

## PARTICIPANT ABSEIL INFORMATION PACK

### Abseil Events

Abseiling is an exciting experience that can challenge you to face your fears and overcome them whilst raising money for your chosen cause. You can also have absolute faith that you are safe and looked after by our experienced and qualified instructors. All specialist equipment is provided and each event will have been tested and managed accordingly, allowing you to concentrate on enjoying the experience.

### Taste For Adventure

Taste for Adventure is a registered charity (1027330) and was set up by ex SAS Sergeant Major JH "Brummie" Stokes in 1991 to help disadvantaged people to access adventurous activity within the county. Taste for Adventure has operated and run hundreds of abseil events in and around Herefordshire since its beginnings in 1996. Buildings such as Marks and Spencer, Lloyds Bank, St Peters Church, the Old Market and even Hereford Cathedral to name a few.

All of our Instructors hold relevant National Governing Body Qualifications. Are current, up to date First Aid Qualified and have plenty of experience in running abseil events. They are there to Help you have a fun, safe experience and are very enthusiastic about what they do.

All Personal Protective Equipment is provided by us and the equipment that we use is of the highest standard so as to keep you safe and keep things running smoothly throughout the event.

We are here to help you have the best experience possible and are wanting to see you succeed and have fun.



Boulder Barn Unit 1A, Holmer Trading Estate College Road, Hereford, HR1 1JS  
Tel 01432 359392

[www.boulderbarnclimbing.co.uk](http://www.boulderbarnclimbing.co.uk)

[angie@tasteforadventure.co.uk](mailto:angie@tasteforadventure.co.uk)

Charity Number 1027330



**PROUDLY  
SUPPORTING  
THOSE WHO  
SERVE.**

# BOULDER BARN

# TASTE FOR ADVENTURE

"Better to light a few candles than complain about the dark"

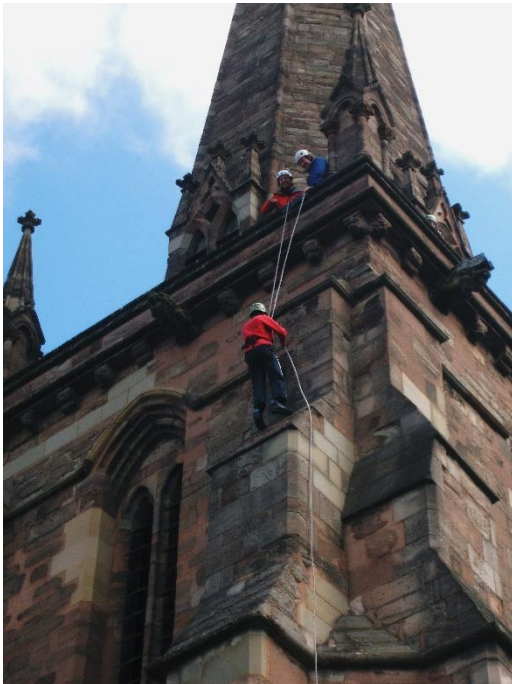
Founded in 1991 by J H "Brummie" Stokes MBE BEM

Patron: Lieutenant General Sir John Foley KCB OBE MC DL

## What Do You Need to Bring with You?

- Sensible Footwear – Trainers or walking boots work best. No flip flops, Sandals and Heels are not a good idea.
- Comfortable non-restrictive clothing. You want to be able to move freely and it is important to dress for the weather on the day. It can be a lot colder when you are up high.
- Waterproofs (just in case).
- Any medication that you may need.
- Camera for Photos
- Your sense of adventure.

## Age and Weight/Size Restrictions.



All Abseilers must be 18 years of age or over. Under 18's must be accompanied by a parent or legal guardian who is responsible for them at all times during the event. A parental consent form will need to be completed prior to taking part. If the child is under the age of 12 it would be wise to contact us directly to discuss this possibility.

Abseiling does not require a huge amount of fitness but obviously safety equipment has upper limits. If you feel this may be a barrier to you taking part then please contact us directly and we can advise you further. Harness and Helmet sizes will be provided to the organiser prior to the event.

Taste for Adventure reserves the right to decline an individuals participation should they be deemed unsuitable for the activity.

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## Finally

It is important that you check your time slot allocation and you are ready to start at that time. No previous experience of abseiling is necessary as everything will be explained prior to you taking part. You will be attached to a safety line as well as your abseil rope so even if you were to let go of your rope we can control your descent. You are completely safe throughout your participation.



If you have any concerns then we are here to help and you can approach staff at any time.

We hope you enjoy your challenge.

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