



**SEVERN AREA RESCUE ASSOCIATION**  
Registered Charity No. 505504  
[www.sara-rescue.org.uk](http://www.sara-rescue.org.uk)  
Enquiry Line:- 08448 460 226



A 999  
EMERGENCY SERVICE

# SARA Abseil



# SARA



The National Diving & Activity Centre is promoting a Sponsored Abseil fundraising event for SARA on Sunday 25<sup>th</sup> September at the National Diving & Activity Centre, Chepstow. The Abseil will run from the top of the quarry, some 200ft down on to a floating pontoon below. In addition participants will have the opportunity to qualify for a thrilling trip aboard the fast inshore rescue boat SARA 1.



This event is being promoted by The National Diving & Activity Centre for the purpose of raising funds for SARA. As well as experiencing an exciting abseil in a spectacular location participants (collecting £120 or more in sponsorship) will be entered in a draw for a thrilling trip aboard one of SARA's high speed rescue boats with the individual collecting the highest amount of sponsorship guaranteed a place. Entry and Sponsorship forms available from [d.thompson@sara-rescue.org.uk](mailto:d.thompson@sara-rescue.org.uk) or call 0772 5744636

**Registered Office: The Lifeboat Station, Beachley, Chepstow, Monmouthshire, NP16 7HH**  
Lifeboat Stations at Beachley, Sharpness, Wyre Forest and Tewkesbury



**SEVERN AREA RESCUE ASSOCIATION**  
**Registered Charity No. 505504**  
**[www.sara-rescue.org.uk](http://www.sara-rescue.org.uk)**  
**Enquiry Line:- 08448 460 226**



**A 999**  
**EMERGENCY SERVICE**

Prior to the event:-

1. Entry forms to take part can be obtained by calling 0772 5744 636 or emailing [d.thompson@sara-rescue.org.uk](mailto:d.thompson@sara-rescue.org.uk) . Please indicate a preferred time for your abseil. The event will begin at 09:30 and finish at 17:00. Abseil times will be staggered at 10 people per 30 minute interval.
2. Please forward together with your entry form a deposit of £60.00 (this can be taken out of any additional sponsorship money that you raise) by way of a cheque made payable to SARA quoting your name and postcode on the back of the cheque. SEND TO: SARA Abseil Coordinator, The Lifeboat Station, Beachley, Chepstow, NP16 7HH
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 a minimum total of £120.00 including your £60 deposit. This additional sum (at least £60.00) must be brought to the abseil event and presented to SARA at the Check-In Desk on arrival. All individuals raising £120 or more will be entered in the boat trip draw **with the individual raising the highest amount of sponsorship automatically qualifying.**
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 <http://www.ndac.co.uk> Car parking is available at the Dive 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 and sensible shoes. Baggy or loose clothing should not be worn and long hair should be tied back.
5. 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.
6. Spectators are welcome but will not be allowed at the start of the abseil location.
7. Any sponsorship money over and above the £60.00 minimum, not available on the day of the event, should be sent to:- SARA Abseil Coordinator, The Lifeboat Station, Beachley, Chepstow, NP16 7HH

Thank you for supporting SARA in this event. We look forward to meeting with you on Sunday 25<sup>th</sup> September 2011. Should you have any questions in the meantime, please call us on our General Helpline 08448 460 226.



**Registered Office: The Lifeboat Station, Beachley, Chepstow, Monmouthshire, NP16 7HH**  
**Lifeboat Stations at Beachley, Sharpness, Wyre Forest and Tewkesbury**