



Contact

# TRAFFORD PALAZZO ABSEIL

Take part in one of the largest abseil events in the North West in aid of Contact Hostel!


A limited number of discounted places available for just £40. All equipment and training will be provided on the day by Big Bang Promotions.

To sign up please call or email Helen on the details below.

Registered charity no: 1178557

13TH &  
14TH  
JULY



 0161 861 9806

 helen@contacthostel.co.uk

 www.contacthostel.co.uk

# ABSEIL HEALTH WARNING NOTICE

## IF IN DOUBT - DO NOT PARTICIPATE

If you are not in good health, you should NOT participate.

You can NOT participate if you are;

- Under 11 years old
- Pregnant
- Under the influence of alcohol or illegal drugs

If any of the following apply, you must seek professional medical advice before abseiling and sign a non-standard waiver.

- High blood pressure
- Heart condition
- Suffer from dizziness or epilepsy
- Damage to neck, back, spinal column, legs or eyes
- Asthma
- Medication – if you are taking any form of prescribed medication, please inform us of how this may affect you
- Aged 50 years or above: we strongly advise that you seek medical advice prior to taking part.

The following points apply to ALL participants;

- 11 to 15 year olds require a parent or guardian to be present, sign permission and will be required to complete a non-standard waiver
- If you have long hair, please be prepared to tie it up and out of the way
- Maximum weight limit for a solo participant is 120kg (18.9 stone)
- Waist harnesses fit waist size of 40cm (15.7 inches) to 125cm (49.2 inches)

Event organised by [www.bigbang-promotions.com](http://www.bigbang-promotions.com)



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