

1,000ft Zip Slide The Clyde

Saturday 22 June 2019

Information Pack



An unforgettable challenge zipping 1,000ft over the River Clyde – see Glasgow like never before!

The Zip is an amazing experience that will test your nerve and deliver one of the biggest adrenaline rushes of your life.

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 of seriously sick children in hospital.

What's it all about?

The 'Zip' is beside the Finnieston Crane and is 150 feet above ground level offering spectacular views over Glasgow. You will be taking the plunge off a crane brought in especially for the event, you'll zip over 1,000 feet of wire and land safely on the south side of the river – supervised of course by our professional event organisers, Alps Outdoor Ltd who run this event.

Who can get involved?

- You must be over 18 (or 16 with a signed parental consent form)
- Under a weight of 17 stone/107kg (if you are over 17 stone you will be refused to take part for safety reasons)
- Any participants with disabilities which hinder their ability to walk (harnessing area to Zip Slide basket is approx. 500 metres), stand unaided in the crane basket or descend the access ladder from the landing platform unassisted will be unable to take part as per the event organisers safe working procedures
- All participants should be in good general health – if in doubt, please consult your doctor

When is it?

Saturday 22 June 2019

Where is it?

Pacific Quay, Glasgow (south side of the River Clyde).

Our registration desk is situated on the South Bank of the River Clyde, between South Rotunda and Pacific Quay offices (in front of the Burro Happold Building, 2 mins from the Glasgow Science Centre).

The address for google maps is: Pacific Quay, Glasgow, G51 1DY (in-between the BBC and STV studios). Please note there is no car parking facilities by the Zip registration site.

However, parking is available at the Glasgow Science Centre (£3 per day) – a short walk along the waterfront will bring you to the registration site.

Registered charity number SC023199 (Scotland)



How much do I need to raise?

You need to raise a minimum of £145 to take part in this event (this includes your £45 deposit). Please remember that this is the minimum sponsorship required, so anything over and above this sum will be very welcome and help us do even more for families in need.

How to reserve your place

To secure your place we require a £45 deposit which is non-refundable. So the minimum balance to pay before your Zip is a further £100. You can either pay this by cheque, bank transfer, card (over the phone on 0141 201 1900) or via online giving pages. Please make cheques payable to **Ronald McDonald House Glasgow** and forward on to Ronald McDonald House, 1299 Govan Road, Glasgow, G51 4TE.

JustGiving & Virgin Money Giving – should you have fundraised online, please bring a printout of your fundraising page as proof of sponsorship.

How we can support you

We are here to help you make the most of the experience and enjoy it! So if you have any questions regarding your fundraising, please call us on 0141 201 1900 or email: fundraising@ronaldmcdonaldhouse.co.uk

We can also provide you with paper sponsor forms as well as information on how to set up your JustGiving/Virgin Money Giving page. And we'll give you one of our t-shirts to wear on the big day.

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

Once registered and sponsorship is paid, you will be kitted out before being taken across the Bells Bridge for your challenge.

All necessary equipment/training will be provided – no prior experience required. The day is run by Alps Outdoor Ltd who will conduct a short training session prior to your Zip so that you are fully prepared for the Zip.

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

Do's & Dont's

What do I wear?

- Sturdy boots or trainers with laces to prevent them falling off
- Comfortable trousers: tracksuit bottoms / leggings etc
- A warm jacket or fleece; dress for the weather conditions on the day

What not to do

- You must not be under the influence of Alcohol or Drugs, or you will be refused to Zip
- If a member of the safety staff feels you are a danger to yourself or other participants or staff, you will be refused to take part

Finally...

In the event of high winds, Zip Slides occasionally have to be cancelled, but inclement weather such as rain will not prevent a Zip from taking place. In the unlikely event that the Zip is cancelled, an alternative date will be arranged.

We look forward to hearing from you!

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