



Hatt Adventures

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CHARITY ABSEIL - SAFETY RULES (100KG)

ABSEILING RESTRICTIONS

Minimum Age - 10 yrs (must be accompanied by a parent or legal guardian).

Maximum Age - None (but may be subject to a medical in some circumstances).

Maximum Weight – 16 stone / 100kg

Participants must **not** be under the influence of alcohol or drugs. Pregnant women are advised **not** to take part in this activity.

BEFORE YOUR ABSEIL STARTS

- Remove scarves, neckties, jewellery, belt attachments e.g. mobile phones and empty your pockets.
- Tie long hair back.
- Tuck away and draw cords on clothing.
- If you wear glasses we advise you to tie your glasses on.
- No open toed shoes/sandals, flip flops, wellies, footwear with heels or bare feet.
- Once you have been harnessed, please wait in the harnessing area until we call you forward to the abseiling area.
- No smoking in your harness or around the equipment.

DURING YOUR DESCENT

- No bouncing away from the wall during the descent.
- Abseil straight down, and don't swing.
- When nearing the ground be alert for other people beneath you.

AT THE END OF YOUR ABSEIL

- When you are lowered to the ground, land on your feet.
- After your abseil is complete, wait for your instructor to unclip you.
- Once you have been unclipped, go to the harness area where we will remove your harness. Please do not try to remove the harness yourself.

We reserve the right to decline access to the abseiling to any individual and will remove any participants who in our opinion, are intentionally reckless, has consumed alcohol or are under the influence of drugs.

