide protection to the body including the arms and legs. Trousers must be worn. Clothing is to be secure with pockets fastened or emptied of any contents. Watches, rings and neck jewellery must be removed prior to the event. For footwear: boots, flat soled shoes or trainers that provide both grip and stability should be worn. Long hair must be tied back in a fashion as to allow the correct use of a helmet.

## Can spectators watch me abseil?

**Yes!** We would love for you to invite family and friends, to help cheer you on for this challenge. They will be directed on the day to where they can safely spectate. ***(Please note only instructors and participants are allowed at the top of the Forum building)***

## I am afraid of heights, will there be support for this?

Everyone is at least a little bit scared as they take part in the event – it's part of the thrill. When you're on the roof, look straight ahead at the amazing views over Norwich – don't look down! If you feel especially scared, please let our staff and volunteers know how you're feeling – we're there to help you feel as comfortable as possible as you take part.

## I am worried about hitting the fundraising target of £100

Everyone worries that they are not going to raise enough, however, very few people actually have much difficulty once they get into the swing of fundraising. We have lots of materials and ideas to support you on our resources page, why not hold a cake sale at work or share your fundraising page with your friends, family and colleagues.

If you need more support please get in touch with the team on 01508 500895 or email [events@each.org.uk](mailto:events@each.org.uk).

