

# 165ft Abseil from the Forth Rail Bridge Sunday 6 October 2019

## Information Pack



Join us for an unforgettable experience  
Abseil off the iconic Forth Rail Bridge for Ronald McDonald House Glasgow

**If you think you can handle it then we'd love to hear from you!**

All money raised will help to provide free 'home away from home' accommodation for families with seriously ill children in hospital.

### What's it all about?

This unique challenge allows you to abseil 165 feet off the Forth Rail Bridge to a sandy beach below. You'll abseil freefall SAS style from the bridge – one of Scotland's best loved landmarks and now a UNESCO World Heritage site!!!

### Who can get involved?

You must be over 18 (or 16 with a signed parental consent form) to take part in this event. All participants should be in good general health – if in doubt, please consult your doctor.

### When is it?

Sunday 6 October 2019. Exact timings will be confirmed a few weeks before the event, *please note this is a half day challenge.*

### Where is it?

Forth Rail Bridge, South Queensferry. On arrival please register at the Hawes Inn (7 Newhalls Road, South Queensferry, EH30 9TA).

**Please note parking is limited** and on a first come first served basis is available on Hawes Brae – the hill coming up out of South Queensferry – to the west of the Hawes Inn.

### How much do I need to raise?

Your £20.81 entry fee secures your place and is non-refundable. (Please note £0.81 is a card transaction processing fee). Minimum Sponsorship for taking part in this Event is £185.00.

On the day of your Abseil, please bring along a cheque to the value of a minimum of £165.00 (total sponsorship due, minus the deposit paid at time of booking). Please make cheques payable to **Ronald McDonald House Glasgow**. Or bring a print out of your online giving page as proof of sponsorship. Where possible please don't bring cash.

Please remember that this is the minimum sponsorship required, so anything over and above this sum will be very gratefully received. Thank You ☺

### What happens on the day / Do I need any training?

Once registered at the Hawes Inn, you will be taken across the road to the Forth Rail Bridge and kitted up for your challenge.

All necessary equipment/training will be provided – no prior experience is required. Event staff will conduct a short training session prior to your Abseil so that you are prepared for your event.

Sorry, we are unable to store any personal belongings for you – keys, mobile etc. These can be kept on your person, provided they are stored securely.

Friends and family can watch from the beach or by the sea wall – just across the road from the Hawes Inn. The time that you actually abseil after you register can vary greatly, so it's important that your friends and family are there around the same time as you register (in case you go through very quickly), however, they must also understand it can be up to 45 minutes after this time before you abseil.

As you walk out on to the bridge, your name will be called by the commentator – so your friends/family can look out for you! Friends or family can even request a shout out and song for your appearance – they just need to have a chat to the people in the van on the beach!!

### What do I wear?

Wear clothes that you are comfortable in for the abseil, and good sturdy footwear. It can be a bit nippy up on the bridge platform, so please dress accordingly.

Clothes with zipped pockets are also very handy if you plan to bring anything with you onto the bridge.

### What about bad weather?

Inclement weather does not usually cause any problems and the event will run as usual in all but the most severe weather. If the event is cancelled you will be notified as soon as possible and an alternative date will be arranged.

### Finally...

If the Forth Rail Bridge Abseil sounds like the challenge for you or if you have any other questions then get in touch with our Fundraising Team and we'll be happy to answer any questions and send you the registration link you need to secure your place.

*We look forward to hearing from you!*

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