

Abseil Information



The National Diving & Activity Centre is promoting a Sponsored Abseil fundraising event for The Joshua Foundation on Saturday 5th July 2008 from 4pm at the National Diving & Activity Centre, Chepstow. The Abseil will run from the top of the quarry, down 200ft onto a floating pontoon below - an exciting abseil in a spectacular location!

This event is being promoted by The National Diving & Activity Centre for the purpose of raising funds for The Joshua Foundation, a worldwide charity created in 1998 to provide holidays and experiences for children and their families, where the child is diagnosed with terminal cancer. The idea behind the 'experiences' and the 'holidays' is to provide opportunities for children and their families to escape illness and the intimidating, clinical and sterile atmosphere of hospitals.

In 2001 the Joshua Foundation introduced an exciting new event to its timetable - the Oz Experience, a project specifically designed to provide young people with the opportunity to change the lives of children with terminal cancer. This overseas challenge offers the trip of a lifetime in exchange for youngsters raising sponsorship money, half of which pays for the trip and the other half comes to our work for children with terminal cancer. For further information visit our website www.thejoshuafoundation.co.uk.

Entry and Sponsorship forms for the abseil can be downloaded from the National Diving & Activity Centre website at www.ndac.co.uk.



Abseil Information



Prior to the event...

1. Entry forms to take part can be downloaded from our website at www.ndac.co.uk or by calling 02920 756675. Please indicate a preferred time for your abseil. The event will begin at 16:00 and finish at 18:00. Abseil times will be staggered at 10 people per 30 minute interval.
2. Please forward together with your entry form a deposit of £20.00 (this can be taken out of the sponsorship money that you raise) by way of a cheque made payable to 'The Joshua Foundation' quoting your name and postcode on the back of the cheque. Send to: Alison Stallard, The Joshua Foundation, 13a Station Road, Llanishen, Cardiff, CF14 5LS.
3. Upon receipt, we will provide you with confirmation of your abseil time, a sponsor form and an information pack.
4. In order to take part, you must try and raise additional sponsorship (ideally a minimum total of £40.00 including your deposit). This additional sum (at least £20.00) must be forwarded to the Fundraising team by no later than Friday 4th July 2008 to secure your place.
5. To take part in the Abseil, you must be at least 16 years of age. (Under 18's will need to produce a signed 'Under 18' Parental Consent Form – please request this at time of booking) NB The parent or legally appointed guardian will need to be present at the top of the abseil.
6. Insurance - the event organiser, The National Diving & Activity Centre, has arranged all insurances. Should you wish to discuss this, please contact them directly on 01291 630850.
7. If you are suffering from a medical condition, disability or have any reason to doubt your fitness to participate, we advise you to consult your doctor beforehand and discuss with our event organiser. In addition, we request that anyone suffering from a medical condition or disability, produces a doctors note confirming that they are fit enough to take part in the abseil. All participants will be asked to sign a disclaimer.

On the day...

1. For directions and details of the event location please visit www.ndac.co.uk. Car parking is available at the Diving and Activity Centre which will be clearly identified.
2. Please proceed to the 'Check-In Desk' where you will be asked to complete a disclaimer.
3. Please bring your sponsor form along together with all monies raised to date.
4. Wear comfortable, warm clothing. Baggy or loose clothing should not be worn and long hair should be tied back.
5. The NDAC will endeavour to photograph all abseil participants and these will be displayed on our website after the event. Should you wish to purchase a photo, details of how to do so will also be posted on the website after the event.
6. Following successful completion of your abseil, please return to the Check-In Desk where you will be issued with a certificate confirming that you have successfully completed the abseil.
7. Spectators are welcome but will not be allowed at the start of the abseil location.
8. Any sponsorship money over and above the £40.00 minimum, not available on the day of the event, should be sent to: Alison Stallard, The Joshua Foundation, 13a Station Road, Llanishen, Cardiff, CF14 5LS.